

COVID-19 RESOURCE GUIDE

Millions of children across the country are home from school for several weeks due to the coronavirus outbreak. It can be overwhelming for parents to work from home and keep their children busy and education on track. To help Westech Industrial has put together a list of resources and suggestion to keep the kids occupied and morale up during these challenging times.

DISTANCE LEARNING TOOLS

- [3P Learning](#)
- [Discover Ed](#)
- [BrainPop](#)
- [Kahoot](#)
- [BookCreatorApp](#)
- [Google for Edu](#)
- [Tynker](#)
- [Bunce](#)
- [Pear Deck](#)
- [Kami](#)
- [Parlay](#)
- [Elementari](#)
- [edHelper](#)
- [EdPuzzleWakelet](#)
- [Twinkl](#)
- [Hapara](#)
- [Manga High](#)
- [ListenWire](#)
- [MobyMax](#)
- [GoGuardian](#)
- [Seterra Geography](#)
- [We Video](#)
- [Education Perfect](#)
- [Slido Education](#)
- [Breakout Edu](#)
- [Microsoft Education](#)
- [NearPod](#)
- [Zoom](#)
- [ScreenCastify](#)
- [Mystery Science](#)
- [Age of Learning](#) - (ABCmouse Adventure Academy ReadingIQ)

ONLINE MATH RESOURCES

[Corbettmaths](#)

This resource from England provides math videos, math practice questions, and worksheets with answers.

[CueThink](#)

This National Science Foundation–funded program helps students strengthen math skills, inspires a growth mindset, and encourages critical thinking. Students will learn to solve problems and explain their thinking using mathematician George Polya’s four-step approach.

[DragonBox](#)

An award-winning series of math apps that harness the power of digital tools to create a better, deeper, more fun learning experience. Blogs, such as “Making Math Social” and “Saying No to Math Anxiety,” are included as resources for teachers and parents.

[Freckle Education](#)

Allows kids to practice math at their own level and pace. Has more than 30,000 math questions, starting with a diagnostic that assigns material at just the right level. Front Row also features lessons, assessments, and reports for teachers.

[GregTangMath.com](#)

GregTangMath strives to provide unparalleled math lessons for students as well as professional development for in-service teachers. Games, puzzles, and other resources, like free downloads, worksheets/word problems, math centers.

[Khan Academy](#)

Khan Academy is on a mission to give a free, world-class education to anyone, anywhere. Their personalized learning resources are available for all ages. Video learning segments are followed by practice activities.

[LearnZillion](#)

Cloud-based curriculum for K–12 students, focusing on supporting both traditional and blended classrooms.

[Mathletics](#)

Online learning space that is engaging, supportive, and designed to get kids interested in math while teaching state standards.

[Prodigy Software](#) Math games that tackle more than 1,200 crucial math skills in a fun and engaging way.

[Splash Math](#)

Boost confidence, increase scores, and get ahead. Fun for enrichment or regular practice.

[Youcubed](#)

Math with a growth mindset.

ONLINE GEOGRAPHY

[Sheppard Software](#)

Gain a mental map of the world’s continents, countries, capitals & landscapes.

ONLINE READING & WRITING

KIDLIT TV

- [STORYMAKERS](#), our flagship series, is an entertaining talk show highlighting bestselling kid lit authors and illustrators. The series is hosted by Rocco Staino, Contributing Editor at *School Library Journal*, a contributing writer at *The Huffington Post*, and Director of Empire State Center for the Book, affiliate of the U.S. Library of Congress.
- [READ OUT LOUD](#) – Enjoy storytime with authors at KLTV HQ!
- [READY SET DRAW!](#) – Get inspired to draw with talented illustrators from children’s literature.
- [YOUNG AT ART](#) with James Ransome – In this series, kids learn basic and intermediate art skills used in children’s book illustrations!
- [The BIG Picture LIVE!](#) with Andrea Davis Pinkney – LIVE drawing and fun tutorials.
- [IN STUDIO](#) - Join the KLTV film crew as we visit artists’ studios around the world!
- [PAST PRESENT: GIVING PAST STORIES NEW LIFE](#) with Lesa Cline-Ransome – Explore non-fiction story writing, share how we can learn about ourselves and find common bonds with people from the past.
- [WHAT BECOMES A CLASSIC?](#) With Leonard Marcus, digs into the historical and cultural context around the creation of a children’s classic.
- Plus exclusive LIVE coverage of special literary events [here](#) and on [Facebook LIVE!](#)

[Scholastic Learn at Home](#) You can keep the learning going with these special cross-curricular journeys. Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own, with their families, or with their teachers. Just find your grade level and let the learning begin!

