

Ways You Can Help America Work!

Make Your Dollars Count:

1. Avoid using self check-out stations (saving cashier jobs)
2. Support small retail business owners by shopping locally.
3. Avoid large restaurant chains by eating at privately owned establishments.
4. Buy locally grown food, support farmers in your state.
5. When possible, buy things that are made locally as well as sold locally.
6. Use a "bricks and mortar" store when one is available as opposed to e-commerce
7. Buy less, buy quality, buy fair treatment for workers. Every time we buy something, we vote: for quality, for the way every worker along the manufacturing/supply line is treated.
8. Pay more for UFW grapes, fair trade coffee/chocolate -- just asking the manager where the food came from helps raise awareness.
9. Pay fair wages for household and other help. The businesses that charge \$20/hour for housecleaning but pay \$7/hour to their cleaners shouldn't get our business.

Volunteer:

1. Host a church "giveaway day." Parishioners could donate discard clothes or household items and we could promote the "giveaway" in poorer neighborhoods. No questions asked.
2. Encourage participation in Mom to Mom sales. advertise upcoming sales. (Moms set up tables to sell baby/kids clothes, toys, and equipment their own have outgrown. Terrific bargains!
3. Ask a single Mom with kids if she could use some babysitting help.
4. Get involved with community building projects which value and bridge communications with economically challenged communities.

Advocate:

1. Urge any legislative/political support to reinstate Earned Income Credit and SNAP cuts.
2. Talk with family and friends about raising the minimum wage.

3. Support initiatives for public transportation.
4. Increase child care post school times and during holidays.
5. Have regular discussions re: use of surplus in taxes at the state level (i.e. increased school spending)
6. Support initiatives to bundle needs such as tutoring, health care, work searches and resume development, dressing options for job search, etc.
7. Sign up online to get the scoop on especially fair or unfair stores (especially the big-box) -- sign their petitions, try to shop at the better places. Get past "bottom line is the best bargain" thinking; otherwise we can get toilet paper for \$1/case but the person making it will earn \$3/hour.

Give a Little...

1. Purchase gas cards to give to CCRT, or pass out to people at the unemployment office.
2. Provide a scholarship, some books, or a free lunch at OU.
3. Perhaps there might be SJF OU students that are living on campus in the married sections. Find out if they have any special needs.
4. Tip more than 20% for good 'tippable' service. Tip more than 20% at restaurants that don't serve alcohol (the total check is usually less for the same amount of work/time by the waitstaff.)
5. Give \$10/month to a union or group trying to improve the lot of low-wage fast food workers, crop pickers, slaughterhouse workers, etc and sign up for their emails.
6. Give a few extra dollars to a person performing a menial task. For example, leaving a few dollars for the housekeeping worker at the hotel you just stayed in.

Appreciate:

1. Warmly thank all clerks/waiters/etc for their service. Avoid the "I - it" interactions; everyone we come in contact with should receive an "I - you" personal touch. Also makes shopping more fun.
2. Take a minute to tell the manager when you've received good service and that it's because of that good service that you'll continue to shop there. ("Whatever you pay XXX, it's not enough; s/he brings a lot of return customers because of her helpfulness/expertise/whatever; I'm one of them")
3. Many workers are very stressed trying to make do with low wages; they may not have that 'cheerful' smile we're used to in American stores. It can't hurt to thank them sincerely for their work; letting them know that you think of them as a person, not just a faceless clerk.