Spring Into Motion

easy ways to give back to your community:

• **Spring Clean** - clean out your closet and donate any unused clothing
• **Food Drive** - donate food to a local shelter
• **Blood Bank of Delmarva** - donate blood or plasma to help people in need
• **Charity Miles** - this app donates money to the charity/charities of your choice for every mile you run
• **Bake** cookies for your local police or fire department
• **Donate books** to your local library or community center
• **Donate toys** to children's hospitals or low-income daycares
• **"Pay It Forward"** - pay for a strangers coffee or lunch