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## 26 Ways to LIVE UNITED

### EDUCATION

- Invite a friend, neighbor, family member to attend a school board meeting with you.
  - Organize a book drive with your family, co-workers, school, club or faith community
  - Read to children in your family, at your library, or with a local non-profit engaged in child care or literacy.
  - Purchase school supplies for a local school to distribute to children who need them.
  - Enroll your child in a summer reading program at the local library.
  - Donate your newspaper subscription to a local school when you go on vacation.
  - Allow a high school student to shadow you at work and show them how to apply things you learned in school.
  - Take the children in your life to a local museum, exhibit or play.
  - Be a mealtime partner for a pre-school class to help kids develop social skills.
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- Mentor an at-risk youth at your neighborhood school.

### INCOME

- Bring a child in your life to a bank to have a tour and open up a savings account.
- Tutor at an adult literacy or technology program
- Donate new or gently used professional clothing to an organization assisting individuals in seeking employment.
- 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.
- Volunteer to prepare tax returns for low-income families.
- Contact your local representative about and issues affecting working people in your community.
- Ask your bank if they offer free checking and savings accounts to low-income families and encourage them to start if they don't.
- Engage with a middle school to teach a class on how to save money and watch with them as it grows.
- Help senior citizens learn how to detect and prevent fraud.

### HEALTH

- 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.
- 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.
- 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!
- Get a flu shot.
- Buy pedometers for your friends and have a fun competition for who can walk the most steps.
- Purchase personal care items such as deodorant, toothbrushes and soap and drop them off at the local homeless shelter.
- Help transport families to necessary medical appointments so children can have proper screening and immunizations.