

# Concrete ways you can assist Boston communities bearing the brunt of COVID-19

Compiled by Courtney White

- **Sign up to be a Boston “Good Neighbor”** and deliver food or check-in via phone with those at-risk and/or isolated: <https://www.nesterlygoodneighbors.com/>
- **Help deliver groceries, distribute food at local schools, or donate** to organizations rescuing and delivering food:
  - Rescuing Leftover Cuisine
    - <https://www.rescuingleftovercuisine.org/massachusetts>
  - Food for Free - <https://foodforfree.org/volunteer/>
  - Project Bread - [http://support.projectbread.org/site/TR?fr\\_id=1400&pg=entry](http://support.projectbread.org/site/TR?fr_id=1400&pg=entry)
  - Greater Boston Food Bank - <https://www.bostoncares.org/gbfb>
- **Help East Boston and Chelsea residents** by delivering food or calling to check-in (*Spanish fluency in high demand*), or donate to support the production of 3D-Printed PPE by the Maverick Landing Community Center’s Makers Market: <https://mlcsboston.org/>
- **Purchase and donate new clothing, PPE, and hand sanitizer for agencies serving homeless populations**
  - Boston Health Care for the Homeless
    - <https://www.bhchp.org/our-ppe-needs>
    - <https://www.bhchp.org/covid-19-amazon-wish-list>
- **Donate to the Boston Resiliency Fund:** <https://www.boston.gov/departments/treasury/boston-resiliency-fund>
- **Donate to the One Chelsea Fund:** <https://unitedwaymassbay.org/covid-19/local-funds/chelsea/>
- **Donate to the United Way COVID-19 Fund:** <https://unitedwaymassbay.org/covid-19/covid-19-family-fund/>

You can also visit the [Human Network Initiative](#) or the Boston [COVID-19 Community Care spreadsheet](#) and find other ways to help out in your own towns and communities!