

**#RISINGYOUTH  
COMMUNITY  
SUPPORT  
PROJECTS**



# GROCERY CARE PACKAGES

ONE



Before visiting the grocery store, ensure that you are healthy and not displaying any symptoms of sickness. Monitor your health throughout the project.

TWO



Before arriving at the store, please ensure you have access to disposable rubber gloves and hand sanitizer and/or disinfectant wipes.

THREE



Avoid using public transit if possible. Shop local if possible! Once you arrive at the store, refrain from touching your face.

FOUR



Be sure to keep a distance of at least 2 metres between yourself and others while you are shopping.

FIVE



Select healthy food items and kitchen essentials such as fruits, vegetables, bread, rice/pasta, and juice.

SIX



Purchase high demand items and essential household items such as hand soap, toilet paper, shampoo/body wash, and toothpaste.

SEVEN



If possible, please coordinate with a local community organization to arrange for a safe and sanitary delivery of the items.

EIGHT



When you return home, wash your hands with soap and water for at least 20 seconds.

# **BUDGET:**

## **HEALTHY FOOD ITEMS**

FRUITS: *APPLES, ORANGES, BANANAS, PINEAPPLE, GRAPES, KIWI*

VEGETABLES: *CUCUMBER, CARROTS, TOMATOES, SPINACH, POTATOES*

COOKING/BAKING ITEMS: *OIL, BUTTER, FLOUR, SUGAR, MILK, CANNED FOOD*

PROTEIN: MEAT SUCH AS *CHICKEN AND BEEF, FISH EGGS, BEANS, TOFU*

## **HOUSEHOLD ESSENTIALS**

CLEANING: *GARBAGE BAGS, DISH SOAP, LAUNDRY DETERGENT, SPONGES*

HYGEINE: *BODY SOAP, HAND SOAP, SHAMPOO/CONDITIONER, TOOTHPASTE*

## **VOLUNTEER ESSENTIALS**

RUBBER GLOVES, HAND SANITIZER AND/OR DISINFECTANT WIPES FOR VOLUNTEERS

## **HONOURARIUMS FOR VOLUNTEERS**

# KEEP IN MIND:

## Volunteers

Ensure that your volunteers are feeling well and have not recently returned from abroad. If possible, avoid delivering your packages through the use of public transit.

## When Delivering

If possible, please coordinate delivery of the items with a local community organization to ensure that the exchange is safe and sanitary. If you are delivering to homes, leave the care package at the doorstep when possible to avoid contact with others. Do your best to be at least 2 metres apart from others at all times. Also refrain from touching your face while out on delivery. Also consider giving your packages to people who are homeless in your community.

## When Packaging

Wash your hands thoroughly for at least 20 seconds before touching any food products. Place your food in a smaller plastic bag as this will help prevent the food from getting in contact with your other household essentials.

## Working With Your Team

When planning with your team, do as much communication online as possible. Resort to in-person meetings when necessary, and keep the group size at a maximum of 10 people. If you are meeting, ensure that you have space to be at least 2 metres apart from other people.

# BOOKS & BOARD GAMES FOR SENIORS

**ONE**



Ensure that you are healthy and not displaying any symptoms of sickness. Monitor your health throughout the project.

**TWO**



Before arriving at the store, please ensure you have access to disposable rubber gloves and hand sanitizer and/or disinfectant wipes.

**THREE**



Avoid using public transit if possible. When you arrive at the store, refrain from touching your eyes, nose or mouth.

**FOUR**



Be sure to keep a distance of at least 2 metres between yourself and others while you are shopping.

**FIVE**



Select books and board games that you would like to distribute.

**SIX**



If possible, please coordinate with a local community organization to arrange for a safe and sanitary delivery of the items.

**SEVEN**



When you return home, wash your hands with soap and water for at least 20 seconds.

