



FAMILY SELF-SUFFICIENCY PROGRAM

COMMUNITY RESOURCES

March 25, 2020

Companies that are currently hiring!

CVS Pharmacy – apply at [cvs.com](https://www.cvs.com)

Dollar General – apply at [dollargeneral.com](https://www.dollargeneral.com)

Stop & Shop – apply at [stopandshop.com](https://www.stopandshop.com)

Walgreens – apply at [Walgreens.com](https://www.walgreens.com)

Ocean State Job Lot <https://www.oceanstatejoblot.com/careers-store-team>

Walmart – apply at <https://careers.walmart.com/>

DoorDash - apply at [doordash.com](https://www.doordash.com)

Instacart – apply at [Instacart.com](https://www.instacart.com)

Care.com – apply at [care.com](https://www.care.com)

Honeywell’s Smithfield facility is on track to create more than 500 new jobs, the company announced

Manpower has partnered with Honeywell, Inc. to combat the global healthcare crisis. Honeywell has ramped up production of Personal Protective Equipment and we need your help!

Our ideal candidates will have previous assembly, production, and manufacturing experience!!

Manpower @ Honeywell - Assemblers Needed - All Shifts!! Manpower - Smithfield, RI

\$14 - \$15 an hour - Full-time, Contract

Details and Apply at [indeed.com](https://www.indeed.com) link: [Manpower @ Honeywell - Apply](#)



Farmers Market Delivered to You

We are inviting the community to use our Market Mobile wholesale service to get fresh food from local farms delivered right to your home. In this unprecedented time we are seeing an immediate need from the farming community to find outlets for the food that is being grown — as well as from you, our community, to have a safe way to purchase local food.

We are currently offering home delivery to Providence, Pawtucket, and East Bay only. If you are outside of these delivery areas, we invite you to place an order for curbside pickup at our packhouse, located in The Hope Artiste Village building (1005 Main St) in Pawtucket. We require a minimum order size of \$60 for pickup or delivery.

[Create an account](https://www.farmfreshri.org/homedelivery/) at <https://www.farmfreshri.org/homedelivery/>

Please be aware that this platform is traditionally used for wholesale purchasing, therefore the quantities offered may be larger than what you are used to buying. Some people have been pooling orders with family or neighbors to help make the larger quantities work for them. If you have questions about sizing, please email us at marketmobile@farmfreshri.org.

Two Weekly Order Cycles

We run two weekly order/delivery cycles, as shown below. Our order form is open all day Monday through Tuesday at 6:30am for a Thursday pickup or delivery, and Thursday through Friday at 6:30am for a Tuesday pickup or delivery. (The order form will be inactive outside these ordering windows. This allows local farmers and food makers time to update what they have listed for sale based on their most current inventory.)

Your home delivery. Our typical delivery hours are between 7am and 6pm. Orders can be expected sometime in that timeframe. Sorry, we aren't able to honor specific delivery-time requests.

Receive assistance in purchasing essential goods for your family.

Campaign Activity

- Expensify.org will reimburse families on SNAP benefits to purchase additional essential goods.

Proof Required for Reimbursement

- Individuals will need to share a receipt (dated March 1, 2020 or after) that includes a summary of SNAP benefits used on the purchase.

Max Expense Limit

- Expensify.org will reimburse you up to \$50 for essential goods and groceries purchased on your SNAP card.

Please anticipate increased wait times for reimbursements

We are processing reports as fast as we can, but due to increasing demand, wait times to be approved and reimbursed may be much longer than expected. If you know anyone who can donate to this campaign please direct them to [Expensify.org/donate](https://www.expensify.org/donate).

How to get reimbursed for your groceries:

To ensure that you're reimbursed, please follow the instructions below while complying with the campaign activity guidelines provided above.

