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 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!

ACT 1

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

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

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

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

DID YOU KNOW?
United Way invests 100% locally to build healthy, caring, and inclusive communities across Olmsted County.
ACT 6

Donate a book to your local mini library.

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.

ACT 7

Offer a neighbor, friend, or coworker some help.

Learn why connections matter at www.uwolmsted.org

ACT 8

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

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

ACT 9

Make a donation to your favorite cause.

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

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

42% of Olmsted County third graders do not read at grade level by the end of 3rd grade.

Nearly 1 in 3 Olmsted County residents are at risk of depression.
ACT 13
If you’re eligible to vote, make sure your voter registration is up to date.

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

ACT 14
Volunteer at a local nonprofit.

Find volunteer opportunities at www.volunteer.uwolmsted.org

ACT 15
¡Hola!
Salaam alaykum!
Xin chào!

Introduce yourself to a neighbor who speaks a different language than you.

DID YOU KNOW?
An act of local love can take many forms. Through United Way you can mobilize people to address a local issue, collaborate with a network of partners to solve a problem, or give financially to support our community programs.

It’s all local love!
ACT 16
Dispose of unused prescriptions safely at a prescription drug takeback box.

A box is located at the Olmsted County Adult Detention Center

ACT 17
Donate toiletries to a local shelter.

Nearly 500 people experience homelessness in Southeast Minnesota on any given night.

ACT 18
Make a statement: wear a tshirt or post a yard sign supporting an organization or cause you care about.

ACT 19
Learn when Homeless Day on the Hill is this year - put it on your calendar!
ACT 20
Visit the library and check out a book by a Native American author.

Many communities celebrate Indigenous People’s Day each October.

ACT 21
Rake leaves for an elderly neighbor.

ACT 22
Explore a Born Learning Trail with a child.

Born Learning Trails are located at Silver Lake Park and the Rochester-Olmsted Recreation Area.

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?
ACT 23
Wildcard!

Create your own act of local love.

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

DID YOU KNOW?
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 24
Donate school supplies to give kids a running start to reach their full potential in school.

Find out how at www.uwolmsted.org/rs
ACT 26
Take the Be Counted Pledge and ensure that Olmsted County is fully represented on the 2020 Census.

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

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.

UP FOR THE CHALLENGE?!

I’ve just completed 30 Acts of Local Love.

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

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!