# BUDGET

## **BOOKS AND/OR GAMES**

BOOKS: *CROSSWORDS, SUDOKUS, FICTIONS, NON-FICTIONS*  
GAMES: *CARDS, CHESS, CRIBBAGE, POPULAR BOARD GAMES*

## **VOLUNTEER ESSENTIALS**

RUBBER GLOVES, HAND SANITIZER AND/OR DISINFECTANT WIPES FOR VOLUNTEERS

## **HONOURARIUMS FOR VOLUNTEERS**

# KEEP IN MIND:

## Volunteers

Ensure that your volunteers are feeling well and have not recently returned from abroad. If possible, avoid delivering your packages through the use of public transit.

## When Delivering

If possible, please coordinate delivery of the items with a local community organization to ensure that the exchange is safe and sanitary. If you are delivering to homes, leave the care package at the doorstep when possible to avoid contact with others. Do your best to be at least 2 metres apart from others at all times. Also refrain from touching your face while out on delivery.

## When Packaging

Wash your hands thoroughly for at least 20 seconds when you get home from the store. If you are packaging your items with other people, ensure that you are sitting at least 2 metres apart. If you need to cough or sneeze, do so into the bend of your elbow or use a tissue and wash your hands before touching any items again. Sanatize all items that you have purchased before you begin packaging.

## Working With Your Team

When planning with your team, do as much communication online as possible. Resort to in-person meetings when necessary, and keep the group size at a maximum of 10 people. If you are meeting, ensure that you have space to be at least 2 metres apart from other people.

# COLLECTING CELL PHONES FOR SUPPORT WORKERS

ONE



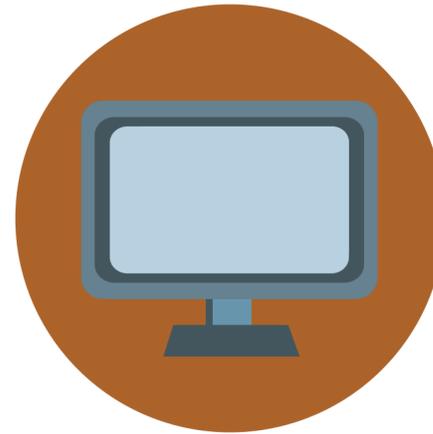
Ensure that you are healthy and not displaying any symptoms of sickness. Monitor your health throughout the project.

TWO



Before arriving at the store, please ensure you have access to disposable rubber gloves and hand sanitizer and/or disinfectant wipes.

THREE



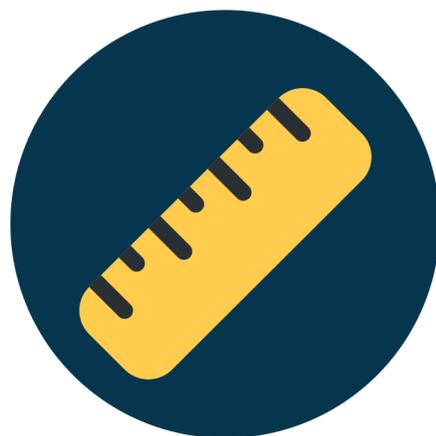
Do your research! Find individuals who are willing to donate their unlocked, used phones on sites like Kijiji. You can also reach out to family & friends or post on your social media.

FOUR



Avoid using public transit if possible. When you arrive at the store, refrain from touching your eyes, nose or mouth.

FIVE



When picking up a phone, keep a distance of at least 2 metres between yourself and other people.

SIX



Purchase disinfectant wipes suitable for cell phones to wipe down phones. Buy pre-paid SIM cards and calling cards. Also purchase chargers with phones missing one if needed.

SEVEN



If possible, please coordinate with a local community organization to arrange for a safe and sanitary delivery of the items.

EIGHT



When you return home, wash your hands with soap and water for at least 20 seconds.