1. Purchase groceries using your SNAP (EBT) card and save the receipt!
2. [Download](#) Expensify on iOS or Android
3. Join the [Expensify.org/Hunger](https://www.expensify.org/hunger) policy by clicking [here](#).
4. Make sure your Expensify account details are complete, including having your first and last name listed on your account
5. [Use SmartScan](#) in the app to take a picture of the receipt — this will confirm that it was paid for with a SNAP (EBT) card

6. Make sure that your SmartScanned expense contains the following details:
 - Merchant name = “*Merchant name*”
 - Total = Change to \$50 if the EBT purchase amount is greater than \$50
 - Category = Volunteer Reimbursement
 - Class = Expensify.org/hunger
 - Description = “Purchase with SNAP card”
 - Receipt image = Image of the receipt with a clearly legible total of SNAP benefits used.
 - Heads up: We will only be accepting receipts for goods purchased on or after March 1, 2020.
7. **Submit your expense** to volunteer@expensify.org
8. Set up a **bank account** in Expensify to receive the reimbursed funds
9. We will try to reimburse you as soon as we can, up to \$50 per family, as soon as the next day.

Have further questions on how to submit your report and get reimbursed? Check out our [community post](#) for more information.

Please note that the reimbursement is limited to \$50 per family. Reimbursements may be delayed or denied in the event you skip any of the steps above. Due to increasing demand, wait times to be approved and reimbursed may be much longer than expected. Additionally, by submitting an expense report on the Expensify.org/hunger policy, you are agreeing to the [Expensify.org Terms of Reimbursement](#).

Tax Day now July 15: Treasury, IRS extend filing deadline and federal tax payments regardless of amount owed

March 21, 2020

WASHINGTON — The Treasury Department and Internal Revenue Service announced today that the federal income tax filing due date is automatically extended from April 15, 2020, to July 15, 2020.

Taxpayers can also defer federal income tax payments due on April 15, 2020, to July 15, 2020, without penalties and interest, regardless of the amount owed. This deferment applies to all taxpayers, including individuals, trusts and estates, corporations and other non-corporate tax filers as well as those who pay self-employment tax.

Taxpayers do not need to file any additional forms or call the IRS to qualify for this automatic federal tax filing and payment relief. Individual taxpayers who need additional time to file beyond the July 15 deadline, can request a filing extension by filing Form 4868 through their tax professional, tax software or using the Free File link on IRS.gov. Businesses who need additional time must file Form 7004.

The IRS urges taxpayers who are due a refund to file as soon as possible. Most tax refunds are still being issued within 21 days.

"Even with the filing deadline extended, we urge taxpayers who are owed refunds to file as soon as possible and file electronically," said IRS Commissioner Chuck Rettig. "Filing electronically with direct deposit is the quickest way to get refunds. Although we are curtailing some operations during this period, the IRS is continuing with mission-critical operations to support the nation, and that includes accepting tax returns and sending refunds. As a federal agency vital to the overall operations of our country, we ask for your personal support, your understanding – and your patience. I'm incredibly proud of our employees as we navigate through numerous different challenges in this very rapidly changing environment."

The IRS will continue to monitor issues related to the COVID-19 virus, and updated information will be posted on a [special coronavirus page](#) on IRS.gov.

This announcement comes following the President's emergency declaration last week pursuant to the Stafford Act. The Stafford Act is a federal law designed to bring an orderly and systematic means of federal natural disaster and emergency assistance for state and local governments in carrying out their responsibilities to aid citizens. It was enacted in 1988.

Treasury and IRS will issue additional guidance as needed and continue working with Congress, on a bipartisan basis, on legislation to provide further relief to the American people.



STATE OF RHODE ISLAND AND PROVIDENCE PLANTATIONS

DIVISION OF MOTOR VEHICLES

ADMINISTRATION OFFICE

600 New London Avenue

Cranston, RI 02920-3024

Phone: 401-462-4368

www.dmv.ri.gov

EXPIRATION DATE EXTENSIONS

On March 9, 2020, Governor Gina M. Raimondo issued Executive Order 20-02 declaring a state of emergency for the State of Rhode Island due to the dangers to health and life posed by COVID-19. Based on this declaration the Division of Motor Vehicles hereby exercises its authority, pursuant to R.I. Gen. Laws § 31-2-28, to extend the following expiration dates:

