Even in this time of social isolation, there are many ways to reach out and offer support to people you know and to others in need. The choice can be overwhelming, in fact. Focusing on one thing you can do, large or small, can be a manageable way to move ahead and act meaningfully. Here, ideas from people who make providing food and solace their business

“Farmers’ markets are still well stocked, and farmers need the support to keep growing food for us. Life-giving carrots, first-of-the season strawberries and tender lettuces are a few of the items I found lately at mine. If yours is open, shop there to get the freshest produce. Or do a community supported agriculture (CSA) subscription to get a box on a regular basis.”

*—Andrea Nguyen, author of ‘Vietnamese Food Any Day,’ Santa Cruz, Calif.*

“Give where you love. Local investment and getting your dollars close to the ground are more important than ever now, and community foundations are a great vehicle for giving. We have effective tools for responding to urgent community needs and can help match your giving intent to the initiatives where it will do the most good.”

*—Lora Smith, director, Appalachian*

*Impact Fund at the Foundation for Appalachian Kentucky, Hazard, Ky.*

School closings cut the food lifeline for millions of kids living with hunger.

Donating enables other organizations to replace those meals. No Kid Hungry is providing support to schools, food banks and community groups feeding kids during the pandemic. Funds raised ensure that children across the country have the food they need.”

*—Billy Shore, founder and executive chair, Share Our Strength/No Kid Hungry Campaign, Washington, D.C.*

“At least 4 million restaurant workers are out of work, and millions more will lose their jobs in the coming months. You can order food from local restaurants to help keep some of them employed and help those already laid off feed their families by contributing to the One Fair

Wage Emergency Fund

*(ofwemergencyfund.org)*.”

*—Saru Jayaraman, director, UC Berkeley Food Labor Research Center, and*

*president, One Fair Wage, Oakland, Calif.*

“Remember your neighbors. If you’re going to the store, see if they need anything. If you belong to the same CSA, consider picking up their share. Love to cook? Go ahead and prepare that CSA share. I’ve been doing this for a friend while she navigates a mandated shut down of her business. Cooking is something tangible you can offer someone close by.”

*and host of ‘Keep Calm and Cook On,*

*—Julia Turshen, author of ‘Now & Again’*

*Accord, N.Y*

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