



Corona virus has affected us all massively. We are faced with a new situation we could not be prepared for. Not only has our day to day life changed considerably, but also our financial situation. However, we are lucky, as help is available - many institutions and agents can and are willing to help. In this completely new situation we may not be aware of where to get help from. Thus, our lodge 701 wanted to introduce some institutions and agents who offer help. Unfortunately, many of the sites are only in Finnish.

Food aid

Ruoka-apu.fi -site

- the site gathers together many institutions and agents who offer food aid and lists the next events where food is given.
- you can easily search for help close to you.
- ruoka-apu.fi

Leipää ja sirkushuveja -site

- the site offers helpful tips for living with little money.
- the site also has a listing of places where to get food aid from.
- www.leipaajasirkushuveja.com/2019/02/25/ruoanjakelu/

Yhteinen pöytä - surplus food action model in Vantaa

- Shared Table -action model is founded, funded and owned by the City of Vantaa and Vantaa Parish Union.
 - www.yhteinenpoyta.fi/
- The large network gives away the food aid and organizes community lunches and other kinds of free and open activities (unfortunately closed now because of Corona)
- The network has around 23 food aid distributors
 - www.yhteinenpoyta.fi/verkosto/
- Food aid's help number 09 839 50450 is open weekdays from 9 to 12.
- They will also deliver food aid to your home, if you are unable to leave home.
- Surplus food terminal is open weekdays from 8 to 14 at Koivukylä (Hosantie 2, door 5). Please contact their customer service (043 826 67 58) before visiting them.

You can also seek help from

- The Finnish National Organization of the Unemployed
 - www.tyottomat.fi/hankkeet/eun-ruoka-apu/
- Operaatio Ruokakassi (OR)
 - Operation foodbag gathers together many food aid distributors
 - www.operaatioruokakassi.com/auttamistyo/ruoka-apu/

News about food aid You can find news about food aid from YLE's website, for example.

- www.yle.fi/uutiset/18-30118

Local Parishes

Church offers help in many ways. Here is listed some places in Helsinki, Vantaa, and Espoo, where food aid is given. Please contact you local parish in other areas.

Helsinki

- Some Parishes in Helsinki offer food bags every weekday 13 onwards as long as food is left.
 - Matteuksenkirjon Varustamo, Turunlinnantie 3
 - Malmin Varustamo, Pekanraitti 16
 - Hermannin diakotiatalon Varustamo, Hämeentie 73
 - Kontula: Leikkipuisto Kiikku, Kiikku 6
- Some Parishes in Helsinki offer food bags some weekdays 14 onwards as long as food is left.
 - Monday - Malminkartanon toimintakeskus Jenny, Beckerintie 9
 - Tuesday - Pitäjänmäen kirkko, Turkismiehenkuja 4
 - Wednesday - Munkkivuoren kirkko, Raumantie 3
 - Thursday - Huopalahden kirkko, Vespertie 12 - Andreaskyrkan, Korkeavuorenkatu 22 A, at 16:30!
- www.helsinginseurakunnat.fi/uutiset/seurakuntienruoka-ajautakuuruokakassejajaossaeripuolillahelsinki

Vantaa

- You can contact Vantaa Parishes and ask help by calling them weekdays from 10 to 13. They have two numbers: 13 9 830 6677 and 050 353 4677.
- They also have a chat-option on their website.
 - www.vantaanseurakunnat.fi/apuajatukea

Espoo

- Food aid distribution at Espoonlahti Church Mondays, Wednesdays, and Fridays at 8:30.
- You have to live in the Parish area.
- You can only visit once per week.
- www.espoonseurakunnat.fi/espoonlahden-seurakunta/apua-ja-tukea/elintarvikejakelu-ja-ruokailut

Families and children

- Lapsenoikeudet.fi -site
 - Childrens' rights -site offers support and advices to children and families.
 - www.lapsenoikeudet.fi/korona/

Clothing aid

- Sujuvampi arki -site
 - The site has information about where to get used clothes and other accessories and utensils in Helsinki
 - www.sjuvampiarki.fi/vaatteiden-ja-tavaroiden-lahjoitus-helsingissa/

Rent

- Finnish Tenants (Vuokralaiset ry)
 - The organisation provides information and advices regarding all rent issues.
- YLE's article in Finnish "Miten selvittää vuokrasta tai asuntolainasta, kun korona kaataa oman talouden?"
 - www.yle.fi/uutiset/3-11265135

Guarantee operations

- Guarantee foundation
 - Guarantee Foundation is a national organisation which assists private persons struggling with a financial crisis in solving their debt and payment problems.
 - www.takuusaatio.fi/en