- All Rhode Island drivers' licenses, permits, and identification cards set to expire between March 1, 2020 and March 31, 2020 shall now expire on April 30, 2020.
- All Rhode Island registrations set to expire on March 31, 2020 shall now expire on April 30, 2020.
- All Rhode Island special use identification tags issued by motor vehicle dealers ("20-day temporary plates") between March 1, 2020 and March 31, 2020 shall be valid for up to 40 days from the date of issuance.
- All Rhode Island 5-day temporary registration plates issued between March 1, 2020 and March 31, 2020 shall be valid for up to 40 days from the date of issuance.
- Rhode Island residents who purchase a motor vehicle from Rhode Island motor vehicle dealers, out-of-state motor vehicle dealers, or private parties between March 1, 2020 and March 31, 2020 shall have up to 40 days to register the vehicle if the purchaser's prior motor vehicle and the newly purchased motor vehicle are of the same type and the registration plates from the purchaser's prior motor vehicle will be transferred to the newly purchased motor vehicle.
- All Rhode Island inspection certificates/stickers set to expire on March 31, 2020 shall now expire on April 30, 2020.
- All Rhode Island disability parking privilege placards set to expire between March 1, 2020 and March 31, 2020 shall now expire on April 30, 2020.
- All Rhode Island motor vehicle inspection station and motor vehicle inspector permits set to expire between March 1, 2020 and March 31, 2020 shall now expire on April 30, 2020.
- All Rhode Island window tint medical condition exemption certificates set to expire between March 1, 2020 and March 31, 2020 shall now expire on April 30, 2020.

By Order Of:



Walter R. Craddock, Esq., CFP®
Administrator

Date: March 17, 2020

Rhode Island Primary Election Date Change

Governor Gina Raimondo announced yesterday that she is issuing an Executive Order moving our state's **Presidential Preference Primary Election** from April 28 to **June 2** and making it a predominantly mail ballot election. I applaud Governor Raimondo's efforts to protect the health of Rhode Island voters and election workers, and I thank her for her leadership during this challenging time.

A predominantly mail ballot election will ensure that all eligible Rhode Islanders can cast a ballot in a safe and secure manner while protecting the integrity of every vote. My team is working hard with all stakeholders to make sure that **every Rhode Island voter can participate in a fair and secure election on June 2.**

In the meantime, **please check and update your voter registration information** by visiting our [Voter Information Center](#). In the coming weeks, my office will send every registered Rhode Island voter a mail ballot application with a postage-paid return envelope.

As we continue adjusting to this new reality, **I am inspired by the incredible women and men who are stepping up to keep things going.** From supermarket clerks and truck drivers to teachers and working parents, ordinary Rhode Islanders are doing extraordinary things. In my own office and throughout government, public employees are taking care of Rhode Islanders during this stressful time.

With gratefulness for their service and knowing that many in our state are hurting during this pandemic, I'm asking that you consider contributing to a new [philanthropic fund](#) established jointly by the United Way of Rhode Island and the Rhode Island Foundation. The money raised by this fund will be directed to local Rhode Island nonprofits that are providing direct services to so many of our families and neighbors impacted by the COVID-19 pandemic. If you are able to help, your [generous contribution](#) will go a long way to ensure that more Rhode Islanders can make it through these challenging times.

As I have stated in the past, we can all do our part by staying home, calling loved ones and following local and state health directives. Let's support local small businesses by shopping locally online and, above all else, let's continue to be kind to one another.

Resources for students or families with students

Internet access	Devices
<p>Cox's Connect2Compete plan offers \$10/month internet for low-income families who are not current (or recent former) Cox customers. Cox is currently offering 1 month free Connect2Compete and "fast track" enrollment for new customers</p>	<p>Many RI districts are doing Chromebook distributions; check with your local district to see if you are eligible.</p>

