

inspired

[to make healthy choices]

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Giving Back to Your Community

Volunteering can benefit your community and improve your quality of life!

Not only does making the time to give back help your community, it can also boost your personal mental well-being, keep you active, challenge you to grow new skills and provide opportunities to connect with new people.

Check out the Giving Back Bingo challenge below and try different ways to complete a line!

Giving Back Bingo

Fundraise for a charity	Volunteer at a senior center	Pick up trash at a local park	Shop locally	Collect and donate school supplies
Offer yard or house work for a neighbor	Donate your gently used items	Become a mentor	Share your thoughts with elected officials	Serve meals at a community kitchen
Share good news on social media	Assemble care packages		Donate blood	Volunteer at a community center
Volunteer at an animal shelter	Recycle	Deliver baked goods to essential workers	Tutor a student	Contribute to a Little Free Library
Donate to a local food pantry	Organize a community clean-up	Write cards or notes to spread joy	Volunteer at a crisis line	Leave a good review for a small business

Want to give back to your community but don't know where to start? VolunteerMatch.org can connect you with a cause that you are passionate about.

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