[Squiggle Park](#)

[Storyline](#)

Reading skill building for ages 3 to 8+ with celebrity book readers

[Dreamscape](#)

Reading comprehension for ages 8 to 15+

[Wonderopolis](#)

Kinder to Grade 6th

[Starfall](#)

Kinder to Grade 3

[Story Starter](#)

For all ages

[What’s going on in this picture?](#)

Intriguing Times images stripped of their captions -- and an invitation to students to discuss them live.

ONLINE SCIENCE & SOCIAL STUDIES

[Lynda.com](#) (FREE you need a valid Calgary library card - age 16 and over)

[National Geographic Kids](#)

https://www.youtube.com/channel/UCXVCgDuD_QCkI7gTKU7-tpg

Nat Geo Kids makes it fun to explore your world with weird, wild, and wacky videos! Videos featuring awesome animals, cool science, funny pets, and more, are.

[Discovery Mindblown](#)

Inspires you to question what you know and ask the big questions about the world around us. We are here to show you just how awesome science and other STEM topics can be.

[NASA Kids' Club | NASA](#)

Welcome to NASA Kids' Club – a place to play games and learn about NASA!

[Teach and Learn - Switch Zoo](#)

These animal-themed games make it fun to learn about animals' characteristics and habitats. ... Visitors to this unique zoo make new creatures by switching the animals' heads, legs, and tails.

Two weeks worth of fun and easy science experiments Try one science experiment each day. Each one takes about 30 minutes.

[Tynker](#)

The #1 coding platform for kids Tynker fuels creativity in thousands of schools and powers the imagination of 60 million kids worldwide.

[Code Academy](#)

Learn to program HTML, CSS, PHP, Javascript, etc.

[How stuff works](#)

HowStuffWorks explains thousands of topics with video and illustrations.

[Skype a Scientist](#)

Skype a Scientist matches scientists with classrooms around the world! We want to give students the opportunity to get to know a "real scientist". This program allows us to reach students from all over the world without having to leave the lab!

[Engineering Activities](#)

Try out engineering activities using low-cost supplies you already have around the house and are easy to deploy in a hurry.

PODCASTS

[Growth Mindset](#)

Podcasts are an excellent way to have your kids [LEARN](#) while being entertained. If you listen to podcasts together it can become a special time for the [whole family](#), whether on long car rides or while at home. This is a list of 40 top [growth mindset](#) and character-building podcasts for you and your kids.

ELEMENTARY

[The Radio Adventures of Eleanor Amplified](#)

Listen as world-famous radio reporter Eleanor foils devious plots, outwits crafty villains, and goes after The Big Story. Eleanor's pursuit of truth takes her into orbit, out to sea, and even to the halls of Congress! Her adventures are entertaining and informative.

Activity to try: Have a discussion about Eleanor and her values, especially the importance of access to information, being inclusive to different points of view, and telling the truth. Then have your students write about what their values are.

[Short and Curly](#)

A fun-filled podcast for kids all about ethical questions that get kids and adults thinking. "Do you have to love your sibling?" "Are some lies actually okay?" "Is it ever okay to fight back against a bully?"

Activity to try: Have your students write down questions to which they don't know the answers, and talk about a few (after vetting them, of course).

[Tumble](#)

Science is brought to life in this podcast that tells stories about science discoveries with help from actual scientists. They answer questions from why cats always seem to land on their feet to what a journey to the center of the earth would look like.

Activity to try: Discuss the topic of any given episode as a class, opening it up to questions and encouraging further research.

