

## HOW YOU CAN VOLUNTEER

When we come together, we can do so much. Right now, many of us are asking ourselves what we can do to help others who need help. We've teamed up with United Way to identify volunteer opportunities that you can do from the comfort of your home or safely in the community. Below are a few current opportunities that you and your co-workers or family can sign up for, today.

### VIRTUAL AND AT-HOME OPPORTUNITIES:

- [Make masks for local senior retirement communities and other organizations](#)
- [Call and provide companionship to isolated seniors](#)
- [Read the newspaper via phone to people unable to read due to vision loss, mobility challenges or age](#)

Do you have kids at home and want to get them involved? Check out the [DIY volunteer kits](#) your family can create now at home and deliver to a nonprofit in a few weeks.

### COMMUNITY VOLUNTEER OPPORTUNITIES

- [Pack to-go meals for seniors](#)
- [Help sort food and supplies to be distributed to people in need](#)
- [Drop off personal hygiene items and cleaning supplies for children and families](#)

Helping people.



Greater St. Louis