Information from our member **Mary Hanrahan**on how you can help the people in **Ukraine**

This is the information I received from the Ukrainian Institute of America.

They are a long standing cultural group on 79th Street in NYC.

These are vetted agencies that are focused on humanitarian efforts.

Health Kitchen has gotten high marks in the past from Charity Watch

* [United Ukrainian American Relief Committee](https://ukrainianinstitute.us8.list-manage.com/track/click?u=33f082e8940827b0c75a63acd&id=ce754df76e&e=103f33c3e6), also known as ZUDAK/ЗУДAК, supports humanitarian projects.
* [Ukrainian Congress Committee of America](https://ukrainianinstitute.us8.list-manage.com/track/click?u=33f082e8940827b0c75a63acd&id=d67b92f709&e=103f33c3e6) launched a humanitarian effort.
* [Razom for Ukraine](https://ukrainianinstitute.us8.list-manage.com/track/click?u=33f082e8940827b0c75a63acd&id=7b2eef6f76&e=103f33c3e6) provides humanitarian assistance.
* [World Central Kitchen](https://ukrainianinstitute.us8.list-manage.com/track/click?u=33f082e8940827b0c75a63acd&id=267eb1944e&e=103f33c3e6) is already serving meals to refugees at the Polish border

This list was complied by Richard Alba and Marvin Fink

Charity Watch has compiled a list of charities accepting contributions specifically to help Ukrainians at this time. All the charities have been curated by Charity Watch for the high percentage of contributions that are used directly for aid (and not administrative or fund-raising expense). All have webpages dedicated to Ukraine contributions. Where the urls are simple, we list them; otherwise, the Ukraine contribution webpages can be found by googling the charity name and Ukraine.

**Charity Watch list:**

Care

Catholic Relief Services

Church World Service, https://cwsglobal.org/appeals/ukraine-crisis-response-fund/

Direct Relief, <https://www.directrelief.org/place/ukraine/>

Doctors without Borders, https://www.doctorswithoutborders.org/what-we-do/countries/ukraine.

HIAS, <https://www.hias.org/where/ukraine>

International Medical Corps

International Rescue Committee

Lutheran World Relief

Medical Teams International, <https://give.medicalteams.org/ukraine.htm>

Mercy Corps

Operation USA, <https://www.opusa.org/developing-supporting-ukrainians/>

Project Hope, <https://www.projecthope.org/crisis-in-ukraine-how-to-help/03/2022/>

Samaritan’s Purse

Save the Children, <https://www.savethechildren.org/us/where-we-work/ukraine>

United Methodist Committee on Relief (UMCOR), <https://umcmission.org/umcor/ukraine/>

United State Fund for UNICEF