

LIVE UNITED by Volunteering

IF YOU COULD GIVE ONE HOUR A WEEK

You could:

- Mow the lawn or shovel snow for an elderly person so that they are able to stay in their home and live independently
- Help a local medical clinic that provides free and reduced services to those without healthcare update and maintain their website
- Answer calls to the local Crisis Nursery from parents and caregivers experiencing a crisis and connect them with temporary licensed childcare

IF YOU COULD GIVE TWO HOURS A WEEK

You could:

- Be a Coach or Buddy for a Miracle League baseball team
- Assist customers in a hospital gift shop or local thrift store
- Make a difference in a young girls life by mentoring in a program designed to empower girls and help them find their own unique voice

IF YOU COULD GIVE ONE DAY A MONTH

You could:

- Help the local food shelf pick up and distribute food through the Food Rescue Program that can no longer be sold in area retail stores but can still be consumed
- Volunteer with the Bloodmobile by calling current or past donors to schedule appointments, serve as a greeter or offer refreshments to donors when they are finished
- Use your business expertise to mentor upcoming entrepreneurs through a mentoring program for new and emerging businesses

ALL of these opportunities and MORE may be found in the Volunteer Solutions database at www.mankatounitedway.org. Visit our website and click on **VOLUNTEER** to learn about the many volunteer opportunities in the greater Mankato area.

GIVE. ADVOCATE. VOLUNTEER.