

Community Volunteering Opportunities



Help Your Neighbors

[Philly We Rise](#) created a [mutual aid survey](#) where you can offer services – like prescription pick-up, grocery delivery, transportation and direct monetary donation – to your neighbors. Similarly, you can sign up at [NoHelpTooBig.org](#) or [YourNeighborGood.com](#) if you want to request help or if you can help.

Volunteer for Food Banks and Food Donations

- [The Sunday Love Project](#) is serving meals to go. They're looking for a small number of volunteers to make sandwiches or snack bags for the homeless, especially in Kensington. They're also requesting specific food donations, which donors can find on their [Amazon Wish List](#). Reach out here: <https://sundaylove.org/contact>.
- [Philadundance](#) is the largest food bank in the Philadelphia and Delaware valley region. They're in dire need of healthy volunteers, who can sign up [here](#). They also need [donations](#) to ramp up their food distribution, some of which is in partnership with the City.
- [Kleinlife](#) in North Philadelphia, is asking for drivers to deliver home meals to their over 600 elderly clients within the community for the next two weeks. Volunteers will receive a schedule over the phone, latex gloves, packed meals, and routes outside of their building to reduce exposure. Those interested can email jeskate@kleinlife.org.
- [Narberth Community Food Bank](#) is asking for monetary donations, food donations based on their "Most Needed" list, and for help packing and delivering bags. E-mail leadership@narberthcommunityfoodbank.org.

Provide Mental Health Support

[7 Cups](#) is a national online therapy service that aids people suffering from stress, anxiety, depression, and more, for free, 24/7, welcomes volunteer listeners. Volunteer listeners will receive training to help those in need over the phone. Sign up to volunteer [here](#).

Senior Citizens

[Senior Citizens United Community Services](#) need volunteers to help prepare and deliver food, shop for those who can't leave their homes, and with clerical support within their office. Those interested in volunteering can call 856-456-1121.

Provide Virtual Assistance to Vision Impaired

[Be My Eyes](#) is a free mobile app with one main goal: to make the world more accessible for blind and low-vision people. The app connects blind and low-vision individuals with sighted volunteers and companies from all over the world through a live video call.

Create Art

- [Fill The Walls With Hope](#) is asking artists and poets to create works to be installed around town. You can [make your own](#) piece of art, supplying a building on which to hang large wheatpaste installations, or [download](#) a print to hang in your window.
- [One Philly Coronavirus Public Art Project](#) provides a prompt posted every week to create a work of art around a common theme – and then display the work for the world to see.

Donate Essential Supplies

[Project HOME](#) is asking Philadelphians to check out their in-kind needs [here](#), and is in particular need of bottled water; toiletries like soap, lotion, shampoo, deodorant, Clorox wipes, and any hand sanitizer you can get your hands on; hygiene items like clean underwear and socks; as well as non-perishable food, particularly for people who rely on the organization's [Hub of Hope](#). In the spirit of social distancing, you can shop for their needs via their [Amazon wishlist](#).

Donate Blood

[American Red Cross Eastern Pennsylvania](#) says their most important need right now is blood donors; they're facing a severe blood shortage, and desperately need healthy donors. If you're well and able, you can schedule an appointment to give blood by visiting [RedCrossBlood.org](#) or calling **1-800-RED-CROSS**.

Information to Give Patients:

Free Food Pickup

You can find free food pickup points [here](#), and families with students in the district can visit the [30 city-wide sites](#) for free breakfast and lunch.

For more employee wellness information, visit [EinsteinConnect](#) (search Einstein Cares) or [EinsteinLiveWell.com](#) (Programs – Caring for the Caregiver).