

Ways to Increase Your Social Capital



Greet people.

BUY A GRILL AND INVITE OTHERS OVER FOR A MEAL.

Attend a public meeting.

VOLUNTEER TO DELIVER MEALS ON WHEELS
IN YOUR NEIGHBORHOOD.

Cut back on television.

RAISE FUNDS FOR A NEW TOWN CLOCK OR LIBRARY.

Pick it up even if you didn't drop it.

BE REAL. BE HUMBLE.
ACKNOWLEDGE OTHERS' SELF-WORTH.

*Collect oral histories from
older town residents.*

JOIN IN TO HELP CARRY SOMETHING HEAVY.

Start a tradition.

TELL FRIENDS AND FAMILY ABOUT
SOCIAL CAPITAL AND WHY IT MATTERS.

Share your snow blower.

TAKE IN THE PROGRAMS AT YOUR LOCAL LIBRARY.

Hire young people for odd jobs.

PLAN A REUNION OF FAMILY, FRIENDS OR THOSE
WITH WHOM YOU HAVE A SPECIAL CONNECTION.

Read the local news faithfully.



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Sit on your stoop.

JOIN A BOOK CLUB DISCUSSION OR GET
THE GROUP TO DISCUSS LOCAL ISSUES.

Build a neighborhood playground.

VOLUNTEER AT YOUR LOCAL
NEIGHBORHOOD SCHOOL.

Be nice when you drive.

ORGANIZE A NEIGHBORHOOD PICK-UP,
WITH LAWN GAMES AFTERWARD.

Fix it even if you didn't break it.

GO WITH FRIENDS OR COLLEAGUES TO A BALL GAME
(AND ROOT, ROOT, ROOT FOR THE HOME TEAM!).

Help jump-start someone's car.

OPEN THE DOOR FOR SOMEONE WHO
HAS HIS OR HER HANDS FULL.

Make gifts of time.

JOIN A PROJECT THAT INCLUDES PEOPLE
FROM ALL WALKS OF LIFE.

Ask to see a friend's family photos.

HELP SCRAPE ICE OFF A NEIGHBOR'S CAR, PUT
CHAINS ON THE TIRES OR SHOVEL IT OUT.

Attend gallery openings.



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Volunteer at the library.

PERSUADE A LOCAL RESTAURANT TO HAVE
A DESIGNATED "MEET PEOPLE" TABLE.

*Have a potluck supper before
your town meeting.*

BAKE COOKIES FOR NEW NEIGHBORS
OR WORK COLLEAGUES.

Join a nonprofit board of directors.

WHEN SOMEBODY SAYS "GOVERNMENT STINKS,"
SUGGEST THEY HELP FIX IT.

Call an old friend.

RETURN A LOST WALLET OR APPOINTMENT BOOK.

Have a neighborhood barbecue.

PLANT TREE SEEDLINGS ALONG YOUR STREET WITH
NEIGHBORS AND ROTATE CARE FOR THEM.

Form or join a bowling team.

WHEN INSPIRED, WRITE PERSONAL NOTES
TO FRIENDS AND NEIGHBORS.

*Gather a group to clean up
a local park or cemetery.*

USE PUBLIC TRANSPORTATION AND START
TALKING WITH THOSE YOU REGULARLY SEE.

Go to a local folk or crafts festival.



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Say hello to strangers.

ASK A NEW PERSON TO JOIN A GROUP FOR
A DINNER OR AN EVENING.

*Turn off the TV and talk
with friends or family.*

SIGN UP FOR A CLASS AND MEET YOUR CLASSMATES.

Accept or extend an invitation.

PLAY HOST TO A POTLUCK MEAL OR
PARTICIPATE IN THEM.

Log off and go to the park.

TALK TO YOUR KIDS OR PARENTS ABOUT THEFT DAY.

*Start a children's story hour
at your local library.*

SAY HELLO WHEN YOU SPOT AN
ACQUAINTANCE IN A STORE.

Volunteer to drive someone.

ASK NEIGHBORS FOR HELP AND RECIPROCATE.

Play host to a movie night.

ASSIST WITH OR CREATE YOUR TOWN OR
NEIGHBORHOOD'S NEWSLETTER.

*Exercise together or take walks
with friends or family.*



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Attend Memorial Day parades.

