

Growing Your MONEY LOCALLY

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**MONEY
THING®**

Support Local



30 DAYS OF DAILY CHALLENGES

DAY 1

Choose a staple item (e.g., bread) and commit to buying it locally this month

DAY 2

Visit your city's website and check out the events calendar

DAY 3

Try out a new-to-you restaurant in your area



DAY 4

Follow some of your favourite local businesses on Facebook and Instagram

DAY 5

Spruce up your front yard, balcony or windowsill with some flowers or greenery

DAY 6

Report a local issue (e.g., graffiti, potholes, sidewalk damage) to public works

DAY 7

Write an online review for a local business you love



DAY 8

Pick up a free local paper or newsletter and read about current issues in your community

DAY 9

Waiting in line or at the bus stop? Initiate small talk with a stranger today.

DAY 10

Take a small bag for a walk around the block and pick up litter you see along the way

DAY 11

Go treasure hunting at a garage sale or thrift store this weekend



DAY 12

Buy this week's groceries at a farmers' market or independent grocer

DAY 13

Pick up a local recreation guide (or browse one online)

DAY 14

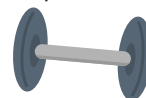
Build goodwill with your neighbours—bake them some treats or offer to help them

DAY 15

Fill up a shopping bag with old stuff and drop it off at a charity thrift store

DAY 16

Join a running club or group fitness class in your area



DAY 17

Snapping selfies at a local business? Be sure to tag them, too!

DAY 18

Play tourist in your own city this weekend—don't forget to bring your camera!

DAY 19

Join a community garden (or rally the neighbours and start your own)

DAY 20

Cheer on a local sports team—minor leagues are still major fun



DAY 21

Visit a local coffee shop and buy a coffee for the person behind you in line

DAY 22

Write a letter to your elected official about a local issue or just to say thanks

DAY 23

Find an upcoming community event to attend this month and check it out

DAY 24

Strike up a conversation with a local business owner—ask how they got their start

DAY 25

Track down a local band or live music venue and go to a show



DAY 26

Buy local art to display in your home or business



DAY 27

Take some treats to the local police station or fire department

DAY 28

Find a local organization that excites you and offer to volunteer with them

DAY 29

Go for a browse at the nearest independent bookstore



DAY 30

Create a workshop and offer to lead it at your school, library or community centre

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