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HEALTHY COMMUNITIES BEGIN WITH BASIC NEEDS

Access to nutritious food and safe, stable housing is essential to health and well-being. Yet, too many individuals and families face difficult choices between putting food on the table, keeping a roof over their heads, and meeting other basic needs. These challenges impact health, deepen inequities, and affect the strength of our communities.

This November, let's turn compassion into action! Whether volunteering at a food pantry, supporting a local shelter, or organizing a donation drive, every act of service helps strengthen communities and supports the health and dignity of those who need it most.

Food Insecurity | Help Put Food on the Table

- Volunteer at a Food Pantry: Sort donations, stock shelves, or distribute groceries to families in need.
- Organize a Food Drive: Collect nonperishable foods and pantry staples for local food assistance programs.
- Serve a Community Meal: Help prepare, package, or serve meals at soup kitchens and community centers.
- Deliver Meals: Support meal delivery programs serving older adults and homebound individuals.
- Support Campus Food Pantries: Organize collections or volunteer to address food insecurity among college students.
- Reduce Food Waste: Volunteer with food rescue organizations that redistribute surplus food to communities in need.



Housing Instability | Help Provide Warmth, Safety & Support

- Volunteer at a Shelter: Assist with meal preparation, organizing donations, or daily shelter operations.
- Organize a Winter Clothing Drive: Collect coats, hats, gloves, socks, and blankets for individuals experiencing homelessness.
- Assemble Care Kits: Create packages with hygiene essentials, warm socks, hand warmers, and other necessities.
- Support a Warming Center: Volunteer to help provide a safe, welcoming space during cold weather.
- Assist with Housing Transitions: Help organizations collect furniture, household essentials, and welcome-home supplies for newly housed individuals.
- Support Community Outreach: Partner with local organizations to distribute essential supplies and information about available resources.

LEARN HOW YOU CAN EARN YOUR SERVICE CORD

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