



# Helping Hands Sign Up Sheet

## We need help with:

- ☐ Unloading/Loading Dishwasher
- ☐ Garbage/Recycling/Compost
  
- ☐ Starting a Load or Switching Laundry
- ☐ Folding Laundry
  
- ☐ Water, Feed or Walk Dogs
- ☐ Watering Plants

## Notes:

## Meal Train

Name/Meal/Date+Drop-off Time:

Name/Meal/Date+Drop-off Time:

Name/Meal/Date+Drop-off Time:

Name/Meal/Date+Drop-off Time:

Name/Meal/Date+Drop-off Time:

Name/Meal/Date+Drop-off Time:

**Thank you for all of your help & support!**