

FOR IMMEDIATE RELEASE

For more information, contact: Valori Stone

Family & Community Wellness Agent, Wildcat Extension District

valori@ksu.edu, 620-378-2167

Season's Giving's-

The holiday season is a time for celebration, gratitude, and giving. It also offers a wonderful opportunity to spread kindness and make a meaningful impact in your community. Here are various ways you can give back during the holidays, tailored to different interests and resources.

You can donate to Local charities; many nonprofits rely on holiday giving to fund their programs for the year. Many organizations allow you to sponsor a family by providing gifts or necessities for the holiday season. Surprising people with gifts is a fun way to give. You can hand out small denomination gift cards for coffee or meals to strangers or local service workers. When possible, purchase gifts from local small businesses to support your local economy.

If money is tight, consider the following alternatives. Volunteer your time at Soup Kitchens and food pantries, helping to prepare and serve meals to those in need. Gather a group to clean up local parks or community spaces to keep them beautiful for the holidays. Spend time with those in nursing homes or neighbors who may not have family nearby. Donate Blood or Plasma; the holidays often bring a shortage of blood donations. Donate gently used items, such as books or toys. Offering a warm smile, saying thank you, or holding a door can brighten someone's day and embody the true spirit of giving.

The holidays are about coming together to spread love and kindness. Whether you contribute your time, money, skills, or simply your presence, your efforts will create lasting memories and have a lasting impact.

For more information, please contact Valori Stone, Family & Community Wellness Agent, at valori@ksu.edu or (620) 378-2167.

###

K-State Extension is a short name for the Kansas State University Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the wellbeing of Kansans. Supported by county, state, federal and private funds, the program has county extension offices statewide. Its headquarters is on the K-State campus in Manhattan. For more information, visit www.ksre.ksu.edu. K-State Extension is an equal opportunity provider and employer.