EMPLOYERS: ENCOURAGE VOLUNTEER/COMMUNITY GROUPS TO HOLD MEETINGS ON YOUR SITE.

Attend a local budget committee meeting.

VOLUNTEER IN YOUR CHILD'S CLASSROOM OR CHAPERONE A FIELD TRIP.

Form a local outdoor activity group.

BUSINESSES: INVITE LOCAL GOVERNMENT OFFICIALS TO SPEAK AT YOUR WORKPLACE.

Participate in political campaigns.

FORM A COMPUTER GROUP FOR SENIOR CITIZENS.

Help run the snack bar at the Little League field.

HELP COACH LITTLE LEAGUE OR OTHER YOUTH SPORTS—EVEN IF YOU DON'T HAVE A KID PLAYING.

Run for public office.

FORM A TOOL-LENDING LIBRARY WITH NEIGHBORS AND SHARE LADDERS, SNOW BLOWERS, ETC.

Start or join a carpool.

START A LUNCH GATHERING OR A DISCUSSION GROUP WITH CO-WORKERS.

Eat breakfast at a local gathering spot on Saturdays.



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Join the volunteer fire department.

EMPLOYERS: GIVE EMPLOYEES TIME (E.G., 3 DAYS PER YEAR TO WORK ON CIVIC PROJECTS).

*Offer to rake a neighbor's yard
or shovel his/her walk.*

PLAN A "WALKING TOUR" OF A LOCAL HISTORIC AREA.

Ask a single diner to share your table.

START A FIX-IT GROUP OF FRIENDS WILLING TO HELP EACH OTHER CLEAN, PAINT, GARDEN, ETC.

Offer to serve on a town committee.

HAVE A BLOCK PARTY OR A HOLIDAY OPEN HOUSE.

*Stop and make sure the person on
the side of the highway is OK.*

GO TO CHURCH OR TEMPLE, OR WALK OUTSIDE WITH YOUR CHILDREN—TALK TO THEM ABOUT WHY IT'S IMPORTANT.

Take dance lessons with a friend.

HAVE FAMILY DINNERS AND READ TO YOUR CHILDREN.

Say "thanks" to public servants.

STAND AT A MAJOR INTERSECTION HOLDING A SIGN FOR YOUR FAVORITE CANDIDATE.

*If you grow tomatoes, plant extra
for a lonely elder neighbor.*



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*Organize a social gathering
to welcome new neighbors.*

ATTEND TOWN MEETINGS.

Register to vote and vote.

SUPPORT LOCAL MERCHANTS.

*Volunteer your special skills
to an organization.*

MENTOR SOMEONE OF A DIFFERENT
ETHNIC OR RELIGIOUS GROUP.

Start a community garden.

BECOME AN ORGAN OR BLOOD MARROW DONOR.

Help fix someone's flat tire.

SURPRISE A NEW NEIGHBOR BY MAKING A
FAVORITE DINNER—AND INCLUDE THE RECIPE.

Avoid gossip.

PLAN A VACATION WITH FRIENDS OR FAMILY.

Join a gardening club.

TAPE RECORD YOUR PARENTS' EARLIEST MEMORIES
AND SHARE THEM WITH YOUR CHILDREN.

Donate blood (with a friend).

ORGANIZE OR PARTICIPATE IN A SPORTS LEAGUE.

Attend home parties when invited.



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Get to know your children's teachers.

ATTEND YOUR CHILDREN'S SCHOOL EVENTS.

Start a monthly tea group.

JOIN THE LOCAL ELKS, KIWANIS, OR
KNIGHTS OF COLUMBUS.

Sing in a choir.

GET INVOLVED WITH BROWNIES OR SCOUTS.

Attend PTA meetings.

SPEAK AT OR PLAY HOST TO A MONTHLY BROWN-BAG
LUNCH SERIES AT YOUR LOCAL LIBRARY.

Play cards with friends or neighbors.

GET TO KNOW THE CLERKS AT YOUR LOCAL STORES.

Give to your local food bank.

AUDITION FOR COMMUNITY THEATER OR
VOLUNTEER TO USHER.

Join or start a baby-sitting co-op.

WALK OR BIKE FOR A CAUSE--AND MEET OTHERS.

Attend school plays.

GIVE YOUR PARK A WEATHERPROOF
CHESS/CHECKERS BOARD.

Answer surveys when asked.



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