[The Radio Adventures of Dr. Floyd](#)

Follow the on-going battle between Dr. Floyd and the evil mastermind, Dr. Steve (along with his sock-shaped assistant, Fidget). During all their fighting, Dr. Floyd learns about history. With more than 400 episodes, there are plenty to choose from.

Activity to try: Have students write their own episode, including a historical event that they love or that you have covered.

[Brains On!](#)

"Brains On!" features science and kids. The host and her kid co-host talk with food scientists and snake handlers, put on plays, write songs, and so much more. It's a science lesson for your ears!

Activity to try: Listen to the March 23 episode, "Books: How they're made and how your brain reads them". Afterward, have a discussion with your class about the many ways that reading is great for them.

[Storynory](#)

An online treasure-trove of free audio stories. You can listen to a mixture of original stories, [fairy tales](#), and specially adapted myths and histories. Storynory has published an episode every week since 2005, so there is plenty to love and something for everyone.

Activity to try: Have students write an original short story and then present it to the class.

TWEENS IN MIDDLE SCHOOL

[Welcome to Night Vale](#)

Tune into the community radio of this desert town for the news on local weather, the mysterious lights overhead, announcements from the Sheriff's Secret Police, a dog park that prohibits dogs, and dark hooded figures with unknowable powers.

Activity to try: Challenge students with this prompt: You have been hired by the Night Vale Community Radio to write a segment. It could be a continuation of a segment that already exists, like "The Children's Fun Fact Science Corner" or "Community Calendar," or a report of a strange happening in the town, told in Cecil-fashion. These could be performed in front of the class, written, or put in podcast form.

[Freakonomics Radio](#)

A podcast created by the co-author of *Freakonomics* and *Superfreakonomics*, Stephen Dubner invites listeners to explore the hidden sides of everything. And, given his almost 300 episodes on topics ranging from "Millionaires vs. Billionaires" to "How to Win a Nobel Prize," he is well on his way to talking about everything.

Activity to try: Have students pick an episode and find how it affects their everyday life. These can be written or presented to the class, allowing for discussion and questions.

[StarTalk Radio](#)

Neil deGrasse Tyson talks about all things space: stars, planets, humans in space, and so much more. He also interviews a lot of amazing people, from Buzz Aldrin to Alan Rickman.

Activity to try: Have students research the science topic covered in a given episode, learning more about the topic and sharing their findings.

[The Allusionist](#)

Explore the English language, with all its oddities! Filled with good humor and levity, this podcast will help you explore the roots of words and phrases that we use every day.

Activity to try: Have students write their own [grammatical or linguistic jokes, using these](#) as starter examples.

[Stuff You Missed in History Class](#)

The title speaks for itself. Learn about people and events that are often overlooked in a typical history class.

Activity to try: Choose a popular unit of historical study, like the Civil War or Great Depression, then have students research the little told stories related to it. They could even [write a readers theater](#) based on their findings.

[Listenwise](#)

Listenwise is an award-winning listening skills platform, searchable by topic area or school subject. It advances classroom learning by providing additional content and building listening skills. There is also a focus on current events that keeps learning tied to the real world.

Activity to try: Each episode comes equipped with teaching resources, so pick the topic that is best for your class and get listening.

TEENS IN HIGH SCHOOL

[Serial](#)

Sarah Koenig tells one story, told week by week. The first season covers the true story of Adnan Syed, convicted for the murder of his ex-girlfriend in Baltimore. The problem: Adnan cannot remember what he was doing the day of the murder. And, as if that wasn't bad enough, there's someone claiming that he helped Adnan hide the body.

Activity to try: Have students find a famous crime in history and write a dialogue between themselves and the accused, having the accused tell their side of the story. These projects can be handed in, performed in front of the class, or put into podcast format.

[Radiolab](#)

Radiolab is a show about curiosity. Where sound illuminates ideas, and the boundaries blur between science, philosophy, and human experience.

Activity to try: Listen to the episode "Sight Unseen" about a soldier's last moments and the photographer who captured them, divide the class in half, and have them prepare and then conduct a debate on whether or not the photographer has the right to publish the photos.

