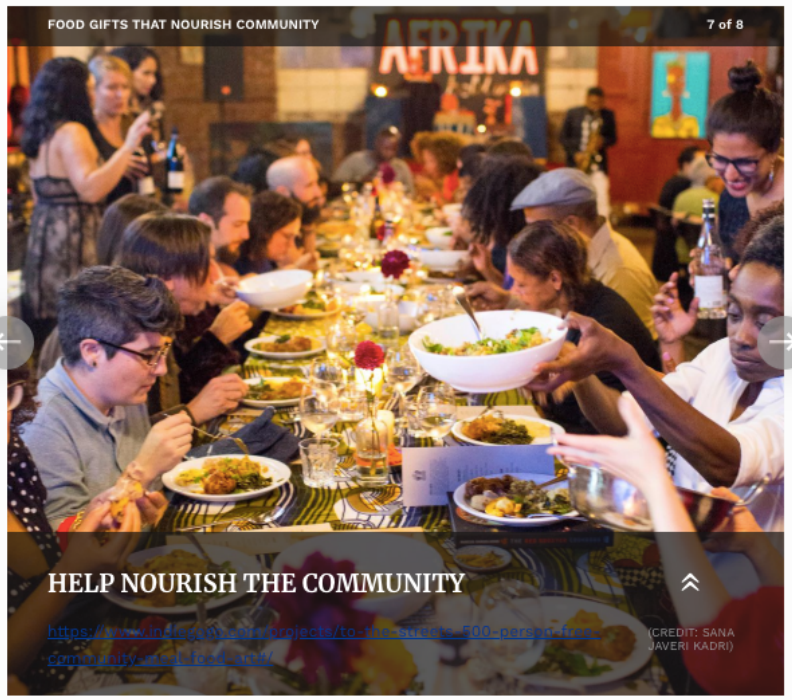
Forbes

Giving Tuesday And Beyond: Food Gifts That Nourish Community



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There is a plethora of evidence that once we've secured the basics—adequate food, clothing and shelter—an accumulation of stuff won't make us happy. In fact, psychologist Tim Kasser explains, the more we prioritize materialistic values, the less happy we are. In his book, *The High Price of Materialism*, he writes: "Existing scientific research on the value of materialism yields clear and consistent findings. People who are highly focused on materialistic values have lower personal well-being and psychological health than those who believe that materialistic pursuits are relatively unimportant."

More stuff may fill us with joy in the moment, but, according to economists, we ultimately return to the "hedonic treadmill" and our baseline level of happiness. The path to actual happiness lies in meaningful connections and experiences. With that awareness in mind, I present below a delicious list of food-related gifts that give back—opportunities to use whatever good fortune we have to nourish our bodies, hearts and communities. From supporting the biodiversity of bees that pollinate our food crops and

helping cocoa farmers in Puerto Rico rebuild their farms and livelihoods in the wake of Hurricane María to expanding a family cheese-making business that supports local dairy farmers and helping fund a free, community-wide meal for 500 people, this Giving Tuesday list honors the people and places that bring us abundance—forests, farms, gardens and meals from local and global cultures. Happy gifting and buen provecho!



Gallery: Food Gifts That Nourish Community

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