

## Shell Virtual Community Support Opportunities

Shell volunteers have been making a difference in communities where we live and operate for decades. Whether it's sorting and packing meals at the food bank, preparing students for school, planting trees for environmental causes, or responding to disaster-related relief and rebuild efforts, volunteers are always needed!

While we can't physically gather as a team to volunteer right now, here are some ideas on how you can support your local community, either individually or as a team, while staying safe.

As you are considering how to help, please be mindful of any stay-at-home restrictions your area may be under and practice proper social distancing and hygiene. Your safety is most important.

### A Few Ideas on how to Show Up for Your Community during Tough Times

<b>Local Schools and Teachers</b>	If you know a teacher, reach out and ask how you can be of assistance. It could be a good virtual opportunity to be a guest speaker, teach a topic, or engage the students in a fun Q&A about our business and the energy sector.
<b>Parents</b>	Call the parents you know who are figuring out this new normal. Offer to give their kids a lesson or read a story via Skype, FaceTime, Google Hangouts, teleconferencing, etc.
<b>At-Risk or Older Neighbors</b>	<p>Offer to pick up groceries or medicine for your most at-risk and older neighbors by calling or leaving a note on their door. Search online and get involved with neighborhood groups that may already be assisting.</p> <p>If we assist neighbors while we are out getting essentials, we allow more people to stay at home and help contain the spread of COVID-19. You can also check Nextdoor and other related apps, Facebook pages, etc., those seeking assistance.</p>
<b>Local Hospital and First Responders</b>	Call your local hospital or fire station and ask if you can order takeout for their team from a local restaurant or donate to restaurants that are already offering free meals to first responders and families in need.
<b>Local Businesses and Service Providers</b>	If you are able, buy gift certificates from your favorite local businesses. Save them for later or give them as gifts to your grocery store cashier, mail carrier, or anyone else providing vital services in your community.
<b>Food Security</b>	<p>If you can, go online and donate to your local food bank, Kids Meals, Senior Citizens, Meals on Wheels, and others providing meals and food supplies to our most vulnerable populations.</p> <p><i>*Remember, the Shell Disaster Relief Fund for COVID-19 provides added benefit to your donations through Matching Gifts (monthly).</i></p>

<https://sso.shell.com/idp/startSSO.ping?PartnerSpId=https%3A%2F%2Fwww.easymatch.com%2F> (inside the Shell network) or, [www.easymatch.com/hero](http://www.easymatch.com/hero) (outside the Shell network) and clicking on the Disaster Relief.

**Personal Service Providers**

If you are able, send payments to your hairstylist, barber, or nail technician at their home or business post office box as if you were keeping your appointments.

**Continue to Order out on Special Nights**

Order takeout or delivery on the nights you used to eat out and tip well to your delivery person. Some restaurants are selling off their food stock to help with cash flow – phone your neighborhood spots and buy from them when you can.

**One More Thing....**

*Be gentle with yourself and others. It's normal to feel overwhelmed and afraid. It's okay to log off and take a break. It's okay to say, "I need help." We can all take turns lifting each other up.*