

## Supportive Resources for Families during COVID-19

Dear Children's Minnesota community members and partners:

In response to the COVID-19 pandemic that is happening across the country, Children's Minnesota wants to take a moment to emphasize our commitment to caring for children and families in our community.

We've pulled together a collection of community resource information that may be useful when connecting families to supportive resources. This is not an exhaustive list, and it is growing and changing daily. We recommend you call or visit a resource's website for the most current, up to date information. Still, we hope this is helpful as we all work to support one another through these challenging times.

Be well,  
The Children's Minnesota Advocacy and Community Health Team

### Food Resources

#### St. Paul Public School Children

School buses will be delivering **free meals** at St. Paul Public Schools bus stops. Find the schedule and more information at <https://www.spps.org/Page/38722>.

Families who do not have transportation or who have medically fragile children can ask to have the meals delivered to where they live. [Register for home delivery](#).

#### Minneapolis Public School Children

Minneapolis Public Schools is giving students **free meals** while schools are closed due to the COVID-19 virus. Meals are given at school locations from school buses that are parked in the school parking lots. Find the schedule and more information at <https://nutritionservices.mpls.k12.mn.us/covid19>

**Second Harvest Heartland – SNAP Assistance** – Call 1-844-764-5513 or 651-209-7963  
More information can be found at [www.2harvest.org/SNAP](http://www.2harvest.org/SNAP)

**Hunger Solutions:** Helpline - 1-888-711-1151 and [Find Help Map](#).

- Access [a map that will show locations providing free meals to kids](#) while schools are closed.

**YMCA Food Distribution:** <https://www.ymcamn.org/food-distribution>

#### **Minneapolis Food Shelves**

Map and downloadable PDF list of Food Shelves in Minneapolis.

<http://www.ci.minneapolis.mn.us/www/groups/public/@citycoordinator/documents/webcontent/wcmsp-223358.pdf>

**Pillsbury United Communities:** Everyone welcome, No zipcode or income requirements.

Food Shelf Grab-N-Go Bags: <https://pillsburyunited.org/programs/food-distribution/>

To-Go Lunches and Dinners: <https://pillsburyunited.org/programs/cafe-meals/>

**Food and Nutrition Services** has begun to issue waivers across the 15 nutrition programs - such as WIC, SNAP, EBT and more - to ease program operations and protect the health of participants. Find state waivers per program:

<https://www.fns.usda.gov/disaster/pandemic/covid-19>

## Education/Childcare

**MDH Hotline:** The Minnesota Department of Health has a phone line set up to answer questions about schools and child care: 651-297-1304 (Metro) or 1-800-657-3504 (Greater MN), lines are staffed from 7 a.m. to 7 p.m.

**Daycare - Child Care Aware/Parent Aware:** 1-888-291-9811 or <https://www.parentaware.org/>

**Information and free tutoring for families during COVID-19 school closures:**  
<https://schoolclosures.org/> or call or text the hotline: 1-855-264-2051

**Minneapolis Public Schools – Online Learning Resources:**  
<https://sites.google.com/mpls.k12.mn.us/mpsonlinepk-12/home>

**Free Online Subscriptions with activities for kids:** <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

**Online tutoring resources**  
<https://www.khanacademy.org/> --really comprehensive (both for subject matter and for multiple ages)

<https://thecrashcourse.com/> - geared more for high schoolers

**Minnesota Department of Education:**  
<https://education.mn.gov/MDE/dse/health/covid19/index.htm>

**HelpNow:** Free online tutoring for all ages, available through county libraries. (Available in English and Spanish)

[Anoka County Library](#)  
[Carver County Library](#)  
[Dakota County Library](#)  
[Hennepin County Library](#)  
[Scott County Library](#)  
[St. Paul Public Library](#)  
[Washington County Library](#)

## Internet & Computers

**EveryoneOn:** [https://www.everyoneon.org/?fbclid=IwAR2UDP8atoNcQdk0\\_E8GnAB-Qko4nUUtZgoTC9CF18zWuVYR2zE5hdLwU1c](https://www.everyoneon.org/?fbclid=IwAR2UDP8atoNcQdk0_E8GnAB-Qko4nUUtZgoTC9CF18zWuVYR2zE5hdLwU1c)

**PCs for People:** <https://www.pcsforpeople.org/eligibility/>

**Minnesota Afterschool Advance** - Discounted Chromebooks (75% off):  
<https://mnafterschool.org/chromebooks>

**Minnesota Computers for Schools:** [http://mncfs.org/wp-content/uploads/program\\_overview\\_application2019.pdf](http://mncfs.org/wp-content/uploads/program_overview_application2019.pdf)

**Free WiFi in MINNEAPOLIS:** <http://www.minneapolismn.gov/wireless/index.htm>

**Get Connected:** <https://tableau.minneapolismn.gov/views/GetConnected-LowcostcomputerandInternetresources/LowCostComputerandInternetResources?:isGuestRedirectFromVizportal=y&:embed=y>