[Criminal](#)

Stories of people who've done wrong, been wronged, or gotten caught somewhere in the middle. Phoebe Judge explores topics from owls killing people to "How to fake your death" to the life of a police dog.

Activity to try: Have students pick an episode that interests them and do more in-depth research on the topic, presenting their findings to the class.

[Revisionist History](#)

Malcolm Gladwell, author of *Outliers* and *The Tipping Point*, looks back through the overlooked and misunderstood in history, re-examining the past and asking whether we got it right the first time.

Activity to try: Listen to the three-part series on college (season one, episodes 4-6), and have a class discussion. Trust me, there will be plenty to talk about.

[This American Life](#)

Each episode of *This American Life* centers around a theme, with most being journalistic at the core, but some are comedic. This podcast is hard to generalize, especially after over 600 episodes. But the amount of episodes, and it's massive popularity, should speak for itself.

Activity to try: Have students take a theme from an episode and write their own report or story surrounding that theme.

[Youth Radio](#)

Youth Radio is a podcast for teens, published by teens. It was created to showcase the power of young people as makers of media, technology, and community. It brings the teen perspective to issues of public concern.

[Science Vs](#)

Science Vs is your team of friendly fact checkers that blow up your firmly held opinions and replace them with science. Wondering whether you should drink detox teas like an insta-celeb, or believe your drunk uncle's rant about gun control? Science Vs has an ep for that.

Activity to try: Have the student pick a topic from the show and do a research report or presentation before listening to the podcast and report their findings. Make sure they include references on where they found their information. After listening to the podcast have a family discussion about the topic on why they agree or disagree with the podcasts findings.

[FREE Art Lessons Via Facebook Live](#)

Everyday at 1:00 pm central time

CREATIVE, EXERCISE & FUN STUFF

[Art for Kids](#)

Hub teaches kids how to draw

[Art for Adults](#)

Paint by Pints

[Blank Gameboard Template](#)

Make up your own game (for all ages)

[PBS Design Squad](#)

Watch, design, and build games

[30 Day LEGO Challenge](#)

Grab a box of mixed LEGO pieces and get started on the 30 days of LEGO play! Kids, no matter the age will love this challenge.

[Make homemade Playdough](#)

[25 Screen-Free Activities](#)

PreK to elementary

[20 Screen-Free Activities](#)

For all ages

[GoNoodle®](#)

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

Engages 14 million kids every month with movement and mindfulness videos created by child development experts.

Mo Doodles

Mo Willems Is Hosting a Livestream Doodle Every Weekday, Starting Today

<https://www.youtube.com/watch?v=MjaYnyCJDdU>

[Hellokids](#)

Coloring Pages - Free online coloring for kids on Hellokids.com. Here you'll find various activities for kids such as coloring pages, craft activities, videos and games amongst others.

[Cosmic Kids Yoga - YouTube](#)

Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence - and get kids into yoga and mindfulness early

[P.E. with Joe - The Body Coach \(Starting March 23rd\)](#)

Live PE lessons at 9:00 am Monday to Friday

[New York Metropolitan Opera](#)

Free streams each night at 7:30pm EST. A new opera will be shown and will be available for 20 hours.

[Berlin Philharmonic](#)

Access for a month for free their Digital Concert Hall

[52 Fun and Simple Kids Indoor Activities](#)

