

HAPPY HEALTHY HOLIDAYS

WEEK 5: SHOPPING ON A BUDGET

Do you feel like you go over budget every year during the holidays? You're not alone. In 2016, Canadian retail stores generated \$536 billion (Statistics Canada, 2016). Instead of buying expensive gifts that sit in closets all year long, why not give something more meaningful that doesn't hurt your budget?

Budget-Friendly Gift Giving Ideas

- **Time**

- Babysit
- Pet sit
- Clean their house, declutter their closet, attic, or garage
- Help with home improvement projects like tiling, painting, planting a garden
- Redecorate their living room, office, bedroom
- Design a webpage
- Help to run errands



- **Photos**

- Online photo albums of memorable moments
- Create a slideshow of funny photos



- **DIY mason jar gifts**

- Cookie mixes
- Pancake mixes
- Hot chocolate mixes
- Soup mixes
- Homemade all-purpose seasoning
- Loose leaf tea
- Homemade body scrubs or body butter
- Stovetop scents: cinnamon, cranberries, pine, nutmeg and orange peels



- **Some Other Ideas**

- **Hand warmers** - uncooked rice in two pieces of fabric sewn together (microwave for 20 seconds)
- **Lip scrubs** - brown sugar, honey, and coconut oil
- **Bath bombs** (without citric acid)

