

Society of St. Andrew

GLEANNING AMERICA'S FIELDS ~ FEEDING AMERICA'S HUNGRY



We're hearing from people all over the country who want to be of service and do something to help address hunger needs during the current pandemic. Every nonprofit and faith-based organization in the world, including the Society of St. Andrew, needs your financial support in these days to keep doing the important work they are doing. If you're able to give, now is a good time to do that.

Additionally, here are some practical suggestions for ways you can help out right now, while maintaining social distance and staying safe.

Things Volunteers Can Do to Help the Society of St. Andrew, While Practicing Social Distancing

1. Exercise patience; and make a point to say thank you to those who are working in grocery stores and pharmacies. Send a note of thanks to farmers you know and to local food pantries that remain open. If you're a person of faith, send a note of encouragement to your pastor or congregational leader.
2. Inventory your kitchen and pantry. See what you have, and plan creative meals, using what you have on hand. If you have extra, in-date, shelf-stable items, share these with a local food pantry. Maybe bake a treat for a neighbor, too. (*Maintain distance by calling first and leaving the goodies outside their door.*)
3. Buy your fruits and vegetables from local farmers or through a local farmers market. Most have set up special online pre-order opportunities that minimize your time away from home and adhere to social distancing guidelines. www.usda.gov/local-food-directories/farmersmarkets
4. If you have the means to do so, sign up now for a summer CSA (community supported agriculture) program. By contracting in advance for fruits and vegetables you'll receive every week all summer, you help the farmer meet current expenses, and you're guaranteed a new friend and farm-fresh produce all summer long. www.localharvest.org/csa/
5. Read about foraging. Explore cooking with edible things that are growing around you, like spring onions and mustard root. www.wildedible.com/foraging
6. Create bouquets from blooming flowers & trees and leave them outside the doors of your senior neighbors.
7. Make newsprint seed pots to share with your neighbors who may wish to garden. (A little soil in the pot and a sprouting bean or two would be a wonderful sign of hope in these days!) www.motherearthnews.com/organic-gardening/easy
8. Experiment with growing vegetables from carrot tops, potato eyes, and other fruits and veggies you eat. Try sprouting beans, too! (Be careful to follow all safety guidelines.) www.diyncrafts.com
9. Read about World War II Victory Gardens. How can you replicate this, even on a very small scale? Consider a container or square foot garden. www.thespruce.com/vegetable-gardening-in-small-spaces
10. Use your sewing skills now to make face masks for local donation and shopping cart handle covers to share with your neighbors. And keep your machine out: you can help SoSA by sewing fruit & veggie bags after the pandemic is over! www.createkidscouture.blogspot.com
11. Check your email often, and answer the phone if SoSA calls or touches base. Even during this pandemic, there are safe opportunities for pick-up truck drivers to help. We also are looking for creative thinkers and problem-solvers, as we are being presented with opportunities for large quantities of fruits and vegetables in new geographic locations. (*Just this week, we checked in with SoSA supporters in a small town, who helped us connect with town leaders and set up a series of COVID-19 safe crop drops to feed hungry people in their community.*)