30 Days of Giving Back

1. Spend an hour picking up litter around your neighborhood as a family.
2. Cook a homemade meal and bring it to a friend or loved one.
3. Collect canned goods and donate to a food kitchen.
4. Donate gently used kids books to your school's library.
5. Volunteer to babysit for a friend.
6. Take your neighbor's trash bins in/out on garbage day.
7. Compliment 3 strangers.
8. Tape a free rental code and bag of popcorn to a Redbox kiosk.
9. Pay for the person's coffee behind you in line.
10. Take a group of kids to sing carols at a retirement home.
11. Leave a coupon on the corresponding product in the store.
12. Say hello and smile to three strangers.
13. Volunteer to help in your child's classroom.
14. Write a letter on paper to someone and send it in the mail.
15. Thank a Veteran for their service.
16. Donate a new toy for Toys for Tots or similar charity.
17. Donate extra bedding and pet food to pet rescue or shelter.
18. Make "Blessing Bags" for the homeless with travel sized toiletries.
19. Tape change or a dollar bill to a vending machine.
20. Go to lunch or sit by someone new at lunch.
21. Invite someone over you know may be alone on the holidays.
22. Tell a person who is looking for a job when you hear about an opening.
23. Introduce yourself to a neighbor you haven't met.
24. Notice an employee doing a great job and tell their manager.
25. Leave a small present in your mailbox for the mail person.
27. Volunteer to be the designated sober driver for the evening.
28. Bring warm coffee or a warm meal to a homeless person.
29. Do yard work or shovel for an elderly person.
30. Leave a flower bouquet at a hospital or nursing home for the nurses to decide who needs it the most.