1. Take the Better Choice Pledge!
2. Volunteer
3. Donate healthy items to the local food pantry
4. Take the stairs
5. Help start or volunteer for a Backpack Program in your school
6. Join your child’s PTO
7. Share good ideas
8. Utilize your neighborhood parks and trails
9. Practice food safety
10. Dispose of medications properly
11. Connect your school with local farmers
12. Bring healthy items to a bake sale, like fruit kabobs
13. Join or start a community garden
14. Turn off devices during family time, including dinner
15. Help others find common ground
16. Pick up litter
17. Follow your town’s leash law
18. Wash your hands
19. Talk to your neighbors
20. Participate in local health surveys
21. Get to know your elected officials
22. Turn off lights
23. Attend a fun run
24. Get the recommended amount of sleep
25. Advocate for green space and walking trails
26. Start a worksite wellness program

27. Sponsor a new bench or play equipment at your neighborhood park
28. Don’t smoke in public places
29. Get tested for STDs
30. Shop your local farmers market
31. Participate in town meetings
32. Learn CPR
33. Read to someone who is visually impaired
34. Use crosswalks
35. Learn about and advocate for complete streets
36. Donate gently used clothing
37. Turn the office “donut day” into “fruit day”
38. Dispose of chemicals properly
39. Participate in events for a cause
40. Provide respite services
41. Let a breastfeeding mom know she’s doing a good job
42. Plant a tree
43. Have a family fire safety route out of the house
44. Use a reusable water bottle
45. Keep annual doctor visits
46. Sit down for family dinner as often as possible
47. Advocate for accessibility in public spaces
48. Grow your own vegetables
49. Join your school wellness committee
50. Donate your professional skills to community projects
51. Vote

52. Keep smoke detectors in good working order
53. Walk, bike or carpool to work or school
54. Use sunscreen
55. Stay current on your immunizations
56. Engage youth in community projects
57. Celebrate success
58. Try a new food or activity
59. Join a local running/walking group
60. Organize a “walking school bus”
61. Commit random acts of kindness
62. Choose a healthy meal at a Better Choice Eatery
63. Wash your hands
64. Facilitate a walking meeting
65. Decrease your family’s screen time
66. Listen
67. Vaccinate your pets
68. Welcome new neighbors
69. Use programs you qualify for, like WIC and the HNP
70. Compost
71. Always wear a life vest
72. Recycle
73. Donate supplies to a homeless shelter
74. Shovel or mow for elderly neighbors
75. Organize a healthy school fund raiser
76. Wear a seatbelt
77. Use Better Choice Retailer shelf tags to help you make healthier choices
78. Participate in a park, playground or trail revitalization group
79. Shop local
80. Laugh more
81. Reduce the amount of chemicals you use in your home
82. Cough and sneeze into your elbow
83. Stay home when you’re sick
84. Spread the word about community health programs
85. Follow Clinton County Health Department on social media
86. Volunteer at a local animal shelter
87. Organize a worksite wellness challenge
88. Rake your neighbor’s yard
89. Get your well water tested
90. Support a Better Choice Retailer in your neighborhood
91. Don’t text and drive
92. Plant an extra row in your garden and donate it
93. Use reusable tote bags for groceries
94. Stand up to bullying
95. Connect people with similar interests and concerns
96. Take advantage of car seat safety checks
97. Join a Community Supported Agriculture (CSA)
98. Get screened for common cancers
99. Report crimes
100. Eliminate standing water on your property to reduce mosquitoes

101. What will you do?