



The HUSKIE HERALD

A weekly newsletter to help keep you entertained and healthy while self-isolating



GIVE BACK TO YOUR COMMUNITY

During these times, although many places have shut down, there is still a need for volunteers in our community. Check out the next page for some ways you can help support people and some great volunteer initiatives you can join.

ACCESSIBLE FOOD RESOURCES YOU CAN ACCESS

Finding it challenging to keep up with your financial obligations and have money left for groceries? If money is a barrier you are facing when buying groceries, fear not as there are some fantastic local resources here to help! The resources below located in our wonderful city can help to ensure you are able to access nutritional food during these times of financial hardship. Please see the next page for applicable websites and operational information to keep in mind when reaching out.



GET INVOLVED



Here are just a couple ways you can help your community with the fight against COVID-19. For more volunteer opportunities, check out the Saskatoon Community Foundation, YXE Response to COVID-19 on Facebook, and the United Way Saskatoon webpage.

Face Mask Project - Saskatoon Open Door Society

This fantastic initiative is working to produce cloth facemasks to donate to community organizations. If you would like to contribute your sewing skills to the project, please contact SODS Mask Project at facemaskproject@sods.sk.ca or text 306-321-6132

YXE Community Response to COVID-19

This group helps with deliveries, errands, and making calls to older adults to help with isolation, among many other things. Contact them at 306-361-4357 or yxecovid19help@gmail.com for opportunities.



FOOD RESOURCES



- Saskatoon Food Bank (306) 664-6565
202 Avenue C S, Saskatoon, SK S7M 1N2
- Emergency Food Hampers are available to the public. No more than 10 people will be allowed in the waiting area at one time. Available: Monday to Thursday 8:30AM-11:45AM and 12:30PM-3:00PM, Friday 8:30AM-11:45AM
- Visit their website at <https://saskatoonfoodbank.org/>
- CHEP Good Food Inc. (306) 655-4575
- Affordable online food delivery service in Saskatoon
- Pricing & Options for Free Delivery:
 - \$10 - A variety of produce including fruits, veggies, and root veggies
 - \$20 - 1 pantry item, 1 loaf of whole wheat bread, 1 carton of eggs, and a variety of produce including fruits, veggies, and root veggies
 - \$30 - 1 pantry item, 1 loaf of whole wheat bread, 1 carton of eggs, 1 milk alternative and a variety of produce including fruits, veggies, and root veggies (larger portion of produce)
 - \$40 - 2 pantry items, 1 loaf of whole wheat bread, 1 carton of eggs, 1 milk alternative and a variety of produce including fruits, veggies, and root veggies (larger portion of produce)
- Order form available online at <https://www.chep.org/>
- Friendship Inn (306) 242-5122
619 20th Street W, Saskatoon, SK S7M 0X8
- Free take-away meal service for breakfast between 8:00AM-9:00AM and lunch between 11:45AM-1:15PM
- Visit their website at <https://friendshipinn.ca/>

Ready Reads

Little Fires Everywhere

by Celeste Ng

Try Something New For 30 Days

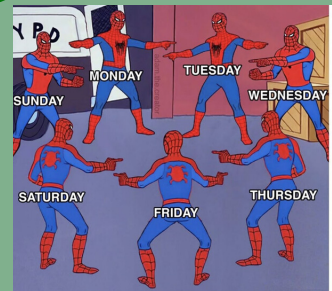
With Matt Cutts

https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days?referrer=playlist-talks_to_form_better_habits

Shameless Showtime

Modern Family

On Netflix



Thoughtful Thinking

Memeworthy