

# What Communities Can Do: Have a Social Snack!

## HOW TO BUILD NATURALLY SUPPORTIVE COMMUNITIES WITH SOCIAL SNACKING



- Challenge yourself to three social snacks a day
- Post snacking ideas on neighbourhood websites
- Post stories of a social snack that made a difference in your day

<https://www.connectionsfirst.ca/>

**Brief, informal (and safe) positive interactions that contribute to happiness, sense of belonging, and identity.**

