**UP FOR THE CHALLENGE?**

At United Way of Olmsted County, our mission is to serve the needs of our local community and to ignite the desire in everyone to improve this community we call home.

*We’re excited you’re joining us.*

**ACT 1**
Pick up litter from a park, playground, or public space.

**ACT 2**
Cook a meal for somebody.
Or volunteer at a local food pantry or kitchen.

**ACT 3**
Send a letter or an email to show your gratitude to a health care worker or teacher.

**ACT 4**
Spend some time with a neighbor who may be lonely.

**ACT 5**
Tell someone about a social issue that’s important to you

**ACT 6**
Donate a book to your local mini library.

**DID YOU KNOW?**
United Way invests 100% locally to build healthy, caring, and inclusive communities across Olmsted County.

More than 40% of seniors regularly feel lonely.

Learn more about local issues at www.uwolmsted.org/research

If you are unsure, please feel free to visit the mini library located outside the United Way building at 903 West Center Street, Rochester MN, 55902.

Visit www.uwolmsted.org/volunteer to find out more.
SHOW YOUR LOCAL LOVE
TAKE ACTION TODAY

United Way of Olmsted County
ACT 10
Visit the Farmer’s Market to buy healthy foods from a local farmer.

ACT 11
Read a book to child.

ACT 12
Ask someone how they are doing. Really mean it.

ACT 13
If you’re eligible to vote, make sure your voter registration is up to date.

ACT 7
Offer a neighbor, friend, or coworker some help.

ACT 8
Write a letter or email to your state representative, city councilperson, or Senator.

ACT 9
Make a donation to your favorite cause.

ACT 10
Visit www.uwolmsted.org/advocate to find out more.

DID YOU KNOW?
20% of Olmsted County residents say they feel they live in a neighborhood where people don’t know each other.

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United Way 211 is a comprehensive information and referral service available by phone, text, and online that connects individuals across Minnesota to health and human services information and resources. Just dial 211!

ACT 21
Rake leaves for an elderly neighbor.

ACT 22
Explore a Born Learning Trail with a child.

ACT 23
Wildcard!

ACT 24
Donate school supplies to give kids a running start to reach their full potential in school.

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ACT 24
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ACT 25
Watch a movie about someone’s life in another country.

ACT 26
Take the Be Counted Pledge and ensure that Olmsted County is fully represented on the 2020 Census.

DID YOU KNOW?
15% of youth in Olmsted County feel that adults in the community do not care about them. How can you help improve the life of a child in our community?

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ACT 27
Bring food to your local little food pantries.

Little food pantries are located outside the YMCA and near Snappy Stop off Broadway South.

ACT 28
Create a welcome package for newly arrived immigrants or refugees.

Connect with Catholic Charities for more information and age-appropriate ideas.

ACT 29
Attend a multi-cultural or LGBTQIA event to celebrate Olmsted County’s diverse communities.

Contact the Rochester Public Library for more information.

ACT 30
Donate needed clothes or supplies to a Full-Service Community School.

Visit www.uwolmsted.org/education to find out more.

THANK YOU!
You have made our community better through your acts of local love.

What now?
Play it forward!
Pass this deck on to somebody else, or distribute the next card to encourage others to take the challenge.

Or go to uwolmsted.org/get-involved to continue improving our community!

UP FOR THE CHALLENGE?!
I’ve just completed 30 Acts of Local Love.

Now I’m challenging you to unleash your local love!

ACT SMALL. DREAM BIG!
We want to inspire acts of local love throughout Olmsted County.

Watch our Local Love in Action video, read full interviews, and join our 30 Day Challenge at: UWolmsted.org/ShowYourLocalLove

Activate, then participate! Go to UWolmsted.org/ShowYourLocalLove to activate your deck and join the movement. It’s simple as that!

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THIS IS WHAT LOCAL LOVE LOOKS LIKE!