BE A SOCIAL SNACKER

Social snacks are small, positive interactions in your daily life. Forget the junk food – social snacks are good for you and your community!

Challenge yourself to one social snack a day.

Here are some ideas:

- Chat with someone new at the dog park
- Make conversation with your cashier
- Say hello to your neighbour while out walking
- Offer your seat to someone on the bus

Social snacks like these help bring us closer together and increase our sense of belonging.

Find more ideas to help grow your community at connectionsfirst.ca

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