## #GIVING TUESDAY

ivingTuesday has become a movement that celebrates the act of giving. While the campaign promotes charitable acts and other philanthropy throughout the year, it culminates on the first Tuesday following Thanksgiving.

If you decide to participate this year, consider giving your time or money to a local need.

#### The history

Many noted days now follow the holiday of Thanksgiving. The big day itself is followed by Black Friday, one of the biggest shopping days of the year. After this is Shop Small Saturday, Cyber Monday and then Giving Tuesday.

Giving Tuesday was created in 2012 by the United Nations Foundation and the 92nd Street Y — marketed for that year's Thanksgiving holiday. The intention of the holiday was to mark a day for celebrating the generosity of giving.

#### By the numbers

If people enjoy spending money, they also enjoy giving it. Here is GivingTuesday in 2017, by the numbers:

• 2.5 million online gifts were given for more than \$300 million in monetary value.

• More than 150 countries participated in the campaign, along with more than 120 community coalitions.

• The social media impression of the campaign reached 21.7 billion. That's right, billion.

#### **Turning giving** Tuesday into a local affair

While there are many worthy national campaigns and foundations performing great work, there is something to be said for providing charitable acts in your hometown. Support a local charity or find a local chapter of a larger foundation you admire. Also keep in mind that not all giving has to be monetary. If you're strapped for cash, there are many causes that would appreciate your time — even if it's only for a few hours.

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Several studies have shown that when you buy from an independent, locally owned business, rather than a nationally owned business, significantly more of your money is used to make purchases from other local businesses, service providers, and farms - further strengthening the economic base of the whole community.

## Plan your holiday meal

ou've consulted your cookbooks and perhaps the experts at Food Network, and planned your holiday meal. It is now time to start shopping for the bounty. Instead of heading to your local big-box grocery store, consider spreading the joy.

of shopping local, and one that can make a big difference not only to a small business. but to your holiday meal as well.

Make a list.

check it twice

tion. This will help keep you organized

**Scout local farms** 

to be the centerpiece of your meal, look

If you are looking for a holiday bird

and not forget any essential item.

Groceries are an often-overlooked aspect that is very fresh and most likely been raised cage-free.

#### Support your local bakery

Take some pressure off yourself and let someone else handle the desserts. Local bakeries will have plenty to choose from. Just be sure to call and pre-order. Unless you place your order ahead of time, bakeries may not be able to guarantee their selection by the time you arrive.



Visit a farmers market Depending on your climate, you may have an operating farmers market available to you year round. Fall and early Purchasing items from different shops winter months just happen to be prime comes with the territory when it comes time for root vegetables. Even if you live to food. The best place for produce may in a cooler climate, many open markets be different that the best shop for meats try and stay open as late as possible to or bread, unless you have a co-op at your help people with their holiday shopping. convenience. Arrange your lists by loca-



### Have a very Happy Holiday



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# ATIVINIT BI

Sunday Nov. 18, 2018 • 11 a.m. - 2:30 p.m.

Turkey Ham **Chicken Tenders** Fish Chicken and Dumplings Beef Tips **Baked** Chicken Meat Loaf Dressing

**Turnips** Mac and Cheese Green beans Yam Casserole Peas w/snaps Mashed Potatoes Rice & Gravy Corn Casserole With Desserts

\$7.95 + tax (does not include drink)



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