

# SIGMA KAPPA

## DAY OF SERVICE

### Virtual Ideas

- Free Rice Fundraiser: <https://freerice.com/> For every question answered, 10 grains of rice are donated to the "United Nations World Food Program." Challenge your sisters to see who can answer the most questions!
- Isolation can be devastating to senior citizens in this unprecedented time. [Volunteer with DOROT](#) and get connected to video chat with a senior citizen.
- Write cards and words of encouragement to local residents and staff at a nursing home. Create a virtual writing party with your chapter.
- Write cards of thanks and words of encouragement to local hospital staff.
- Write cards of thanks and words of encouragement to local police and fire departments.
- Know how to sew? Check to see if your local hospital, nursing homes or doctor's offices need handmade masks that can be reused.
- Help support local school districts in your community by donating food items or gift cards to grocery stores. Research what your community needs.
- Get outside, while practicing social distancing! Work on a garden, walk a dog or offer to do other outdoor work at a neighbor's house.
- Collegians: donate to the 1874 Giving Circle to help support sisters that will need the collegiate emergency grant.
- Alumnae: donate to the PULSE fund to help support sisters in need.
- Offer to help tutor local kids in your community with their school work via phone call, Zoom call etc.
- Share this [Virtual Service Bingo Card](#) on Social Media and get your chapter to participate!

### Ideas for Impacting Your Community

- Drop off cards, baked goods or other hygienic items to local hospital staff.
- Thank local police and fire departments. Drop off baked goods, or other items to let them know we appreciate them.
- Donate food items to a local food pantry/bank to help support those in need. Feeding America has a search feature to find a local food bank.  
<https://www.feedingamerica.org/find-your-local-foodbank>

- If you are able, volunteer at local shelters to help with upkeep and serving those in need.
- Donate blood with the American Red Cross. Red Cross.  
<https://www.redcrossblood.org/give.html/find-drive>
- Check in on your neighbors and those at higher-risk. Ensure that all those around you are supported. If you are able, offer to run to the grocery store to pick up groceries. Or offer to bake a desert and leave it on the front porch!
- Organize a greeting card shower. Get a team together to create greeting cards and send them to a local nursing home or hospital to support the patients and nurses.
- Looking to get out of the house? Download the [Charity Miles](#) app and for every mile you move, you help earn money for a good cause!
  - You can start a competition with your sisters to see who can go the farthest!
- Start a [little free library](#) or [little free food pantry](#) in your community.

## Donate to the Maine Seacoast

- The Maine Seacoast Mission's Housing Rehabilitation Program is in need of donations <https://www.seacoastmission.org/giving/>. Because of the impact of COVID-19, the Mission has been unable to use volunteers, so any donations can greatly impact their ability to renovate homes!
- You can donate school supplies to the Maine Seacoast Missions as well. They use these supplies in their educational programs and hand them out to their community too!
- Check out the [Maine Seacoast Mission's Christmas Wishlist](#) on the donations they need this upcoming holiday season.