



Alternative Gift Ideas

A gift is giving someone some 'good energy':

- Spending time with someone is a gift
- Helping someone is a gift
- Making or baking something for someone is a gift
- Growing something for someone is a gift



It doesn't have to be expensive:

It is only in the last 50 years that '*bought gifts*' have become the easy, but expensive option that can put unnecessary stress on your budget.

The big shops want your money and advertise strongly, but most people prefer a smaller, useful gift.

Buy something made locally rather than something made from overseas.



Buy lasting gifts, not easily breakable plastic ones.



Decide as a family to restrict the gift exchanges to:

- Homemade/ home grown
- Second hand (op shop/ garage sales)
- or under \$10 cost)

This will mean less stress on everyone.

Or Put the names of your family members in a box, and then, get each person (without looking) to take a name out of the box to buy a gift for. Instead of everyone getting lots of cheaper gifts, they get one more expensive, lasting gift.



Make a list in January of those you want to give birthday and Christmas gifts to and start making and putting things away in a 'Treasure Box' over the year when things are on special or found in an op-shop.

(This is also good if you need a gift in a hurry)



Leaving Christmas shopping until the last couple of weeks is stressful and you always end up spending much more than you intended.

Spending Time / Helping

Give a voucher or vouchers to offer what you know you could do for example:

- Clean something e.g. their windows or their car, spring clean their house
- Read a book
- Take them to a park
- Give them a shoulder rub
- Take their dog for a walk
- Help with their garden
- Bring over a meal
- Tidy their garage
- Cut their hair



(Once a day, week, month or year)

Think what you can do that they may need help with, or, that they may have no time for.

Making or Baking

There are so many ideas you can choose from:

- Get a book out of the library
- Look at things in shops and think, can I make that myself?
- Cakes, biscuits, jam, chutney and homemade sweets are popular
- Lip balms, hand creams and herbal oils are nice
- You can knit, sew, crochet something
- Paint a picture or paint up a plant pot
- Find some shells with holes in them and make a necklace

Growing

An herb garden in a bucket is a nice gift.

Sow some extra flower and vegetable seeds this spring and you will have bunches of flowers and a box of vegetables ready for Christmas gifts, or give packets of seeds or plants to grow instead, and teach them how to garden.

