

# Ways YOU can help

Please review the list and help with at least one item while you are visiting

- Bring Food
- Return Dishes
- Wash Dishes
- Load Dishwasher
- Empty Dishwasher
- Wipe-down the Counters
- Start Laundry
- Fold Laundry
- Sweep the Kitchen
- Take out Garbage
- Vacuum
- Change Diapers
- Hold the Baby While I Sleep
- Hold the Baby While I Shower
- Offer to Run Errands for me
- Set up a Meal Train

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