



## 26 Ways to “Live United”

*“Underneath everything we are, underneath everything we do, we are all people. Connected, interdependent, United. And when we reach out a hand to one, **we influence the condition of all.** That’s what it means to Live United.”*

- 1) Invite a friend, neighbor, or family member to attend a school board meeting with you.
- 2) Organize a book drive with your family, co-workers, school, club or faith community.
- 3) Read to children in your family, at your library, or with a local non-profit engaged in child care or literacy.
- 4) Purchase school supplies for a local school to distribute to children who need them.
- 5) Enroll your child in a summer reading program at the local library.
- 6) Donate your newspaper subscription to a local school.
- 7) Allow a high school student to shadow you at work and show them how to apply things you’ve learned in school.
- 8) Take an underprivileged child in your area to a local museum, exhibit, or play.
- 9) Be a mealtime partner for a pre-school class to help kids develop social skills
- 10) Mentor an at-risk youth at your neighborhood school.
- 11) Bring a child in your life to a bank to have a tour and open up a savings account.
- 12) Tutor at an adult literacy or technology program.
- 13) Donate new or gently used professional clothing to an organization assisting individuals in seeking employment.
- 14) Serve as a greeter at a free tax preparation community coalition site to help low-income families acquire up to thousands of dollars in earned income tax credits.
- 15) Volunteer to prepare tax returns for low-income families.
- 16) Contact your local representative about an issue affecting working people in your community.
- 17) Ask your bank if they offer free checking and savings accounts to low-income families and encourage them to start if they don’t.
- 18) Engage with a middle school to teach a class on how to save money and monitor the class as their savings grows.

- 19) Help senior citizens learn how to detect and prevent fraud.
- 20) Contact your local health clinic to offer assistance in anything from distributing flyers to serving on an event committee to writing a letter to the editor on their behalf.
- 21) Check into what healthy snacks are or are not available in your local schools and call on others to promote tasty healthy meals and fun exercise at school.
- 22) Start a walking group for friends, families, neighbors and/or community members that meets regularly at a set time and location. Soon the group will exist even if you can't make it!
- 23) Take a friend with you to get flu shots.
- 24) Buy pedometers for your friends and have a fun competition for who can walk the most steps.
- 25) Purchase personal care items such as deodorant, toothbrushes and soap and drop them off at the local homeless shelter.
- 26) Help transport needy families to necessary medical appointments so children can have proper screening and immunizations.