

# How to Help Locally!





# Sierra Service Project

SSP finds projects in the community and connects them with middle school, high school, combined youth groups, and intergenerational teams during summer AND throughout the year on construction projects

SSP hosts summer programs, days of service, and alternative spring breaks for groups to volunteer

Host and evaluate impactful volunteer experiences that embody SSP's mission to meet the needs of the communities we partner with.



# What Does Service Look Like to You?

Have you done service? Witnessed it?

Does your church provide opportunities? Does your school?





# How Can You Help Your Community?

- Collect and donate needed items for local organizations
  - Food for a local food bank
  - School supplies for local schools and/or afterschool programs
  - Toys for daycare programs
- Volunteer Your Time
  - Find local service projects such as a trail repair or painting a house
  - Find a retirement home or assisted living home and serve a meal
  - Coaching a sports team / assisting in a theater production
- Raising money for organizations that need it
  - Find a local walk or 5k
  - Buying from the SSP store!

# Build Your Own Drive!

- Choose the organization
- Choose where the event will be held
- Duration of the drive
- Decide what we want to promote folks to donate
- Make flyers! (Digitally or on a piece of paper)



# Find Your Local Food Bank

 VERMONT FOODBANK • Barre, VT



in Vermont, 1 in 9 people struggles with hunger. [Learn more about hunger in Vermont.](#)

[www.vtfoodbank.org/](http://www.vtfoodbank.org/)

33 Parker Road  
Barre, VT 05641  
802.476.3341

**Chief Executive:** John Sayles  
**Media Contact:** Judy Stermer

GIVE LOCALLY

FIND FOOD

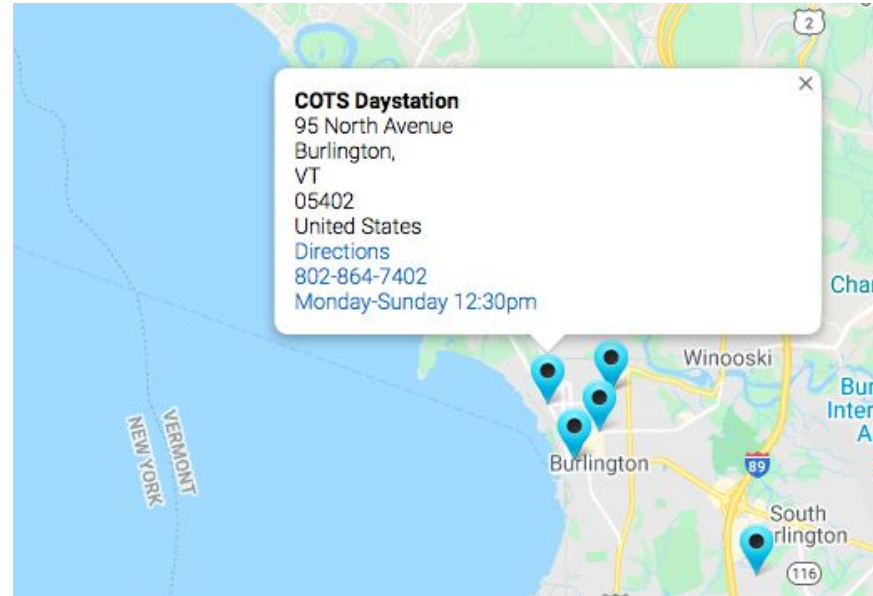
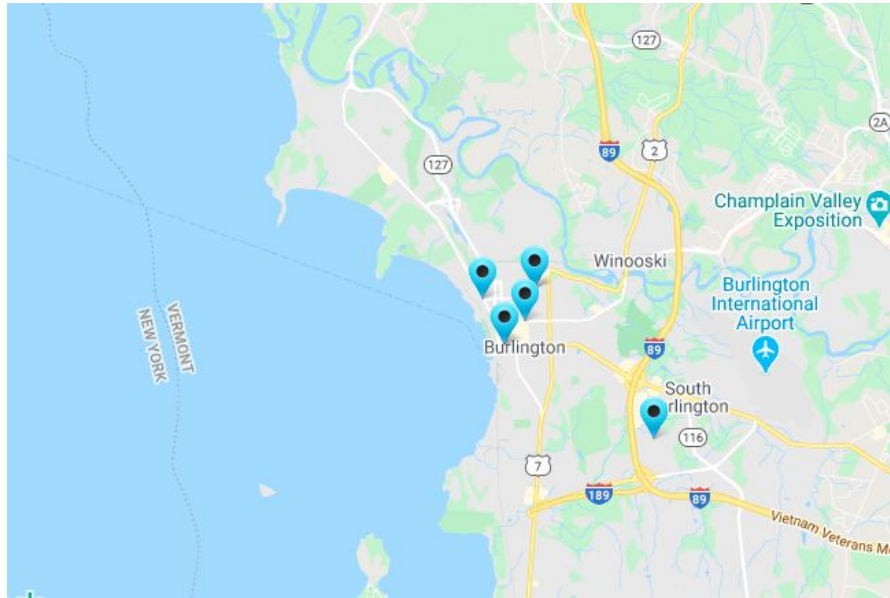
VOLUNTEER