**Affordable Internet & Computers – *Internet Essentials* through Comcast:**  
<https://www.internetessentials.com/covid19>

**Spectrum** - Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households.

## Employment

**Unemployment Insurance:** <https://www.uimn.org/uimn/> (For more info: <https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp>)

**Worker protections:**  
[http://www.dli.mn.gov/sites/default/files/pdf/MN\\_worker\\_protections\\_related\\_to\\_COVID\\_19.pdf](http://www.dli.mn.gov/sites/default/files/pdf/MN_worker_protections_related_to_COVID_19.pdf)

**MN Dept of Employment and Economic Development:** Information for workers including unemployment benefits, who is hiring, health insurance resources, and FAQs.  
[https://mn.gov/deed/newscenter/covid/workers/?utm\\_content=&utm\\_medium=email&utm\\_name=&utm\\_source=govdelivery&utm\\_term=](https://mn.gov/deed/newscenter/covid/workers/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

## **CareerForce**

Search for open positions in Minnesota on the DEED's job resource website:  
<https://www.careerforcemn.com/>

## Legal Resources

**General Legal Info:** <https://www.lawhelpmn.org/self-help-library/covid-19-other-planning-ahead-topics/coronavirus-covid-19>

## Housing

**Saint Paul Bridge Fund** - Rent/Mortgage Payment Assistance (\$1000) -  
<https://www.stpaul.gov/saint-paul-bridge-fund?emci=45c53aca-0372-ea11-a94c-00155d03b1e8&emdi=dc4e9177-9b72-ea11-a94c-00155d03b1e8&ceid=7405525>

**Minneapolis Gap Funding:** [http://www.minneapolismn.gov/coronavirus/gap-funding?utm\\_content=&utm\\_medium=email&utm\\_name=&utm\\_source=govdelivery&utm\\_term=](http://www.minneapolismn.gov/coronavirus/gap-funding?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

## Other / General

**United Way 211**, a free and confidential service:

- Dial 2-1-1
- Cell phone: 651.291.0211
- Toll-free: 1.800.543.7709
- Text 'MNCOVID' to 898211

**Ramsey County Resource List:** [https://www.ramseycounty.us/covid-19-info/community-resources?fbclid=IwAR1rsyoqKI15sD07I-wLyU-fwLU0n\\_K7mhCJAn-bB\\_p2qHfYhfwcYBvgUfo](https://www.ramseycounty.us/covid-19-info/community-resources?fbclid=IwAR1rsyoqKI15sD07I-wLyU-fwLU0n_K7mhCJAn-bB_p2qHfYhfwcYBvgUfo)

**Hennepin County Resource List:** <https://www.hennepin.us/residents/emergencies/covid-19?emci=45c53aca-0372-ea11-a94c-00155d03b1e8&emdi=dc4e9177-9b72-ea11-a94c-00155d03b1e8&ceid=7405525>

**Behavior Checker:** Behavior Checker is an online tool designed to provide parents with simple solutions and encouragements for behavior problems they may see with their children, such as excess screen time, tantrums, anxiety and over 150 of the most common behavior problems seen in children. <https://childrens.behaviorchecker.org/>

**Children's Dental Services** is serving patients of all ages, including special needs patients, and offering emergency care to any patient regardless of insurance status at its clinics at 728 E. Hennepin Ave. and 636 Broadway St. NE in Minneapolis. Appointments will be available Monday through Friday from 8:30 to 5:30 and Saturdays from 9 until 2 p.m. If you have an urgent need for dental care please call 612-746-1530 or 866-543-6009.

**Family Voices of Minnesota – Financial Support Resource List:**

<http://familyvoicesofminnesota.org/wp-content/uploads/2020/03/Family-Voices-MN-Essential-Services-During-Covid-19.docx.pdf>

**Ramsey County Help Team:** You can request assistance from 8 a.m. to 8 p.m. Monday through Friday and 10 a.m. to 4 p.m. on weekends. The Help Team, staffed through the Sheriff's Office, can be reached by call or text at 651-448-3874 or by email at [helpteam@co.ramsey.mn.us](mailto:helpteam@co.ramsey.mn.us).

Services the Help Team will provide for vulnerable populations who are at high risk of getting seriously ill from COVID-19 include:

- Picking up and delivering prescription medication, prepaid food and groceries.
- Coordinating the collection and distribution of donated goods.
- Providing referrals to different resources, including social services, financial assistance, medical assistance and mental health resources.

**CLUES COVID-19 Hotline: 651-379-4243 | CLUES Coronavirus Resource Center:**

[clues.org/coronavirus](http://clues.org/coronavirus)

**City of Minneapolis:**

Get the latest information on COVID-19 on the City's [cultural radio programs](#).

Look up [Minneapolis-specific resources](#) and support.

**FindHelp:** Search for Resources by Zipcode at <https://findhelp.org/>

**Minnesota Help:** <https://www.minnesotahelp.info/Index>