

L.O.H.A.S Parenting

Parenting in a Lifestyle of Health and Sustainability

[The Ease of Giving](#)

This morning I woke up, had my morning coffee and realized I need to start shopping for clothes for the kids again for the fall/winter season (one of my least favorite things to do). This means emptying drawers and getting rid of last years wear that I still have stored under their beds, hoping that maybe at least a couple of those items might fit-even though most won't.

In thinking about what I will do with the remainder of the clothes I decided to look up local women's shelters/safe houses in my area, figuring that there were probably kids there that could use some of the clothes I have (most of which look barely worn). I did a quick [Google](#) search under women's shelter and my county, and came up with a site that lists half a dozen. I called one, offered to make a donation, they happily accepted the offer and we set a date.

As I will have to put the clothes I do not need in boxes anyway, the only added time investment in the whole process is the 30mt drive to and from the shelter, and the 3 mts call I just made. In a total of 63 mts. I can help make a bunch of mom's lives just a bit more comfortable – seeing their kids comfortably dressed. I'm thinking of dropping a note in the neighbors mailboxes to see who might want to contribute and make drop offs at my house. Maybe I'll have my daughter help me write the notes and put them in the mailboxes. It reminded me again, that it really is so incredibly easy to find ways to make a difference-one small gesture at a time... with just a little thought – and in my case, a very strong cup of coffee.

[How to Give Gifts That Matter](#)

I was looking to get a gift for a friend when I realized that this friend really didn't need anything at all. In researching really cool ideas on inspiring gifts I stumbled across some exciting opportunities for giving in someone else's name, online. All the sites below will send a gift card to your friend to notify them of the amazing gift that was made in their name. One of the companies is already on one of my favorite resources list below – but others are folks I just stumbled on. I know there are so many other great sources like these to be listed – so I will do so, as often as possible...because god knows most of us do not need more STUFF.

Next time you want to give a gift to someone that really matters try one of the sources below. As far as I go, if you are reading my blog and you want to buy me a gift – see below.

[Coolearth.org](#)

A UK based company which will let you sponsor an acre of a rainforest for a little over a \$100 or 1/2 an acre for half as much. An acre of rainforest locks in 260 tonnes of global warming CO2 – that's the same as the annual carbon footprint of a family. They also have really great programs for schools and business.

[SEVA Foundation](#)

Founded in 1978, SEVA allows you to sponsor any number of their programs in several areas of

the world, ranging from much needed sight programs to maternal and prenatal care.

Heifer.org

Heifer is an amazing organization that works to help end world hunger. You HAVE TO look at their site to see how easy and impactful your contribution can be. They even have an online gift registry where you can buy a pig or a water buffalo for a village!

Kiva.org

If you have somehow managed to not hear of KIVA, you will soon. They have an exciting business model that allows everyday folks to LEND money to entrepreneurs in developing nations. These monies get paid back to you and you know exactly who it is that you are funding. The company has apparently managed to loan over \$10mi from over 94,000 people just like you. They have great gift certificates.