VIRTUAL FIELD TRIPS

- Go on an [expedition to the Galapagos Islands](#) on the ship Endeavor II with National Geographic.
- Stand on the [Great Wall of China](#) from your computer screen.
- Explore [Yellowstone National Park](#) with virtual tours of some of their famous sites, like [Mammoth Springs](#).
- Go for a swim and [explore a coral reef](#) in the Bahamas!
- Ever wondered what it's like to be president? [Visit the White House](#) to see where he lives!
- Walk among the Moai monolithic statues carved more than 500 years ago by the people who lived on [Easter Island](#).
- My kiddo is obsessed with [Ancient Greece](#) — I can't wait to show him this virtual field trip!
- This virtual field trip of [Ellis Island](#) comes with tons of educational resources.
- Learn more about the [Amazon Rainforest](#) with an educational tour that shows all the sites and sounds.
- How about an adventure [sailing through Antarctica](#)?
- What was life like in a 17th century English village? [Now you can see for yourself](#).
- Climb through the world's largest cave, [Hang S?n ?oàng](#), in Vietnam.
- Take a [trip to Jerusalem](#) and see the Dome of the Rock, the Damascus Gate, and learn about the history of the city. There's even a [version for older grades](#).
- Visit the [Smithsonian National Museum of Natural History](#) to see some of their current, past, and permanent exhibits.
- Get a [view of the Grand Canyon](#) from above and see just how big it really is.
- See all of Galileo's cool inventions at the [Museo Galileo](#).

- You don't need a spaceship to [visit Mars virtually](#), thanks to this awesome website where you can walk alongside a rover on the surface of the planet.
- Walk through [Egyptian pyramids](#) and learn about their excavation.
- Tour the US Space and Rocket Center in Huntsville, Alabama [with this video](#).
- Go behind the scenes of the Space Launch System program at the [Johnson Space Center](#) in Houston, Texas.
- Stroll through the home of the Royal Family with this [tour of Buckingham Palace](#).
- Get a live look at the [Mount St. Helens](#) volcano.
- Observe [polar bears in the tundra](#) of Canada on this Discovery Education virtual field trip.
- Take an [african safari](#) to the Etosha National Park in Namibia, Africa.
- Visit the baboons at the [San Diego Zoo](#) with their live camera feeds!
- Have sports fans at home? Take a look around [Yankees Stadium](#), then go to see [where the Dallas Cowboys play](#).
- Oh, and don't miss the [Hockey Hall of Fame](#) to see the Stanley Cup!
- Get up-close and personal with a shark at the [Monterey Bay Aquarium](#).
- Learn about the [U.S. Civil War](#) by visiting important locations and people.
- The panda cam at [Zoo Atlanta](#) is too cute to miss.
- Enjoy the view from the top deck of the [Empire State Building](#).
- Turn your computer into a [planetarium](#) with this virtual view of the stars and constellations.
- Check out giraffes, elephants, rhinos, and even ants at the [Houston Zoo](#).
- Visit the [National Aquarium in Baltimore](#) to see even more sea life.
- Here's another [virtual African safari](#) — this time with elephants and hyenas in the wild!
- Learn about the [Apollo 11 Lunar Landing](#).
- You can see beluga whales, sea lions, and explore the Ocean Voyager at the [Georgia Aquarium](#).
- This [virtual farm tour](#) will let kids visit minks and learn how milk and cheese are processed.
- Go inside [the Alamo](#) to see where frontiersman Davy Crockett made his final stand.
- Check out exhibits from [the Louvre](#) via one of their educational [virtual museum tours](#).
- Visit Aurthur and friends in a kid-friendly exhibit at the [Boston Children's museum](#).
- Download the [Google Expeditions](#) app for more than 900 different virtual reality experiences, including a NASA mission to Jupiter and a look at Mount Everest!
- This Canadian site [FarmFood 360](#) offers [11 Virtual Tours](#) of farms from minks, pigs, and cows, to apples and eggs.
- Tour [Yellowstone National Park!](#) [Mud Volcano](#), [Mammoth Hot Springs](#), and so much more.
- See the [Saturn 5 Rocket](#) on [YouTube](#) and more on this tour thanks to a real father/son outing.
- A [collection of sites](#) to live webcams, virtual tours/trips, and other miscellaneous fun educational sites.

EDUCATIONAL SHOWS & ACTIVITIES

[Big Life Journal](#)

At Big Life Journal, we create engaging resources that help kids (ages 4+) develop resilient, growth mindset so they can face life's challenges with confidence.

[Makerstations](#).

3 weeks of free makerstations.

[Learn to type](#)

[TED Talks](#)

› playlists › talks to watch with kids

Talks to watch with kids. Fun, informative and captivating talks to inspire young minds.

[PBS KIDS](#)

Educational games and videos from Curious George, Wild Kratts and other PBS KIDS shows!

