

100 Ways You Can Volunteer

1. Register to vote
2. Volunteer at your child's school
3. Offer to take an elderly neighbor to a medical appointment
4. Recycle
5. Play "I spy" with a child
6. Throw your trash in a trash can
7. Write your congressman
8. Start a community garden
9. Say "Thank You"
10. Become CPR certified
11. Play kickball with neighborhood kids
12. Join the PTA
13. Call a person you've been meaning to call
14. Send a card just because
15. Adopt a pet
16. Take shorter showers to preserve water
17. Ride a bike or walk instead of driving
18. Attend your child's recitals and sports events
20. Bring your own bags to the grocery store
21. Visit sick kids at a hospital
22. Smile at people you don't know
23. Help an elderly person cross the street
24. Donate good-condition toys, clothing and household goods
25. Take a plate to your elderly neighbor
26. Write messages to soldiers overseas
27. Join your neighborhood watch group
28. Donate goods to support the troops
29. Donate blood
30. Turn everyday moments with your child into teachable moments
31. Support businesses that care about the community
32. Control your road rage
33. Write thank you notes to those that help the community and hand deliver them
34. Don't gossip
35. Let your actions promote your values
36. Ask a senior citizen to tell you about their childhood
37. Turn off the television an hour earlier than normal and read a book
38. Take a day off just to be with your family
39. Visit a nursing home and talk to someone with no visitors
40. Offer free babysitting to a single mom or family in need
41. Tape a children's book and deliver it to a sick child
42. Donate used books to a daycare center
43. Bring in a neighbor's mail while they are on vacation
44. Buy locally-grown fruits and vegetables
45. Agree to be an organ donor on your driver's license
46. Plant a tree
47. Plant extra rows of vegetables in your garden and share them with friends
48. Donate new shoes and socks to shelters
49. Welcome new neighbors
50. Organize a neighborhood block party or yard sale
51. Start a petition
52. Donate an instrument to a school music program
53. Read the newspaper
54. Visit your state capitol
55. Contact local media about issues of concern
56. Organize a fund raising event such as a drink stand, car wash, or yard sale and donate the proceeds to a charity
57. When you are traveling, write an

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inspirational quote in a book or magazine and purposely leave it behind for someone else to find

58. Tell a child a story about your hero

59. Create a family newsletter

60. Send your favorite teacher a thank you note

61. Pay the toll for the car behind you

62. Invite someone to dinner who would otherwise be alone

63. Introduce the "gamer" generation to traditional activities like freeze tag, double-dutch and kickball

64. Keep some water bottles in your car and give them to workers who are in the hot sun

65. Pick flowers from your garden and leave them on a neighbor's porch

66. Offer to help someone who looks lost

67. When you ask someone "how are you?" be sure to listen to the full response

68. Let someone go ahead of you when you are driving

69. When it rains, share your umbrella with someone who doesn't have one

70. Leave an inspirational note or a joke in a child's lunchbox

71. Be courteous to telemarketers

72. Share your favorite hobby with a child

73. Take a casserole to a couple with a newborn baby

74. Forgive and really forget

75. Tip generously for good service

76. Be generous with hugs for those you love

77. Give genuine compliments

78. Leave your newspaper behind in a public place for the next person to read

79. Leave a nice note about your waiter on the back of the bill

80. Roll an elderly neighbor's trash can to the top of his/her driveway on trash pick-up day

81. Return your shopping cart after you load your groceries into the car

82. Get to work a little early and leave a piece of candy or cookie on everyone's desk

83. Print an inspirational quote or story and put it on the company bulletin board

84. Learn about a generous person in history and strive to be like him/her

85. Make breakfast in bed for someone in your household

86. Bake something as a family and take it to a neighborhood or family in need

87. Arrange a conference call for you entire family just to catch up

88. Sprinkle bird seed on the window ledge of a homebound friend

89. Be a designated driver

90. Wear a ribbon or bracelet to show support of a cause

91. Find your passion

92. Educate yourself on issues you care about

93. Play an instrument or sing for hospice patients

94. Start a compost pile

95. Donate new or gently used baby supplies

96. Add a banner ad or widget to your personal webpage to raise awareness or funds for a cause you believe in

97. Encourage your child to participate in school sports

98. Participate in a local walk/run for a cause

99. Promote worthwhile events and festivals by word of mouth

100. Create an emergency action plan for your family