

50 Ways For Individuals to Participate in 24 Hours of Chesed

We really want you to participate in **24 Hours of Chesed!** Here are 50 ways that you can be a part of **24 Hours of Chesed** and fill April 2nd with kindness, compassion and good deeds.

1. Check to see if your workplace, synagogue, or local restaurant donates its leftover food to organizations that serve the hungry. If not, offer to put them in touch with agencies that serve those in need who can arrange pick up of leftover food.
2. Good at sewing or knitting? Donate homemade blankets to people in need.
3. Support a local business.
4. Allow another driver to merge into your lane.
5. Buy one extra non-perishable food item and bring it to a homeless shelter, food pantry, soup kitchen or senior center, or bring it to an organization that distributes food to the hungry.
6. Don't raise your voice today.
7. Become a philanthropist by making a gift to an organization that is underfunded and take an active role in their work.
8. Donate furniture you no longer use to charity.
9. Give a baby or wedding gift you owe.
10. Offer to run an errand or do a chore for an elderly neighbor.
11. Treat a friend to dinner unexpectedly.
12. Give your child a blessing. Mention something he or she did this week that made you proud.
13. Help support the Israeli economy by purchasing Israeli products at local stores and on the Internet.
14. Loan someone money, free of interest.
15. Make a special effort to console and assist those who have recently lost their loved ones.

16. Make yourself available to drive someone to the doctor or hospital.
17. Volunteer for an hour at an organization of your choice.
18. Call your siblings today and congratulate them on their achievements, both big and small.
19. Let someone who has fewer items than you do go ahead of you at the supermarket.
20. Make a welcome basket for a new child or new family in town. This can include useful telephone numbers, a neighborhood guide and food.
21. Hold the door open for those who enter or leave after you.
22. Write a thank you note to your parents, spouse, mentor or anyone who has helped you.
23. Make a list of ways in which you have wronged others over the past week. Resolve to spend the next week asking forgiveness for your actions.
24. Send a care package to deployed troops, veterans, or wounded soldiers. Write a thank-you letter and include some food (no homemade or canned food allowed). Take a look at [Operation Gratitude](#) or [Give2TheTroops](#) to learn what to donate and who to send it to.
25. Show your hospitality and invite a friend now for Shabbat.
26. Deliver flowers or pizza to your local police or fire station as a thank-you for a job well done.
27. When you have the urge to gossip about someone, say something positive about him or her instead.
28. Make a *tzedakah* box—a charity box—and place it in at a convenient place near the door. Whenever you come home, put the coins left in your pocket or purse in the *tzedakah* box. When the box is full, bring it to the specified charity.
29. If you know a family with young children, volunteer to play with the children or to take them out of the house for a few hours.
30. Write a handwritten letter (because it's more personal than a typed letter) to a grandparent or elderly relative. Share what is going on in your life and ask about their life experiences.
31. Make sandwiches to give to a local shelter, soup kitchen or agency.
32. Go through your closets and fill two bags with clothing that you no longer wear. In one bag put clothing that is perfectly fine—too small for you, the wrong color, just-not-you, etc. In the other put stained, torn, or ripped clothing. Give the first bag to a local organization that

gives clothing directly to those in need. Give the second bag to an organization that work with members of the textile industry to recycle everything possible.

33. If you aren't already in a Bone Marrow Registry find out how you can join a bone marrow registry. If you joined a Bone Marrow Registry in the past, confirm that your information is up-to-date and ask what else you can do to help.
34. Offer to pick up medication for someone.
35. Take a large garbage bag and a pair of plastic gloves. Go for a walk in your neighborhood and collect garbage as you go.
36. Write to the President, your congressman, or a local official about a social injustice being done.
37. Care for a neighbor's pet and/or offer to take your friend's dog for a walk.
38. Call up elderly people who live on their own to see if they need anything.
39. Clean up the yards of neighbors who cannot do it themselves.
40. Bring gently used board games and decks of cards to a local homeless shelter.
41. Put on gloves and pick up litter at your local park.
42. Prepare homemade greeting cards for people in supervised homes, prisons, or nursing homes.
43. Collect pet food for an animal shelter.
44. Go through your book shelves and collect books to donate to a local school, library, juvenile detention center or children's hospital.
45. Leave a quarter or dollar in a vending machine with a note on it that says "Have a great day" or "You deserve this treat."
46. Donate old eyeglasses to an organization that recycles them for the needy.
47. Collect unused make-up, perfume and other cosmetics for a center for abused women.

48. Make a meal for someone in the community so that they can spend the day doing what they want.
49. Take some time to fix pockets, missing buttons, hems, and socks, and any other necessary at-home fixes and alternations to your parents', child's or spouse's clothing.
50. Be on the lookout for opportunities to perform good deeds and act upon them.