

Simple ways to be more charitable

Being charitable is rewarding, not only to those on the receiving end of others' good deeds but also for those doing the giving.

Research conducted by the National Institutes of Health found participants who chose to donate a portion of money they were provided activated pleasure centers in the brain. Doing something positive can be uplifting, and being charitable helps others in need.

Quite often people who engage in charitable works find inspiration through their efforts. That's because working with a nonprofit group can create opportunities to meet new people, socialize and be surrounded with like-minded individuals. It also may help adults serve as role models to youngsters. Children who see their parents or other adults being charitable may be more likely to be philanthropic when they grow up.

Every little bit counts when being charitable. Philanthropy doesn't mean donating thousands of dollars or lots of hours volunteering. The following are some relatively easy ways to incorporate charity into one's life.

- **Collect change:** Place a coin jar near where you put your keys or wallet when entering the house. Empty loose change into the jar and watch it fill up. Use the collected funds to donate to a charitable group.
- **Round up:** When the grocery store checkout clerk asks if you want to round up your purchase to the nearest dollar for charity, opt in.
- **Become a leader:** Volunteer your time as a scout troop leader, coach a sports team or offer free tutoring for students. You'll be making an immediate difference in the lives of young people.
- **Charitable consumption:** Buy from companies that are involved with cause-related products. Many products are tied to charitable efforts, with a portion of money going directly to nonprofits.
- **Throw a party:** Host a party with a philanthropic theme. Guests can arrive and make a donation or bring a gift that will go to a charitable cause.
- **Use your hobby:** Participate in charity fundraisers that incorporate some of your favorite hobbies. For those who knit or craft, donate or sell your creations for the good of those in need.

Being charitable is easier than one might think, and even the smallest efforts can produce big results.



It's important to remember our neighbors struggling to provide their families with enough food to eat. In Cottage Grove and the surrounding areas, lower income families can find help at Community Sharing Program.

Community Sharing is a local non-profit that provides community members basic needs, life-skill tools and resources towards self-sufficiency. Each month an average of 740 emergency food boxes are distributed by Community Sharing's pantry. Emergency food boxes are meant to supplement SNAP assistance (previously called food stamps) with a 3-5 day supply of food. As a partner agency, Community Sharing gets over half of its food from the county's food bank, Food for Lane County. The rest is donated by local individuals, organizations and businesses. Historically the need for emergency food in the fall and winter is significantly higher than in the spring and summer.

Last summer the pantry set a new record of 836 food boxes distributed in one month. In addition to the increased number of our neighbors facing food insecurity, the typical forecast from Food for Lane County shows food distribution to pantries will be lower for the better part of the fiscal year. That means local food donations are critical, now more than ever, to meet the basic needs of an ever increasing number of eligible families.

In addition to food, Community Sharing accepts donations of essential non-food items, such as hygiene items, clothes, and cleaning supplies to provide to its client families. These items aren't covered by SNAP assistance, but clothes, toilet paper, diapers and soaps are almost as vital for day-to-day living as food.

Please donate to Community Sharing this holiday season so that our clients don't have to make the tough choices they face nearly every day. Many have to choose between buying their prescription medication or buying food. Still others must choose between paying for their utility bill or buying food. With your help, this holiday season can be a little less stressful for those in need.

Fact: Did you know that Community Sharing can access and distribute 65 lbs. of food for every dollar donated? It's true! From our food bank in Eugene, Food for Lane County, we pay for food at a very deep discount. For this reason, your donated dollar goes much farther than any canned product donation. In order to distribute the food, keep the lights on, maintain refrigeration and freezing for perishables, costs \$\$\$.

Fact: Although we are able to buy food at a deep discount from Food for Lane County, on occasion they do not offer the food we need.

Community Sharing's HOLIDAY WISH LIST

PEANUT BUTTER	FLOUR
MAC-N-CHEESE	SUGAR
CANNED MEAT PRODUCTS (such as chili, beef stew & tuna)	COFFEE
TOMATO PRODUCTS (diced, stewed, etc.)	BABY DIAPERS
HAMBURGER HELPER	BABY FORMULA
	PERSONAL HYGIENE PRODUCTS
	CANNED FRUIT

***Happy Holidays!
¡Feliz Navidad!***

For more information, go to:

www.communitysharing.org or call: 541-942-2176

1440 Birch Ave

Mailing address: P.O. Box 351, Cottage Grove, OR 97424