

## **Sustenance**

**Starbucks** is offering a tall brewed or iced coffee to police officers, firefighters, paramedics, doctors, nurses, hospital staff and researchers until May 3, the company said. [Get more details here.](#)

**Circle K** is offering **FREE** coffee, tea and Polar Pop Fountain to first responders and health care workers on the front line until April 30! To redeem, simply visit any participating Circle K and show a valid ID.

## **Necessities**

15% OFF everything, every day from at **Biglots** now thru April 30th. Just show your badge, work or military ID to cashier or use code BIGHEROES online at checkout and use our new curbside pick-up!

Get 50 cents off gas at **BP** and **Amoco**! Simply verify your community status via ID.me [here](#) to obtain your 50 cent per gallon discount to use on your next fuel purchase at BP and Amoco.

## **Rejuvenation**

**FREE** [Light Up the World Prayer Chain](#) which lets people from all over the world post prayers and reflections focused on health and optimism

**FREE Art of Living evidence-based breathing and meditation techniques.** US healthcare worker can access the online course by visiting [www.aolf.me/covid19](http://www.aolf.me/covid19) and register using their professional license number.

The app, **Headspace**, is now giving the upgraded “plus” version to healthcare providers for free for the rest of the year. Providers must use their NPI to access. Here is a [link](#).

## **Comfort**

**Allbirds** is also donating shoes to the medical community. The brand says it’s already given out \$500,000 worth of shoes and has added a “buy a pair, give a pair” option to its website so customers can pitch in, too. And you can purchase a pair of **Allbirds** Wool Runners for \$60 with code: *healthcarehero*.

**FREE** pair of **Kaktos** socks for healthcare workers. Email them at [HELLO@KAKTOS.COM](mailto:HELLO@KAKTOS.COM) with your information.