# **BUDGET**

**SIM CARDS**

**PRE-PAID CALLING CARDS**

**SNACKS FOR VOLUNTEERS**

**HONOURARIUMS FOR VOLUNTEERS**

**VOLUNTEER ESSENTIALS**

**RUBBER GLOVES, HAND SANITIZER AND/OR DISINFECTANT WIPES FOR VOLUNTEERS**

# KEEP IN MIND:

## **Volunteers**

Ensure that your volunteers are feeling well and have not recently returned from abroad. If possible, avoid delivering your cell phones through the use of public transit.

## **When Delivering**

If possible, please coordinate delivery of the items with a local community organization to ensure that the exchange is safe and sanitary. If you are delivering to homes, leave the package at the doorstep when possible to avoid contact with others. Do your best to be at least 2 metres apart from others at all times. Also refrain from touching your face while out on delivery.

## **When Picking Up Phones**

If you are meeting with a seller, ensure that you have somebody to accompany you and that you are meeting in an open space such as a fast food restaurant or a local coffee shop. Maintain at least a 2 metre distance from other people around you. After collecting all of your phones, sanitize all items that you have purchased.

## **Working With Your Team**

When planning with your team, do as much communication online as possible. Resort to in-person meetings when necessary, and keep the group size at a maximum of 10 people. If you are meeting, ensure that you have space to be at least 2 metres apart from other people.

# SCHOOL SUPPLY PACKAGES FOR LOW INCOME FAMILIES

**ONE**



Before visiting the grocery store, ensure that you are healthy and not displaying any symptoms of sickness. Monitor your health throughout the project.

**TWO**



Before arriving at the store, please ensure you have access to disposable rubber gloves and hand sanitizer and/or disinfectant wipes.

**THREE**



Avoid using public transit if possible. When you arrive at the store, refrain from touching your eyes, nose or mouth.

**FOUR**



Be sure to keep a distance of at least 2 metres between yourself and others while you are shopping.

**FIVE**



Select essential school supplies such as looseleaf, resources/books, and colouring supplies.

**SIX**



If possible, please coordinate with a local community organization to arrange for a safe and sanitary delivery of the items.

**SEVEN**



When you return home, wash your hands with soap and water for at least 20 seconds. Next, evenly sort your items into your bags.

# BUDGET

## SCHOOL SUPPLIES

ESSENTIALS: *PENCILS, PENCIL CRAYONS, WORKBOOKS, MARKERS*

CRAFT SUPPLIES: *GLUE, SCISSORS, CRAFT PAPER*

## HONOURARIUMS FOR VOLUNTEERS

## VOLUNTEER ESSENTIALS

RUBBER GLOVES, HAND SANITIZER AND/OR DISINFECTANT WIPES FOR VOLUNTEERS

# KEEP IN MIND:

## **Volunteers**

Ensure that your volunteers are feeling well and have not recently returned from abroad. If possible, avoid delivering your packages through the use of public transit.

## **When Delivering**

If possible, please coordinate delivery of the items with a local community organization to ensure that the exchange is safe and sanitary. If you are delivering to homes, leave the package at the doorstep when possible to avoid contact with others. Do your best to be at least 2 metres apart from others at all times. Also refrain from touching your face while out on delivery.

## **When Packaging**

Wash your hands thoroughly for at least 20 seconds when you get home from the store. If you are packaging your items with other people, ensure that you are sitting at least 2 metres apart. If you need to cough or sneeze, do so into the bend of your elbow or use a tissue and wash your hands before touching any items again. Sanitize all items that you have purchased before you begin packaging.

## **Working With Your Team**

When planning with your team, do as much communication online as possible. Resort to in-person meetings when necessary, and keep the group size at a maximum of 10 people. If you are meeting, ensure that you have space to be at least 2 metres apart from other people.

# EXAMPLES OF PROJECT IDEAS & BUDGETS

## Grocery Care Packages

With the current reality of the ongoing pandemic, many high-risk individuals and their families are not able to grocery shop. Grocery stores are one of the places which see the most traffic within one day. For these individuals, getting their everyday essentials while avoiding interaction with others can be very difficult. By creating these grocery care packages and delivering it to their door steps, you are able to help them out! Also consider purchasing from local supermarkets and stores to help them during this difficult time.

