

Encouragement for grocery, delivery and other essential workers

Groups of courageous heroes have emerged during the COVID-19 crisis. We've witnessed the awe-inspiring commitment of doctors, nurses and first responders, but there are thousands of other workers on the front lines of this virus who are working long hours and braving the risk of infection to help meet people's needs.

From grocery store employees scrambling to restock empty shelves to sanitation workers, delivery service workers and many more, these men and women are holding this country together from the inside out. You can be a source of encouragement and support to these faithful workers.

Who Are the Essential Workers?

Below is a list of professionals who are still hard at work amid the chaos.

- Grocery store workers
- Gas station attendants
- Delivery service employees
- Medical office administration and cleaning crews
- Pharmacy staff
- Legislators, local government officials
- Sanitation workers
- Teachers
- Church administrators
- Postal workers

How You Can Say Thanks

Gratitude comes in all shapes and sizes. Here are some ideas you can use to show your appreciation and offer encouragement to those on the front lines.

Gift Bag with Thank You Note—When at the grocery store or market, show kindness by giving some employees small bags with snacks (granola bar, chocolate, gum/mints, flavored tea bags) and, most importantly, a thank you note. Your church can also consider packing bags in advance and working with the manager of a nearby grocery store to arrange delivery to all of the store's employees.

Social Media Shout-Outs—Take to your social platform of choice and share a story of workers you've encountered, post an encouraging scripture or say thank you. This is an ideal opportunity to thank your local and state legislators doing their best to stem the tide of infection or teachers who are continuing to reach out to their students.

Be Their Prayer Warrior—Bow your head and give thanks for the courage and diligence of these essential workers. Pray for their continued safety and well-being.

Be a Joyful, Generous Giver—Many essential workers do not have a salary commensurate with their dedication. Tip delivery people well. Slip a gift card for groceries to the grocery cashier or bagger. Leave practical gifts, like hand sanitizer and toilet paper, on the porch for delivery drivers.

Write it Down—There are few things as touching as a hand-written note of thanks. Slide a thank-you card to the pharmacy staff or mail one to your church office staff. Consider including an encouraging scripture. You can also create a sign thanking essential workers and post it in your window or front yard.

The ways to show appreciation are practically endless. However, with any gesture of kindness you wish to share, please make sure you are following CDC social distancing guidelines to protect your health and the health of others.