

Coping with COVID-19

Opportunities to Help & Volunteer

Provided by the Scott & Sunny Townsend Team

- **Project GRACE Volunteers**

- o [More Info](#)



- **MAINE PAY IT FORWARD FACEBOOK GROUP**

- o This is a judgment free pay it forward group. Made to help people in need. You can ask for items that you are in need of like cloths, food, children's items. Other members in the group will pay it forward with their belongings. You can also help members who post their needs. This is a pay it forward site there's no selling of any kind everything is free.
- o [More Info](#)

- **United Way of Greater Portland**

- o United Way of Greater Portland is working closely with other community organizations to share needs and resources as we learn more. We have included a few volunteer opportunities below:
- o [More Info](#)

- **Opportunities to Donate Blood**

- o [More Info](#)



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- **Cooking for Community**

- A nonprofit created to keep hungry people fed during the pandemic. Donations are used to pay local restaurants to cook easy-to-reheat meals, using primarily locally sourced ingredients, to be distributed to people in need. Doing so creates a reinforcing positive feedback loop, allowing restaurants to pay their employees and local seafood growers, fishers, and farmers to sell their goods.
- [More Info](#)

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