[DuLingo](#)

With our free mobile app or web and a few minutes a day, everyone can Duolingo. Learn 30+ languages online with bite-size lessons based on science.

[Netflix educational shows](#)

OUTDOOR ACTIVITIES

Anxiety over the pandemic has been difficult for many people but there are things you can do to improve the situation and restore some normalcy.

Spending time outdoors and connecting with other people are all important to our well-being, and helps people find the balance in maintaining some normalcy in our lives while exercising care and caution to mitigate the spread of the coronavirus

Time spent outdoors – on your own or with your family – is still possible, and highly encouraged. Exercise, sunshine, fresh air, these are all things that support our health and overall well-being, and at times such as these, we can't do enough to keep ourselves healthy.

Join [NextDoor](#) (app or online)

Sign up under your neighborhood and join or organize a neighborhood scavenger hunt.

Ask community members to participate by picking a theme for that week such as a shamrock, animals, funny faces, easter eggs, etc. and put a picture or drawing in your own window. Color it, paint it, bedazzle it, or just print it out and tape it up. Then get outside and see how many you can find.

[Picture Scavenger](#)

(preK to elementary)

COMMUNITY HELP

[YYC COVID-19 Volunteers](#)

Calgary hasn't seen a threat like this since the 2013 floods. What got us through then, was the hard work of volunteers. This is a site where people can find resources and information that will help them navigate these challenging times in Calgary, AB. There are pages dedicated to health, financial, education, food resources and a special page with information for our seniors.

Text4Hope

Text COVID19HOPE to 393939 to subscribe. You will get daily text messages on healthy thinking or actions to help manage stress and keep a positive outlook.

[NextDoor](#) APP COMMUNITY HELP

NextDoor APP is great resource to use if you have to stay inside to self-isolate and need help getting supplies.

FACEBOOK COMMUNITY HELP

A number of COVID19 Facebook pages have been created to help people who need advice or help with resources.

- Calgary - <https://www.facebook.com/groups/570245233569098/>
- Edmonton - <https://www.facebook.com/groups/209788323463176/>
- Burlington - <https://www.facebook.com/groups/BurlingtonCovidResponse/>
- Halifax - <https://www.facebook.com/groups/1401399166697546/>
- Grande Prairie - <https://www.facebook.com/groups/527921931460924/>
- Vancouver - <https://www.facebook.com/groups/841903382944884/>

ALBERTA HEALTH COVID19 INFORMATION

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

SUPPORT FOR ALBERTANS

<https://www.alberta.ca/covid-19-supports-for-albertans.aspx>

- Alberta Emergency Financial Assistance

If you are facing an unexpected emergency, you can apply for emergency financial assistance. Details and application is available through this link:

<https://www.alberta.ca/emergency-financial-assistance.aspx>

- Upcoming expiry dates for Alberta drivers' licenses, vehicle registrations, other permits and certificates are being extended until May 15.
- Enmax is offering customers affected by COVID-19 access to increased payment flexibility including installment plans, extending payment dates and/or suspension of collection-related activities on their ENMAX and City of Calgary municipal services. In addition, they have suspended any disconnection of electricity service for non-payment until further notice.
- BMO, CIBC, National Bank of Canada, RBC, Scotiabank and TD Bank are allowing mortgage payment deferrals for up to six months as part of extraordinary measures to help borrowers struggling with the financial impact of the COVID-19 health emergency.
- Personal income Tax filing deadline extended to June 1, 2020. Payment of balances owing date extended to July 31, 2020 without penalties or interest.
- Please continue safety protocols of hand washing, social distancing and limited contact.

SUPPORT FOR EMPLOYERS

<https://www.alberta.ca/covid-19-support-for-employers.aspx>

SMALL BUSINESS GUIDANCE & LOAN RESOURCES

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

MENTAL HEALTH

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

LEGAL ADVICE

<https://clg.ab.ca/>

HOW YOU CAN HELP

Practice Good Hygiene and Self-Isolate

To help prevent the spread of COVID-19 everyone should follow good hygiene practices as recommended by the World Health Organization. Cover your mouth and nose when sneezing or coughing, avoid direct contact with anyone showing symptoms, and wash your hands regularly with soap and water.

