



## 7 Resources: How We Can Help

1. This list from the PBS NewsHour, includes resources about feeding the hungry and features links to Feed America, Nourish Now, and a “how-to” for purchasing gift cards for food.  
[How to Help Others In the COVID-19 Crisis](#)
2. How to donate, where volunteers are needed and advocacy, from Fidelity Charitable.  
[Three Ways You Can Help During the COVID-19 Pandemic](#)
3. Supporting America’s nonprofit organizations is the goal of this resource from the Washington Post that includes information from the Red Cross to Meals on Wheels.  
[How You Can Help During Coronavirus](#)
4. This University of Chicago article, [Coronavirus Information-How to Help](#) tells us where we can donate blood and supplies, how we can thank healthcare workers, and suggestions for financial contributions.
5. This [message](#) reminds us there are simple ways we can help, like checking on our neighbors, making sure we are connecting with others, supporting healthcare workers on the front lines and taking care of ourselves.
6. The [guidance in this piece](#) from Vox, describes ways to assist those with job and housing loss with links to Help Mainstreet, Restaurant Workers Community Foundation, Food Pantries, the COVID-19 Relief Fund, and more.
7. Hackensack Meridian Health put out [6 Ways You Can Help Healthcare Workers During COVID Outbreak](#). Some are as simple as staying home and sending workers messages of gratitude and support.