

# 5 Ways to give back



What does giving back mean to you? Maybe someone helped you when you needed it, and now you can “pay it forward”. Or maybe it’s as simple as supporting a cause. Here are some ideas that can help you get giving:

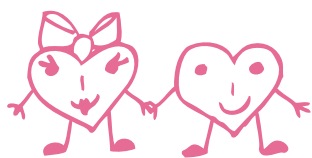
**1 Volunteer** to help others in your community

**2 Donate** food or other needed items to a charity



**3 Practice** a “random act of kindness” at least once a week

**4 Check** on a friend or family member who can use extra support



**5 Act** as a mentor to someone who stands to gain from your experience