If you have a runny nose, fever and trouble breathing please take the [self-assessment test](#).

Join Community Groups and offer to help bring food, toilet paper, shovel walks for those who need to self-isolate.

Drop In Center

Due to COVID-19, the Calgary Drop-In Centre is seeking community support to continue to provide basic needs to Calgary's most vulnerable. This food will help assist the 2000+ meals we serve a day.

We ask that donations be brought (or shipped, if you prefer!) to the loading dock at our main shelter at 1

Dermot Baldwin Way SE. And as always, we are so grateful for any donations online at <http://www.calgarydropin.ca/donate> They are short on bread, sandwich meat, and granola bars.

[Donate Blood](#)

The need for blood continues, please consider booking your appointment over the next few weeks. Your donation can help save a life. We need blood donors to book and keep their appointments to prevent shortages. Canadian Blood Services' has robust cleaning, infection-control and screening practices in place to protect all donors, staff and volunteers.

[Donate to the Red Cross](#)

The Canadian Red Cross is prepared and ready to support Canadians now during the COVID-19 pandemic and into the Spring and Summer as we anticipate floods, wildfires and other disasters that will affect families and communities. The best way you can support our work is with a donation now to the Canadian Red Cross Fund.

#Frontstepsproject

In an effort to bring our community together in this isolating time some photographers have joined a project called Front Steps to help highlight the faces of the community during a time when we feel (and are) very isolated and alone.

These photographers will stay 10 feet away and will take photos of you and your family for five minutes. They will email the full resolutions images to you in exchange you will need to donate to a local Calgary charity.

You can find a photographer by typing in #frontstepsproject into your Facebook or Instagram.

Support your local businesses

Buy gift cards, get takeaway, or continue to pay for services at your local gym, day care centre, etc.

ADDITIONAL INFORMATION & RESOURCES

Grocery Delivery Services

- [Calgary Co-Op](#)
- [Costco Wholesale](#)
- [Walmart](#)
- [Save on Foods](#)
- [Cultivatr](#) – Online Farmers Market
- [The Grocery Link](#) – order your items online with your local grocery store and grocery link will pick up and deliver.
- [Inabuggy](#) – A personal shopper will do grocery shopping, packing and delivery.
- [Instacart](#) -delivery from a wide range of stores, including BulkBarn, Staples, Walmart, Real Canadian Superstore and more
- [Prairie Farms Local Market](#) - This family-operated market in Willow Park Village delivers fresh produce from local Alberta farmers to you. Check out their [Facebook page](#) to see what they have in stock.
- [The Organic Box](#) – delivers to Calgary, Bow Valley, Central Alberta and Edmonton on select days, focuses on locally-sourced and/or organic food

- [ParcelPal](#) – Get anything delivered
- [Spud](#) - Organic produce once a week on a designated delivery day based on neighbourhood
- [Sunterra Market](#) - In addition to everyday groceries, you can also have Sunterra's daily features delivered.
- [T&T Supermarket](#) – Asian supermarket with delivery services

[Breweries making Hand Sanitizers](#)

Coming soon to a local supermarket

[Make your own Hand Sanitizer](#)

Homemade hand sanitizer is only recommended in extreme situations when you're unable to wash your hands for the foreseeable future.

REFERENCES

We would like to thank everyone who helped contribute links and information to help our community during these difficult times.

- Parent Resource by ARGUS Machining – March 17,2020
- Avenue Magazine Calgary – [Grocery Delivery Services in Calgary](#) by Alyssa Quirico and Alana Willerton
- Front Steps Project, Jennifer Krawchuck – NextDoor App
- [COVID-19 for Financial Support](#), ARPIS Industries, President Julie Berdin and Team, March 19,2020
- Window Walk, Mary Ann Winters – NextDoor App
- Scavenger Hunt Ideas, Mary Watt, NextDoor App
- YYC COVID-19 Volunteers <https://www.facebook.com/groups/570245233569098/>
- Friends and family that wanted to contribute