



# COVID-19 CALLING HEALTHY CALIFORNIANS!

Every healthy Californian can safely help their community during these difficult times. Here are some ways you can make a difference:



## Deliver Meals

Vulnerable seniors are at greatest risk amid COVID-19. Let's help keep them safe and cared for. Contact your local Meals on Wheels organization, visit [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org). If your local program is not taking volunteers consider donating non-perishable items or money.



## Donate to a shelter or food bank

During this time organizations are running low on food items, help them stay well stocked for those in need. Visit [www.serve.ca.gov](http://www.serve.ca.gov) to find one near you.



## Volunteer at a food bank

Food banks are in great need of volunteers to help pack and sort food. They are taking precautions to prioritize volunteer safety. Visit California Association of Food Banks at [www.CAfoodbanks.org](http://www.CAfoodbanks.org)



## Support Nonprofits

Nonprofit organizations serving vulnerable communities – like seniors and low-income families need your help. Find a fund to donate to nonprofits in your community on the Philanthropy California COVID-19 Response Page: [www.philanthropyca.org/covid-19-response](http://www.philanthropyca.org/covid-19-response).



## Wellness Checks

Check on Older Neighbors with a Call, Text or Talk through the door.



## Hygiene Kits

Create hygiene kits and drop off at a shelter for people experiencing homelessness to help them stay healthy.



## Donate Blood

Donated blood has decreased dramatically. Healthy, eligible donors are urged to come out and give to ensure there's lifesaving blood on the shelves for those who need it most. Visit the American Red Cross: [www.redcrossblood.org](http://www.redcrossblood.org).