

Virtual

- Collegians: Join the [1874 Giving Circle](#) supporting the collegiate emergency grant and your sisters facing unexpected financial crisis.
- Alumnae: Support the Sigma Kappa Foundation [PULSE fund](#) impacting all areas of the Foundation's work, including meeting the greatest needs of our members, educational programming, Alzheimer's related work and Maine Seacoast Mission grants.
- Send cards, make calls, or talk over Zoom with an older adult through [DOROT](#) to alleviate the public health risks of social isolation and loneliness they often face.
- Contact your elected representatives about local issues. [This website](#) can help you identify your local, state, and federal officials.
- Donate your time and talents either remotely (e.g., website or graphic design) or in-person to a non-profit organization that serves underrepresented or marginalized communities. Consider an organization serving a community about which you don't know much but want to learn more.
- Tutor kids outside of your own community with their school work via phone call, Zoom call, etc.
- Volunteer virtually for the [Human Rights Campaign](#) or another organization working toward diversity, equity, inclusion, and access for all.
- [Free Rice Fundraiser](#): For every question answered, 10 grains of rice are donated to the United Nations World Food Program to address food insecurity worldwide. Challenge other Sigma Kappas to see who can answer the most questions.
- Find even more virtual ideas at <https://www.dosomething.org/us/articles/9-places-to-volunteer-online-and-make-a-real-impact>.

Local

Collect:

- Organize a bra and menstrual product drive through [I Support the Girls](#) for girls and women experiencing homelessness.
- Organize a "representation matters" book drive for local schools to give children access to books featuring characters with diverse identities, family structures, socioeconomic status, languages, and abilities.
- Organize a food drive for a local organization working to end food insecurity. [Feeding America](#) has a search feature to find a local food bank.
- Organize a donation drive to pay off school lunch debts for local kids at low-income schools.

Do:

- Plan a service event and invite other members and friends to participate.

- Volunteer with [Special Olympics / Unified Sports](#) or a similar non-profit working with people with intellectual disabilities.
- Volunteer at a library or in a classroom with which you do not typically interact. Read books to children that center characters from underrepresented and historically marginalized identities (i.e., diversity in race/ethnicity, gender, sexual orientation, socioeconomic status, and religion/worldview).
- Organize a postcard/letter writing campaign to your representatives and/or local voters to advocate for change.
- Volunteer with a voter registration campaign.
- Volunteer with a job placement/training center in your area.
- Volunteer with a local refugee resettlement organization.
- Volunteer with an organization that supports people experiencing homelessness in your area. [This website](#) can help you locate a site.
- Host a clothing swap to combat the environmental impact of the fast fashion industry.
- Visit an assisted living facility. Teach a resident how to use a computer or the Internet.
- Donate blood to a reputable organization such as the [American Red Cross](#). There is currently a national blood crisis in the U.S.
- Support local businesses owned by people from marginalized identities (i.e., Black, Indigenous and People of Color; women).
- Check on those who are elderly or in need.
- Pick up trash around a neighborhood or the beach, or help out at a national, state, or local park. Choose a location beyond your immediate community.
- Bike or walk to work/class to reduce the impact vehicles have on the environment.

Learn:

- Participate in opioid overdose emergency response training to be prepared to help someone in need. Many states and local communities offer trainings, or [this online training](#) is accessible to all.
- Host a “safe space”/ “safe zone” training. Many campuses and local organizations can facilitate this training for groups. Or participate in a free online training through [The Safe Zone Project](#).
- Host a [Mental Health First Aid Training](#) for your community.
- Educate yourself on your own implicit biases through [Harvard’s Project Implicit](#), then participate in bystander intervention training to be prepared to address discrimination and hate-based harassment.
- Become CPR certified.

Make:

- [Plant seed bombs](#) to increase green space in urban communities.
- Start a community garden in an underrepresented neighborhood to provide access to healthy food.

- Write cards of thanks and words of encouragement to first responders, military personnel, and/or nursing home residents.
- Start a [little free library](#) or [little free food pantry](#) in a low-income neighborhood. Or fill up the existing little free libraries in your area.

Maine Seacoast Mission

- Host a “warmth drive” for the Maine Seacoast Mission. New or very gently used kids’ boots, hats, scarves, and mittens, and adult coats are especially needed right now.
- Support the Maine Seacoast Mission’s upcoming “bread and soup nights” by sending handmade (or handmade-looking) soup mugs and bowls to the organization. Get together with other Sigma Kappas for a pottery-making event to create these items to donate.