### **\$750 Grant:**

- Food (\$300)
- Household essentials, PPE (\$250)
- Honourarium for packagers and drivers ( $\$10 \times 5 = \$50$ )
- Reusable bags or boxes for delivery ( $\$1 \times 100 = 100$ )
- Rubber gloves & hand sanitizers for volunteers (\$50)

### **\$1500 Grant:**

- Food (\$700)
- Household essentials, PPEc (\$500)
- Honourarium for packagers and drivers ( $\$10 \times 10 = \$100$ )
- Reusable bags or boxes for delivery ( $\$1 \times 150 = 150$ )
- Rubber gloves & hand sanitizers for volunteers (\$50)



# Cell Phone Collection

Collecting donated carrier unlocked cell phones are an awesome way to help out our frontline workers. Often times clients and patients will not have access to a phone number, or have a permanent address. Providing SIM cards loaded with pre-paid minutes helps to ensure the frontline workers are able to get in contact with the individuals they are helping, while limiting face-to-face visits.

## **\$750 Grant**

- Snacks for volunteers and clients (\$25)
- Phone chargers for phones missing their chargers (\$15x7= \$105)
- Honourarium for volunteers (\$20x4= \$80)
- Rubber gloves & hand sanitizers for volunteers (\$20)
- Calling cards (\$28x13=\$ 364) \*\* Calling cards are approximately \$25+ tax each
- SIM cards and carrier set up (\$12x13= \$156) \*\*Approximately \$10+ tax per SIM cards



## **\$1500 Grant**

- Snacks for volunteers and clients (\$50)
- Phone chargers for phones missing their chargers (\$15x10= \$150)
- Honourarium for volunteers (\$20x4= \$80)
- Rubber gloves & hand sanitizers for volunteers (\$20)
- Calling cards (\$28x30= \$840) \*\* Calling cards are approximately \$25+ tax each
- SIM cards and carrier set up (\$12x25= \$360) \*\*Approximately \$10+ tax per SIM cards

# Books and Board Games for Seniors

Seniors are currently high-risk individuals during this pandemic, meaning that social distance is especially important to them. Buying board games, card games, or books for them to enjoy is an awesome to help them have fun during these difficult times.

## **\$750 Grant**

- Books and board games ( $\$20 \times 30 = \$600$ )
- Rubber gloves & hand sanitizers for volunteers (\$50)
- Honoariums for deliverers ( $\$20 \times 5 = \$100$ )

## **\$1500 Grant:**

- Books and board games ( $\$20 \times 60 = \$1200$ )
- Rubber gloves & hand sanitizers for volunteers (\$60)
- Honoariums for deliverers ( $\$20 \times 12 = \$240$ )



# School Supply Care Packages

With schools being shut down due to the pandemic, for many students that means that they do not have access to many essential school supplies. Creating school supply packages for families with a person who is at high-risk and/or low income families can help students make sure they have everything they need to continue their studies from home.

## **\$750 Grant:**

- Essential school supplies (\$600)
- Snacks (\$75)
- Honourarium for volunteers ( $\$10 \times 5 = \$50$ )
- Rubber gloves & hand sanitizers for volunteers (\$25)

## **\$1500 Grant:**

- Essential school supplies (\$1200)
- Snacks (\$100)
- Honourarium for volunteers ( $\$10 \times 15 = \$150$ )
- Rubber gloves & hand sanitizers for volunteers (\$50)



# QUESTIONS

**If you have any questions or would like further support, please feel free to contact us at anytime!**



**OR**



**Send us an email at**  
**[funding@takingitglobal.org](mailto:funding@takingitglobal.org)**

**Apply online at**  
**[www.risingyouth.ca](http://www.risingyouth.ca)**