



Hi friend,

Our hearts are with you as you navigate this challenging time. These are some items that we wish we had a list for sooner in our experience. These are suggestions from our family, from our online community, and from our in-depth interviews in our grief community. This is not an exhaustive list, but we hope you may find these materials helpful for you and your family and network. Fill out as much as you want, but feel free to skip over any items not relevant for your situation. We have additional resources on our website, www.lunapeakfoundation.org.

Please know you're not alone.



Tangible Support - Food Pt. 1

Consider sharing your preferences below with your core friends and letting them know who they can relay this information to. People generally want to help and be useful during challenging times, so letting them know exactly how they can help will be beneficial for both you and your support system.

1. Are you open to having food sent to your home?
2. If so, who is a member of the family who can be a contact for receiving the orders? Include their mobile number.
3. What is your address for mail and deliveries? Any special instructions for food or deliveries that supporters should be aware of?
4. Would you like a meal train set up for dinners?
5. Does anyone in your household have any food allergies?
6. Does anyone in your household have specific food restrictions to note?

Tangible Support - Food Pt. 2

Consider sharing your preferences below with your core friends and letting them know who they can relay this information to. People generally want to help and be useful during challenging times, so letting them know exactly how they can help will be beneficial for both you and your support system.

1. Would you prefer homemade meals or store-bought easy to make meals?
2. Favorite coffee shop, and your specific drink order?
3. Top 5 local restaurants your family likes? What are your favorite meals at these restaurants?
4. What are your family's favorite snacks and type of treats (chips, popcorn, hot chocolate, tea, coffee, types of candy, healthy snacks, etc.)?

Tangible Support

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1. Gift cards from places that might be useful for your family (which grocery store, Target, local restaurants, etc.)

2. Do you like to receive flowers?

3. Do you have a preference on receiving flowers or plants?

4. Are you open to assistance with logistical help (car rides to/from the airport, help with booking flights, help with laundry, help with cleaning, etc.)?

5. Are you comfortable with others giving financial assistance?

6. Childcare - who are 1-3 trusted individuals who you can ask for babysitting help?

Support & Check-Ins

Consider sharing your preferences below with your core friends and letting them know who they can relay this information to. People generally want to help and be useful during challenging times, so letting them know exactly how they can help will be beneficial for both you and your support system.

1. Network of core friends to help with logistics - calling people to inform, help with childcare, etc. who are your trusted friends and can you let them know now that you need help in specific ways? Collect their full names and contact info and keep it handy.

2. Would you like friends to check in with you?

3. Would you like to keep friends in the loop, or stay private?

4. Would you like a recurring zoom with your core friends every month?



If you have found these pages helpful, please consider making a tax deductible donation to Luna Peak Foundation. Donations and book sales allow us to run programs, events, and serve individuals and families in the cancer and grief communities.

Additional Resources:
www.lunapeakfoundation.org

Instagram:
[@LunaPeakFoundation](https://www.instagram.com/LunaPeakFoundation)

Grief Instagram:
[@SnapshotsOfLifeAfterLoss](https://www.instagram.com/SnapshotsOfLifeAfterLoss)

Luna Peak Grief Books:
www.lunapeakpublishing.com

