

# Lifestyle Guide



Food banks, such as the one in Greater Boston, need financial support year-round, especially during the holidays.

## PHILANTHROPY 10 LOCAL CHARITIES PERFECT FOR HOLIDAY GIVING

From homelessness to ALS, there's no shortage of need in New England—here are some of our favorites for the charitable days ahead.

BY AUDREY JABER

**1. The Greater Boston Food Bank**  
Donating just a single dollar to the Greater Boston Food Bank will help to provide three healthy meals to people in need across Eastern Massachusetts. Do your part to end hunger by donating food, money or time. [gbfb.org](http://gbfb.org)

**2. Journey Home**  
Join the fight to end homelessness by donating to Journey Home, a nonprofit committed to providing housing and support to young adults in need. Their trauma-informed approach helps Massachusetts youth through clinical treatments, employment coaching, education consultations and rapid rehousing support. [jri.org](http://jri.org)

**3. The Pete Frates Family Foundation**  
You may remember the ALS ice-bucket challenge from 2014. Well, it was inspired by Pete Frates, a Massachusetts native who was diagnosed with ALS, a progressive neurodegenerative disease. While he sadly passed away last year, his legacy lives on through The Pete Frates Family Foundation, which helps ALS

patients and their families with the immense costs of home healthcare. [petefrates.com](http://petefrates.com)

**4. New England Foundation for the Arts**  
Since 1976, NEFA has worked tirelessly to cultivate and promote the arts, with the help of generous donations. Though the arts are notoriously underfunded, this foundation prioritizes artists with several programs and grants, such as the Creative City Boston Artist Grant, which targets artists who are creating socially engaged public art. [nefa.org](http://nefa.org)

**5. New England Forestry Foundation**  
Through land conservation and sustainable forestry, this foundation has conserved more than 1 million acres of forests in the past 20 years, but the fight isn't over. Help save the future of New England's incredible forests by giving back to this worthy organization. [newenglandforestry.org](http://newenglandforestry.org)

**6. More Than Words**  
Change the lives of Boston's most vulnerable young adults—those in the foster care system, court involved,

homeless or out of school—by donating to this nonprofit social enterprise that empowers youth to take charge of their future by first taking charge of a business. At More Than Words, young adults earn a living wage by working at a bookstore while simultaneously learning valuable life skills and attending workshops that will undeniably help them in their future. [mtwyouth.org](http://mtwyouth.org)

**7. Boston COVID-19 Response Fund**  
COVID has undoubtedly had a negative effect on everyone, but some—such as seniors, people of color, immigrants, people with disabilities, domestic violence survivors and other vulnerable populations—have been disproportionately affected. Donating to The Boston Foundation's COVID-19 Response Fund will help with one-time grants to support communities in need. [tbfb.org](http://tbfb.org)

**8. The Steppingstone Foundation**  
Less than a third of Boston public high school graduates attend a four-year college. By giving back to The Steppingstone Foundation, you

can help to transform the futures of elementary to high school students with free programs aimed at academic success and college readiness. [tsf.org](http://tsf.org)

**9. The Bill Belichick Foundation**  
Patriots coach Bill Belichick's foundation aims to provide coaching, mentorship and financial aid—in the form of high school and college scholarships—to student athletes in need. Purchase a sweatshirt or hat or donate directly to bring the joy of sports to struggling athletic communities. [billbelichickfoundation.org](http://billbelichickfoundation.org)

**10. Eastern Standard Provisions Co. + St. Jude's Children's Research Hospital**  
The Boston-based snack company Eastern Standard Provisions Co. has partnered with St. Jude's Children's Research Hospital to create the St. Jude Gift of Hope box. With every purchase of the box—which contains artisanal soft pretzels and gourmet salts and sugars—\$10 will be donated directly to the children's hospital, which is focused on providing free care to children suffering with the most complex cancers and pediatric diseases. [esprovisions.com](http://esprovisions.com)