



Nourish Nova Scotia
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nourishns.ca

Donating Securities

Donating publicly traded securities and mutual funds to Nourish allows you to amplify the impact of your gift so that you can make a bigger difference in the lives of children and youth.

By donating securities, you receive a double tax benefit – you eliminate the capital gains tax normally paid when appreciated securities are sold, AND receive a charitable tax receipt issued for the appreciated value of your securities. A gift of securities, therefore, benefits you more than giving cash, and allows you to make a larger gift.

Please consult a tax advisor regarding which type of gift works best for you.

The Benefits

- Allows you to amplify the impact of your gift
- You pay no tax on the capital gains that have accumulated on the securities
- You receive a charitable tax receipt for your donation (value of securities)

[Click to Donate Securities](#)

If you have any questions or would like more information about donating securities to Nourish Nova Scotia, please call our office at 902-456-8412.