Resources for nonprofits or educational institutions

Internet access	Devices
<p>PCs for People sells mobile hotspots (\$95) with the ability to prepay 1, 3, 6, or 12 months of internet access (\$15 for one month; \$180 for 12 months). Nonprofits who work with low-income residents are able to purchase in bulk but must contact PCs for People for purchase restrictions.</p> <p>Mobile Beacon (a RI-based company) provides prepaid 4G LTE unlimited WiFi (via purchased mobile hotspots) for nonprofits. Hotspots cost between \$60 and \$500 and one year of prepaid internet is available for \$120. There is currently a waitlist for hotspots. Nonprofits who wish to purchase more than 100 hotspots at a time should contact Mobile Beacon directly and not place an online order.</p> <p>The Sprint 1Million project is available to school districts with at least 50 high school students who do not have access to in-home internet. The program provides connected smartphones, tablets, and hotspots at no cost to districts. Currently, Sprint 1Million is accepting applications for its waitlist for the 2020-21 school year. Providence Public Schools is a Sprint 1Million participating district.</p>	<p>PCs for People provides low-cost devices (average \$150 laptops) for residents who are either at 200% poverty level or below or who qualify for federal assistance. They are currently running a 20% off for new customers discount</p> <p>TMobile is offering free hotspots or free tablets for nonprofits/government entities looking to serve multiple residents (no restrictions on eligibility). Unlimited hotspot data plans are \$30/month and tablet plans are \$20/month. All are available on TMobile's 4G LTE network; tablets can connect up to 10 users. Learn more here or contact Donna Monahan for more information.</p> <p><i>Note: Nonprofits can sign up to be eligible for the Tech Soup Mobile Beacon donation program here; educational institutions can sign up for the Digital Wish Mobile Beacon donation program here</i></p>

Resources for low-income residents

Internet access	Devices
<p>PCs for People sells mobile hotspots (\$95) with the ability to prepay 1, 3, 6, or 12 months of internet access (\$15 for one month; \$180 for 12 months); buyers must prove low-income status to be eligible. Limit one per customer.</p> <p>Verizon operates the Lifeline program for the FCC in Rhode Island, offering a \$9.95/month discount for households on public assistance who are Verizon customers. Scroll down the page for the application.</p> <p><i>Disponibile en espagnol</i></p>	<p>PCs for People provides low-cost devices (average \$150 laptops) for residents who are either at 200% poverty level or below or who qualify for federal assistance. They are currently running a 20% off for new customers discount</p>

General resources

Internet access	Devices
<p>Cox has made their Internet Essentials plan free for 1 month and has discounted their other plans, generally.</p> <p>Some local libraries have wifi hotspots available for loan, including Pawtucket, Providence Community Library, Warwick, and Barrington. Aggregated information on these programs is here.</p> <p>Public wifi areas are available across the state as well. Use this WiFi Map App to locate public wifi options in RI or enable Facebook Wifi Locator to search through Facebook (no link)</p> <p>See if you qualify for additional offers through EveryoneOn's Find Offers database (updated in light of COVID-related offerings)</p>	

Cox Communications latest messaging on towards school-age families

RIDE Grant:

- Cox Communications is **donating \$25,000 to the Rhode Island Department of Education (RIDE)** to assist in the purchasing of technology for K-12 students.
- Cox is also **donating an additional \$10,000 directed to the Community College of Rhode Island (CCRI)** as both institutions work to enable distance learning programs for students completing their school and coursework in remote environments.

Connect2Compete:

- Cox is offering its **low-cost internet service Connect2Compete to families that don't have an internet connection at home**. The first 30 days are free and begins the customer's first day of service. This offer is available until May 15. Cox has made enhancements to the product including faster speeds, remote helpdesk support, a discounted computer program with PCs for People and a Learn from Home toolkit available for schools at www.Cox.com/Connect2Compete.
- **Fast-tracking the qualification process** for Connect2Compete and partnering with PCs for People where families can purchase discounted refurbished computers. More information can be found here: <https://cox.pcsrefurbished.com/>.
- There are no **deposits, contracts, or installation fees for the program**. Families can stay enrolled in the program for as long as they qualify and cancel at any time.
- Until May 15, 2020, we are providing phone and remote desktop support through **Cox Complete Care at no charge** to provide peace of mind and ease for technology needs.

All school-age families / not specific to C2C:

- **Not terminating service** to any residential or small business customer because of an inability to pay their bills due to disruptions caused by the coronavirus pandemic.
- **Waiving any late fees** that residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic.
- **Opening Cox Wifi outdoor hotspots** to help keep the public connected in this time of need.
- **Providing temporary speed increases** for residential customers in the company's Starter, StraightUp Internet and Connect2Compete packages to speeds of 50 Mbps.
- Extending our **Cox Complete Care remote desktop support at no charge** to residential customers in those tiers to provide remote helpdesk and assistance for loading new applications they may need to use during this time like online classroom support applications and web conferencing services.