Find us on:



# Found on Feeding America







COMMITTEE ON  
TEMPORARY SHELTER  
SERVING VERMONT

CONNECT WITH US



DONATE NOW ▶

SEARCH THE SITE

ABOUT COTS

OUR PROGRAMS

WAYS TO GIVE

TAKE ACTION

CONTACT US

BLOG

IF YOU NEED HELP

BECAUSE EVERYONE  
DESERVES A HOME



## THE DAYSTATION

COTS Daystation is located at [95 North Avenue, Burlington, VT](#). Its open seven days a week, from 9 am to 5 pm

This daytime drop-in shelter is open 365 days a year seven days a week, from 9 a.m. to 5 p.m. It offers a refuge from the streets and access to an array of services and medical care. This is where individuals can meet with COTS staff and connect with local resources, receive mail and telephone calls, and find support toward their goal of self-sufficiency. Daystation staff provide support, assistance and referrals, as well as educational and recreational opportunities whenever possible.

Our Daystation offers free showers and laundry facilities. Each day, we average 10 showers, and 4.5 loads of laundry.

The Daystation provides a free noontime meal each day. [We are always looking for community members to help provide this critical service.](#) To learn more about how you can help the Daystation's lunch program, please contact our Community Outreach & Volunteer Specialist, Reagan Murphy at [reaganm@cotsonline.org](mailto:reaganm@cotsonline.org) or call (802) 864-7402 ext. 207.





## URGENT

- disposable gloves
- disinfectant wipes

## ALSO NEEDED

- face masks
- disinfectant spray
- hand sanitizer (60% or higher alcohol content)
- disinfectant liquids: bleach, rubbing alcohol, hydrogen peroxide
- hand soap
- toilet paper
- paper towels
- tissues
- garbage bags
- cloth towels
- laundry detergent
- baby wipes

Thank you!

## DELIVERY

There are three easy ways to get your donation to us.

### **AMAZON DELIVERY**

Purchase items on our [Amazon Wish List](#), and they will be delivered directly to COTS.

Also, you can make "Committee on Temporary Shelter" your nonprofit recipient on Amazon Smile. A portion of your eligible purchase prices will automatically be donated to COTS. ([Click to learn how.](#))

## COTS Daystation Needs Our Help!

Committee on Temporary Shelter is looking for these items to be donated to them:

**Face Masks**

**Disinfectant**

**Hand sanitizer**

**Laundry soap**

**Toilet Paper**

COTS is a drop in shelter that is open 365 days a year, seven days a week. It is a refugee from the street that offers services from providing a meal to medical assistance.



There will be a donation box set up at the First Congregational Church of Burlington at 38 S Winooski Ave, Burlington, VT 05401.

Contact Eliza Haney at [eliza.haney@sierraserviceproject.org](mailto:eliza.haney@sierraserviceproject.org) for more information!