

RESOURCES FOR SOCIALLY-CONSCIOUS PEOPLE WITH LOW OR NO INCOME

ACTIVISM

- Volunteer for conferences/events/demonstrations
- Donate or lend things/resources/services/talent
- Call/email/write letters to the Editor/Senator/President/CEO/Council Member/etc.
- Bumper stickers/buttons/signs/sidewalk chalk
- Create a brief informational handout/petition
- Email/web activism - www.actforchange.com
- Meet free in community centers, cafes, churches

ARTS/FUN

- Usher/volunteer for concerts, plays, dances, performances, workshops, lectures, more
- Ask about student/senior/low-income discounts and comp (free) tickets
- Discount coupons for theatres, outings, stores (Blue Sky/Happenings books-support community)
- Scholarships/grants for lessons/classes/confs
- Barter for lessons/classes/equipment use
- Low-cost classes through community ed
- Let people know you'll reuse/recycle misc stuff
- Art cars/Recycled art

CLOTHES/FURNITURE/HOUSEHOLD/MISC

- Nonprofit reuse stores (Goodwill/Reuse)
- Nonprofit outlet stores (PPL stores)
- Support community/fairtrade not corporate chains
- Rummage/out-of-business/estate sales/auctions
- Check friends and family getting rid of stuff
- Check curbs on garbage day
- Free items at nonprofits/churches
- Rebates for buying eco-appliances (Xcel Energy)

EXTRA INCOME

- Door-to-door/phone fundraising/canvassing
- Green cleaning/freelancing/babysitting/repairs
- Teach at home/for community ed/as a substitute
- Teach a class at Open U & take free classes
- Food service (community/vegetarian restaurants)
- Temp catering-flex w/free food (check strikes)
- Give plasma

FINANCIAL BALANCE

- Consolidate loans/payments/lower interest
- Autopay to savings/bills/www.solutionsfund.org
- Free budgeting workshops (MN Workforce Center)
- Join/create a financial support group
- Support green investments/banks/credit cards
- Your Money or Your Life - www.newroadmap.org

FOOD

- Low-cost organic produce-community farm shares
- Be a coop member (North Country, etc.)
- Low-cost meat/produce/staples shares for 2-hrs/mo of volunteer service anywhere (Fare-for-All)
- Farmers markets/community gardens
- Discount/2-for-1 restaurant coupons (Blue Sky/Happenings books-support community)
- Free at food shelves/churches/bakeries
- Free organic food - Sisters Camelot bus

HEALTH

- Free/sliding-scale medical clinics/counseling
- Free wholistic health workshops, mediation/yoga classes and massage/bodywork (Pathways)
- Monthly/sliding-scale chiropractic clinics
- Low-cost dental/massage/bodywork from students
- Free/low-cost exercise/dance classes through nonprofits/community ed/clubs
- Scholarships for gym memberships (YWCA)

HOUSING

- Coop housing/roommates/condos/rent extra room
- Home-loan help (ACORN)
- Half-way houses (recovering addicts, youth, people w/disabilities/mental illness, ex-cons)
- New houses (Habitat for Humanity)
- Free energy assistance, weatherization (RAP)
- Working Assets Long Dist-www.workingassets.com

LIFE PATH

- Free workshops, career counseling, faxing, VM, computer access, support groups (Workforce Ctr)
- Join a trade organization/interest group
- Live your dream-www.barbarasher.com
- Help for entrepreneurs (SCORE, WomenVenture)
- Print/audio/video/internet resources at libraries

SERVICES

- Barter with friends/family/Barter Network
- Free/low-cost student car repairs/hair cuts
- Free/low-cost parenting classes/child care
- United Way/First Call for Help/Yellow Pages

TRAVEL

- Bike/walk/carpool/car sharing/bus passes
- Free/low-cost volunteer trips or working trips
- Deliver cars, RVs, courier packages
- Budget Travel magazine-www.frommers.com