



## How can I help?

# Election Candidate

### Offer your time

- Volunteer to be staff
- Volunteer to help out with daily tasks (childcare, meals for candidate and/or family, housecleaning, lawn mowing, laundry)
- Provide food for volunteers/door knocking parties
- Make phone calls
- Go door knocking/literature drops
- Write and send personalized notecards
- Help design and/or printing fliers or various media
- Offer editing services for anything being mailed/written
- Help candidate practice speeches or question answering
- Share social media pages and websites
- Take videos or photos of the candidate at events or forums for their use on social media (they can't take photos of themselves!)
- Walk in a parade

### Provide transportation

- To forums or events
- To voting location
- Taxi volunteers
- Door knocking

### Shopping

- Campaign literature (printing, etc)
- Swag items

### Financial Support (directly assist or help raise money)

- Donate to campaign
- Encourage friends to donate to campaign
- Host fundraising party at your home
- Consider paying for a meal subscription, grocery delivery, or house care

### Research Resources (offer to look for information/online research/phone calls)

- Yard signs, printing costs
- Researching more about issues or events

### Organize

- Keeping on top of filing/campaign deadlines and paperwork
- Help with campaign scheduling
- Host a meet and greet for them
- Become treasurer: help keep track of the money
- Donation tracking

### Help build a team

- Friends, neighbors, community members
- Door knocking, phone banking,
- Encourage people to write editorials

### Help filing out forms

- Filing paperwork
- Signature gathering

### Assist related organizations & nonprofits who support

- Donations
- Volunteer
- Serve as a board member
- Encourage people who share your values to run for office
- Share social media pages and websites

### Ask!

Know someone who would be a great representative? Reach out to those you feel would be good at the job and ask them to consider becoming a candidate. There are a variety of elected positions at all levels.

Research shows that women need to be asked multiple times before they are willing to seriously consider running for office - but are just as likely as men to be elected. So ask twice! 😊





# Everyday Magic

## Provide emotional support

- Be present and listen
- Check in regularly (text, call, visit)
- Sometimes hard to make decisions alone. Need sounding board.
- Do you want me to listen or help you brainstorm solutions?
- Notes, postcards, letters of encouragement
- Advocate for them
- Celebrate small victories/accomplishments
- Suggest music, movies, shows, books, etc./watch together

## Provide practical support

- Meals
- Daily tasks
- Home maintenance
- Pet assistance (feed/walk/transport/meds)
- Transportation
- Organize calendars

## Household care

- Cleaning
- Decluttering
- Lawn or garden care
- Simple home repairs
- Water plants
- Laundry
- Clean out refrigerator
- Change batteries in remotes, smoke detectors, etc.
- Change lightbulbs

## Financial Support

- Paying bills
- Buying groceries
- Gas cards or bus tokens
- Food gift cards
- Pay for subscriptions

## Errands

- Grocery shopping
- Other shopping
- Post office
- Exchanges and returns
- Pick up prescriptions

## Other

- Budgeting
- Bill paying
- Making appointments
- Filling out forms
- Figuring out legal issues
- Car maintenance (tires, oil change)
- Tech support
- Help make a to-do list
- Massage

“Great opportunities to help others seldom come, but small ones surround us every day.”

– Sally Koch