Additional messaging in response to coronavirus

Cox is offering the following over the next 60 days, through May 15

- A \$19.99 offer for new Starter internet customers with a temporary boost up to 50 Mbps download speeds, no annual contract or qualifications to help low income and those impacted from Coronavirus challenges, like **seniors and college students**. The first month is free for this service until May 15.
- **Eliminating data usage overages** beginning today to meet the higher bandwidth demands. Customers with a 500 GB or Unlimited data usage add-on plan will receive credits.

COVID-19: Getting Health Coverage and Health Care

What health insurance options are available?

If you do not have health insurance, there are two pathways to getting coverage: 1) free coverage through the Medicaid program (if income is within the limits for your family size, and you meet other program requirements), and 2) Coverage purchased through HealthSource RI (HSRI). Some people may not be eligible for Medicaid because their income is too high, or because they do not have a required immigration status. For example, adult lawful permanent residents (green card holders) are not eligible for Medicaid for five years; however they can buy a plan through HSRI. Children with green cards can get Medicaid without a waiting period. Many individuals whose income is too high for Medicaid can receive tax credits to make their HSRI premiums more affordable.

When can I apply for Medicaid or HealthSource RI (HSRI) Coverage?

You can apply for Medicaid at any time. Usually, you can apply for HSRI coverage only during open-enrollment, which has closed for 2020, but a special enrollment period (SEP) is now available due to the Coronavirus through April 15th, 2020 to qualified individuals who are uninsured. There are other reasons that allow you to apply for HSRI coverage at any time: loss of coverage through a job, a move, or change in household members. If you apply during a SEP, you need to choose a plan and pay for the first month of coverage. Coverage will begin on the first of the month following the application. If you are enrolled in a HSRI plan and your income drops due to loss of job, hours, etc., you should report the change through your online account or by calling HSRI as soon as possible.

How can I enroll in Medicaid or HSRI coverage?

To enroll in Medicaid or HSRI coverage (or report a change of income) call the **HSRI customer support line** at **1-855-840-4774** from 8:00 a.m. to 6:00 p.m. Monday – Friday.

You can also apply online at <https://healthsourceri.com/>

You can also get help from a Navigator in your community. Call 2-1-1 or go to <https://healthsourceri.com/get-help-community/> to speak with a Navigator.

Note: For health and safety reasons, assistance from Navigators & HSRI is currently by phone only.

What are the income limits for Medicaid and for tax credits to pay for HSRI Coverage?

Income limits for Medicaid are different for children, pregnant women, parents, and adults without disabilities age 19 – 65. These income limits by family size are shown in the chart (the income limit for adults who are 65+ or have a permanent disability is generally 100% of the federal poverty level, "FPL"). Families with income up to 400% of the FPL may be eligible for a tax credit to help pay for commercial insurance. The higher the income, the smaller the tax credit

Example: A family of 4 has income of \$4,000/month. The children are eligible for Medicaid/RIte Care, since income is less than \$5,708. The parents are not eligible for Medicaid because income is above the limit of \$3,026. The parents can buy a plan through HSRI and will be eligible for tax credits to help reduce the premium cost. The family can apply for coverage by contacting the HSRI support line or applying online.

MONTHLY INCOME

FAMILY SIZE	MEDICAID				HSRI
	138% FPL ADULTS 19 - 65	141% FPL PARENTS	258% FPL PREGNANT WOMEN	266% FPL CHILDREN UNDER 19	400% FPL MAXIMUM INCOME FOR TAX CREDITS
1	\$1,436	\$1,468	N/A	\$2,769	\$4,163
2	\$1,945	\$1,987	\$3,636	\$3,748	\$5,637
3	\$2,453	\$2,506	\$4,586	\$4,728	\$7,110
4	\$2,961	\$3,026	\$5,536	\$5,708	\$8,583

Where can I go for health care if I don't qualify for health insurance?

