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**Tips:**

* Participate or volunteer in Ames, Story County, and ISU community events
* Provide educational outreach to the community
* Host a drive to collect community needs, such as a food drive or clothing drive
* Showcase sustainability initiatives and features of your business by interacting with customers online through social media and website engagement
* Be a mentor in your industry by implementing an internship program or taking part in a career fair

**Examples in Smart Businesses:**

* Danfoss is a participant in the ISU Career Fair and offers internship opportunities
* McFarland hosts a Day of Caring, encouraging employees to volunteer in the community
* Nelson Electric partners with the Construction Engineering program at ISU to create a capstone project for electrical systems
* Wheatsfield puts on community classes, as well as community “Stash the Trash” events
* The Loft, Duck Worth Wearing, and Bike World sponsor ISU events and organizations, such as the Triathlon Club, The Fashion Show, and TREND magazine

**Volunteer Opportunities**

**Community Opportunities**

* *Adopt-A-Stream with Ames Smart Watersheds*
	+ Help keep our local streams clean by participating in trash removal events 2-3 times a year. More information can be found at [The City of Ames Smart Watersheds webpage.](https://www.cityofames.org/My-Government/Departments/Public-Works/Stormwater-Program/Smart-Watersheds-and-Rebates)
	+ Contact Liz Calhoun at 515-239-5575.
* *United Way Day of Caring* (September)
	+ United Way hosts an annual event where community members participate in service throughout the community. Get involved [here.](https://www.uwstory.org/news/day-caring)
* *YSS*
	+ YSS has many opportunities to get involved, from volunteering at events to joining the mentorship program. Opportunities can be found on their [website.](https://www.yss.org/volunteer/)
* *Food at First*
	+ Sign up to serve a meal at Food at First [here](https://foodatfirst.com/sign-up-to-volunteer/).
* *Reiman Gardens*
	+ Throughout the year, Reiman Gardens has many opportunities to get involved, from Pumpkin Carving to planting and more. More information can be found on Reiman’s [website](https://reimangardens.com/volunteer).

**Iowa State Events**

* *Sustainapalooza & the Symposium on Sustainability* (February)
	+ Sustainapalooza and the Symposium on Sustainability are annual ISU events, working to promote sustainable opportunities and initiatives to students.
	+ More information can be found at the [ISU Office of Sustainability website](https://www.livegreen.iastate.edu/sustainapalooza).
* *Earth Day* (April 22)
	+ Partner with the Iowa State community to celebrate ISU’s sustainability initiatives, organizations, and accomplishments.
	+ More information can be found at the [ISU Office of Sustainability website](https://www.livegreen.iastate.edu/earthday).
* *College Creek Cleanup* (June)
	+ As a celebration of National Rivers Month in June, volunteers from campus and the Ames Community team up to clean up trash in the main waterway through campus, College Creek. More information can be found at the [ISU Office of Sustainability website.](https://www.livegreen.iastate.edu/collegecreek)
* *Rummage RAMPage* (End of July - First week of August)
	+ Rummage RAMPage is an annual community event with the goal of keeping reusable items out of the landfill. All items are donated, with the profit going to local non-profit agencies and organizations. More information can be found at the [City of Ames website.](https://www.cityofames.org/Resident-Services/Sustainability/Rummage-RAMPage)
* *Campus Sustainability Month Celebration* (November)
	+ To celebrate Campus Sustainability Month, this event brings together clubs, organizations, and businesses that support sustainable initiatives. Participating groups have the opportunity to connect with students and promote initiatives and events. More information can be found at the [ISU Office of Sustainability website.](https://www.livegreen.iastate.edu/csmc)

**Other Volunteer Resources**

* *City of Ames Calendar*
	+ Stay up to date on what’s happening in the Ames community, found on the [City’s website](https://www.cityofames.org/Resident-Services/Calendar-of-Events).
* *Ames Regional Economic Alliance Events Calendar*
	+ The Ames Chamber of Commerce provides a calendar of yearly events that occur within the community, which can be found on the [Economic Alliance’s website](https://web.ameschamber.com/atlas/calendar).
* *Discover Ames Calendar*
	+ The Discover Ames Calendar can help to keep your business updated on local events happening in the community, giving many opportunities for participation in community events! The calendar can be found on [Discover Ames’ website.](https://discoverames.com/events/)
* *Story County Conservation Calendar*
	+ Get involved in county conservation efforts through the Story County Conservation Center! Events can be found [here](https://www.storycountyiowa.gov/calendar.aspx?CID=41).

**Donation Opportunities**

**United Way of Story County**

LIVE UNITED Campaign is a way for businesses to invest in our county by meeting the basic service needs of the people of Story County. Money raised goes to support over 90 programs in Story County, focusing on 3 impact areas of health, education, and financial stability. More information can be found on [their website.](https://www.uwstory.org/)

**Food at First**

Food at First is a local non-profit organization that aims to reduce food insecurity in Ames. They host a daily free meal, open to the community, as well as a food bank. More information can be found on [their website](https://foodatfirst.com/financial-donations/).

