

# FUEL YOUR GOOD

## FUEL YOUR GOOD ANYWHERE!

Looking to Fuel Good at home, too? Good news — you can Fuel Your Good anywhere! It takes only a little effort to make a big difference, no matter where you are.

### CHECK OUT THESE IDEAS FOR WAYS THAT YOU CAN FUEL YOUR GOOD ANYWHERE!

- **Donation Stack:** Take time to look through items in your house that could be better used elsewhere. Start a donation stack of unused or gently used items or extra food that you can share at a local shelter or food bank.
- **Virtual Dance Party or Cook-Off:** Set up a time with your friends and classmates to gather via video chat or telephone! Host a virtual dance party or try making a new recipe at home at the same time, then share the results!
- **Personal Fitness Challenge:** Set a goal and stick to it! Make up your own fitness challenge to stay active even indoors — try adding new layers of challenge every day to keep yourself on your toes!
- **Letter Campaign:** Write and mail letters to people who might need a little sunshine in their day. This could be relatives, staff at a local hospital, or perhaps residents at a nearby nursing home. Use your good to make them feel good, too!
- **Motivation Rocks:** Is there a place for people to walk in your neighborhood? Create posters or paint rocks with inspirational messages for others and leave them around town to motivate them to Fuel their Good, too!

Take credit for the amazing things you do to **Fuel Your Good**, big or small. Share your story at **FuelYourGood.com** or, if you're 13 or over, share on social media using #FuelYourGood #Contest before April 22 for chances to win BIG!