

## 2020 CAMPAIGN WORK WELL + LIVE WELL

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How You Can Help During COVID-19



## HOW YOU CAN HELP DURING COVID-19 Work Well + Live Well Campaign

The strength and resiliency of our city (and country) is in our hands during COVID-19. We all have a responsibility to do more by exercising community safety, supporting local businesses, [donating](#) and volunteering when possible, taking care of our neighbours and loved ones, and [thanking those risking their lives to keep us safe](#). Below you will find ways to support your community.

### SUPPORT & DONATE

**Buy Local & Support Retail:** The pandemic has been particularly difficult for retail businesses. Show small business owners that they are a fundamental part of the community by purchasing gift cards for future use or choose curbside pickup options when available. [Support Retail](#), the [Neighbourgood](#) and [Distantly](#), connect customers with small businesses, including restaurants, yoga studios, barber shops, and retail stores that you can easily purchase gift cards from online.



Treat yourself to your favourite restaurant by ordering in, either directly from the restaurant or through a delivery service. [Simcoe Place Scaddabush](#) offers At-Home Meal Kits to make your favourite dish at home!

**Give to Food Banks:** [Supporting food banks](#) can help low-income community members and thousands of Canadians who are in need of emergency food support. Many have lost their jobs and food program access, from schools and community centers, due to COVID-19 closures. While non-perishable donations are welcomed, monetary assistance may be more useful during this time.

**Exchange Services:** Torontonians who want to exchange services, professional opportunities, and acts of kindness during this uncertain time can [connect online](#) and also [find ways to help](#), get assistance, and have fun in the spirit of community.

### VOLUNTEER

There are many ways you can volunteer while practicing safe physical distancing. [Sign up to receive ongoing email blasts](#) with in demand volunteer opportunities in your area. Additionally, you can:



Volunteer with [Kids Help Phone](#) as a Crisis Responder.



Volunteer with [Grocery Hero](#) to be matched with a medical professional in your neighbourhood so they can avoid the grocery store and delayed delivery times. Donate or volunteer with [The People's Pantry](#) to help get meals and groceries to those who have been disproportionately affected by the pandemic.



Sew face masks and scrubs with [The Sewing Army](#) and [Sew for TO](#).

### HELP YOUR NEIGHBOURS

**Take Care of Each Other:** [Neighbourhood pods](#) are popping up across the country as a way for people to make sure everyone's needs are met. Simple tasks include grabbing food, medication, or anything else for those who are vulnerable to COVID-19 transmission. Help vulnerable residents in your neighbourhood by joining the [Friendly Neighbour Hotline](#) or the [Good Neighbours Project](#).

### HOW BUSINESSES ARE HELPING FIGHT COVID-19

[Canadian companies](#) work with the Government of Canada to deliver critical health supplies. [Canadian startups](#) are producing ventilators, portable testing units, and paying it forward. [Ontario Distilleries](#) pivot to produce hand sanitizer.