**Students Helping Our Peers (SHOP)**

SHOP serves the ISU campus by increasing hunger awareness and food security. The SHOP is an on-campus food bank, run completely by volunteers and donations. More information can be found on [their website.](https://www.stuorg.iastate.edu/shopfoodpantry)

**Sponsorship Opportunities**

**Opportunities within the Ames Community**

* **Ames Farmers Market** ($500-$5000 sponsorship options)
	+ More information can be found on [their website.](https://downtownames.org/farmersmarket/sponsors/) Contact jan@amesalliance.com to become a sponsor.
* **Community Events** ($2000-$3000)
	+ Bringing the community together through supporting events such as [Sidewalk Sales](https://downtownames.org/upcoming-events/summer-sidewalk-sales-2025/), [Art Walk](https://amesalliance.com/upcoming-event/2025-art-walk/), etc. Contact the Ames Regional Economic Alliance for more information.
* **Investment in Downtown Ames** ($250-$5000)
	+ Looking to invest in Downtown Ames? Review the Ames Regional Economic Alliance [website](https://downtownames.org/invest/) for more information.
* **Adopt a Flower Garden**
	+ Contact Joe Newman at joe.newman@cityofames.org. More information can be found on The City’s Parks and Recreation [website](https://www.cityofames.org/My-Government/Departments/Parks-and-Recreation/Park-Information/Adopt-a-Flower-Garden).
* **Sponsorship of Ames youth sports**
	+ Ames youth sports offer several sponsorships for various sports including [football](https://amesyouthfootball.com/sponsors), [baseball](https://amesyouthbaseball.org/sponsors), and [softball](https://www.amesgirlssoftball.org/sponsorship.cfm).
* **Sponsor Ames High sustainability club**
	+ CAUSE - Citizens Actualizing and Understanding Sustainable Environments Contact - Collin Reichert at collin.reichert@ames.k12.ia.us or ameshigh.cause@gmail.com

**Opportunities to Sponsor a Club at Iowa State**

* *ISU BioBus*
	+ BioBus works to recycle waste vegetable oil from ISU campus dining facilities into biodiesel fuel that powers CyRide buses. The main goal of the organization is to increase sustainability efforts at Iowa State; however, the underlying emphasis is to create an experimental learning experience for students.
	+ Contact isubiobus@gmail.com or the club’s advisor, Thomas Brumm, at tbrumm@iastate.edu.
* *Soil and Water Conservation Club*
	+ SWCC promotes soil and water education, as well as conservation.
	+ Contact swccexec@iastate.edu.
* *Trend Magazine*
	+ Trend is a student-run publication, with a focus on fashion in the Iowa State Community. This organization serves as an opportunity for students to gain experience in fashion, advertising, public relations, design, photography, and more.
	+ Contact the club’s advisor, Jason Gagnon, at jgagnon@iastate.edu.
* *PrISUm: Iowa State University Solar Car Team*
	+ PrISUm works to build innovative solar cars, making an impact on the future of transportation. More information can be found on the [organization's website](https://www.prisum.org/).
	+ Contact the Solar Car Team at solarcar@prisum.org.
* *Engineers for a Sustainable World*
	+ ESW is an organization founded on the belief that engineers and community members can work together to solve problems in a sustainable way.
	+ Contact the advisor at eganh@iastate.edu.
* *Ag Systems Technology Club*
	+ This organization works to bring students, industry, and the community together with opportunities in the field of Ag Systems Technology.
	+ Contact the club at astclub@iastate.edu.
* *Solar Decathlon*
	+ Solar Decathlon is a collegiate level competition, testing students' creativity and problem-solving skills to design highly efficient, renewable powered, innovative infrastructure.
	+ Contact solardecathlon@iastate.edu.

A full list of sustainability-focused clubs can be found on the [Live Green website.](https://www.livegreen.iastate.edu/studentorganizations)

A full list of clubs at Iowa State can be found on the [StuOrg website.](https://www.stuorg.iastate.edu/)

**Other Resources**

**Internships**

[Indeed](https://www.indeed.com/hire/c/info/hiring-interns?aceid=&gclid=Cj0KCQjw38-DBhDpARIsADJ3kjnolasjFuFth3dgOt7A1qUJsS_iSnsg1j--hhoe8SAcam3_CWRF_VkaAjMYEALw_wcB) offers a comprehensive guide on how small businesses can structure new internship programs for it to become beneficial for the business and the community participating in the internship.

**Iowa State Career Services**

Iowa State offers students several career opportunities through operating an online, career management system called [CyHire](https://www.career.iastate.edu/cyhire-account-request/), [career fairs](https://www.career.iastate.edu/career-fairs/), and other [employment-focused activities](https://www.career.iastate.edu/).

**How Sustainability can Help your Business**

Reducing the amount of plastic waste can be a positive influence in the community by being a leader in more green practices. The [Doing Good is Good for Business](https://www.lessplastic.org.uk/for-businesses/) article discusses how businesses can use green initiatives to not only save money but also use these resources to grow their business in a positive way throughout the community.