



8 ways to donate and give back

Next time you're on a mission to do some good, consider these eight ways to spread the love:

- 1. Food** – Hunger and food insecurity can impact anyone, especially those in underserved communities. To help, contact your local food bank about the best ways to give.
- 2. Clothing** – Donating clothing and linens helps those in need of wardrobe essentials. Ensure that clothes are clean, undamaged, and devoid of odors and stains before donating.
- 3. Hygiene and toiletry products** – During times of emergency or financial hardship, items such as toilet paper, feminine hygiene products, soap, and dental-care goods are in demand.
- 4. Furniture** – If you have furniture you can part with, ask a nearby charity how to arrange for a donation. You can make someone's housing situation feel a lot more comfy.
- 5. Toys, games, and books** – As your children outgrow toys, games, and books, consider passing along the joy to others in need.
- 6. Blood** – The American Red Cross is among the world's most trusted charitable organizations. To find out when and where you can give blood, contact your local chapter.
- 7. Time** – Volunteering is one of the simplest, most effective ways to give back to the communities where we live, work, and play. It's gratifying, too.
- 8. Monetary gifts** – Find a charity you're passionate about. Financial support is the world's most common forms of philanthropy, and an effective way to help make a difference.



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