

Resources for DMV residents during the novel coronavirus (COVID-19) outbreak

From food, to mental health, to school, help is available.

Food

Arcadia Foods

- Free meals at each pick-up site for students affected by school closings

Bread for the City

- Offering groceries to medical patients with urgent care needs

Capital Area Food Bank

- After School Meals that can be picked up on site
- Senior Programs: providing groceries through the food bank's Grocery Plus and My Groceries to Go Locations and at Senior Brown Bag Locations
- Pop-Up Pantries – For confirmed times and locations, please visit capitalareafoodbank.org/covid19response



DC Central Kitchen

- Takeaway meal sites at Walker-Jones Education Campus (Ward 6) and Kelly Miller Middle School (Ward 7)

- Free meals for individuals 19 and under – times locations listed on DC Central Kitchen's Twitter, @dcck (twitter.com/dcck)

DC Department of Ageing and Community Living (DACL)

- Meals for seniors will be available for pick-up at each site from 10am-2pm for current participants – visit coronavirus.dc.gov/mealsites for more information and DACL services

DC Public Schools

- Free meals for all students – times and locations available on coronavirus.dc.gov/mealsites

Food and Friends

- Regular operations are continuing
- Preparing to deliver shelf-stable food items if limitations affect regular operations

Good Stuff Eatery

- Kids eat free while schools are closed

List of Maryland and Virginia Free Meal Sites

- Available at wjla.com/news/local/meal-site-locations-established-in-maryland-to-feed-students-while-schools-are-closed

Little Miner Taco

- Kids get one free meal per day while DC and MD schools are closed

Medium Rare

- Delivering free meals to seniors in DC

Rasa

- Free take-out meals for children under 18
- Free take-out meals to hospital workers with valid ID and free take-out meals for their team members and families

&pizza

- Free meals for hospital workers with valid ID – text #Hero to 200-03 to obtain a unique code for delivery

Mental Health

The Boris Lawrence Henson Foundation

- TeleHealth services, support groups, and other resources available at borislhensonfoundation.org/resource-guide

Psychology Today

- Tips on battling the psychological obstacles of COVID-19
- Information on online therapy sessions



School

DC Public Schools

- Instructional materials, including lessons and student activities, available online

Free subscriptions from education companies

- American Chemistry Society, BrainPop, Conjugemos, Dyslexia Academy, Free Math, Kahoot, Khan Academy, Seterra Geography, Typing Club, Zoom, and MORE!

Scholastic Learn at Home

- Day-by-day projects to keep kids reading, thinking, and growing while schools are closed
- Explore activities at classroommagazines.scholastic.com/support/learnathome.html



U-Haul

- 30 days of free storage for college students forced to evacuate campuses
- Partnering with Collegeboxes.com to deliver boxed and packing supplies to students' residences

Other Resources

Aunt Bertha

- Phone application for free health resources available in your zip code

Comcast

- Offering free broadband internet for 2 months to low-income families

Pepco

- Suspending service disconnections and waiving late fees through May 1 on a case-by-case basis

For even more emergency resources in the DMV, please visit: dcfoodproject.org/emergency-food-access