



# 10 Ways Kids Can Help

1. Donate food to a local food pantry. Have your child pick out one item each time you go to the store.
2. Volunteer to walk to fight a disease.
3. Put together activity boxes including old art supplies.
4. Visit a nursing home to sing, dance or put on a show.
5. Clean up after an after school or extra curricular event.
6. Send cards, jokes and/or notes to children's hospitals.
7. Deliver meals to an elderly person or neighbor who is under the weather.
8. Offer a lift to friend who needs a ride.
9. Volunteer to help care for abandoned dogs/cats.
10. Donate old children's books that they have outgrown.