

# Teens Helping



# Seniors



Seniors are the most vulnerable to covid-19. If you are a senior or know a senior who is not able to shop or run errands for themselves amid this pandemic, please email us at **[teenshelpingseniors@gmail.com](mailto:teenshelpingseniors@gmail.com)**.

We offer free contactless delivery to your doorstep from nearby local grocery stores.

If you are a teen who wants to volunteer, please email us for more information.