If you don't qualify for Medicaid or HSRI coverage, there are several places to go for regular health care. These places provide care regardless of a person's immigration status, although they may ask about your status to help determine whether you may be eligible for coverage. Providers must keep this information confidential.

- Community Health Centers: Call 274-1771 (rihca.org) to find a health center near you (for adults and children).
- Rhode Island Free Clinic: Call for an eligibility appointment: 274-6374 (for adults only).
- Clinica Esperanza-Hope Clinic: Call 347-9093 (for adults only).

If you need care at a hospital, ask about the hospital 'charity care' program. The hospital may cover all or part of your bill if you are unable to pay. The hospital must post its charity care eligibility rules and how to apply. Ask the business office of the hospital for an application. Charity care is available regardless of immigration status.

If you need to have emergency services at a hospital, and you are not eligible to enroll in Medicaid just because of your immigration status, you may be eligible to have Medicaid pay the hospital bills. The hospital helps you fill out the application.

Special Protections As A Result Of The Coronavirus Crisis

To ensure people don't lose Medicaid coverage, renewals, income eligibility reviews and most terminations are postponed.

Commercial insurance plans are required to cover COVID-19 test/screening without prior authorization and without cost-share (co-pay, deductibles, etc.). This includes test administration and analysis.

Access to telemedicine for all health care 'visits' is expanded, but not all providers may have the technology to provide this service.

Early refills of prescriptions (30 day supply or 90 day for maintenance meds) are allowed under many insurance plans. May be delay in going into effect.

Need Help With A Health Insurance Related Issue? (e.g., accessing health insurance through Medicaid or HSRI, problems with bills, questions about coverage)

CALL THE RIPIN CALL CENTER at (401) 270-0101.

The Economic Progress Institute has detailed fact sheets about eligibility for health coverage and care at: www.economicprogressri.org/healthfacts



COVID-19: RI FACT SHEET ON EVICTIONS, FORECLOSURES & UTILITIES

Information is current as of March 23, 2020 and is subject to change

What is a moratorium?

A moratorium is a delay in an activity or an obligation. Moratoriums are usually issued by an authority such as a state agency or elected official.

Is there a moratorium on evictions in Rhode Island?

On March 17, 2020, Rhode Island courts stopped hearing all non-essential matters, including evictions, until after April 17, 2020. This functions as a moratorium on evictions because the courts will not move them forward, even if they are filed, during this period.

You cannot legally be evicted from your home until an eviction has been processed through the court system and a court order for the tenant to move out (also called an "order of execution") has been issued. You might get letters or legal papers from your landlord during this period, but the courts are not processing new eviction cases until after April 17, 2020.

I heard that evictions are still happening. Is that true?

There are a few steps to legal evictions. Papers have to be filed with the court, a hearing must be scheduled, and after the hearing, a judgment entered by a judge. After a judgement is entered, a court order for the tenant to move out can be issued. The court order to move out can be enforced by an authorized constable or sheriff.

Right now, landlords can still file papers with the court, but hearings will not be scheduled until after April 17, 2020. This means evictions cannot move forward until after April 17.

State authorities are instructing landlords and constables to not enforce court-ordered move outs at this time. **However**, if the court approved a move out order before the Rhode Island Supreme Court closed on March 17, it can be enforced.

Can my landlord just move me out?

Landlords cannot move you out without going to court and getting a court order.

If someone comes to move you out, make sure that they have a court order signed by a judge. Only a constable or sheriff authorized by the State of Rhode Island can move you out with a court order. Ask to see their credentials and call the police for assistance if they cannot show you proof of ID as a sheriff or constable, or if they do not have a court order. Your landlord cannot just come to your home and move you out even if they claim they got a court order. Only a constable or sheriff can move you out with a court order and they are being instructed by the state not to do that right now.

I have received an eviction notice. What should I do?

You cannot be legally evicted until after the case has been processed through the court system and received a hearing. Hearings are not being scheduled until after April 17, 2020 unless there is an emergency. If you have received a notice, check the hearing date. If the date is before April 17, you can call the court to verify whether the case has been rescheduled.

In the meantime, this still means that your landlord will want to evict you after the courts reopen. You should keep evidence of your efforts to pay rent. You should document any changes to your income at this time and track any conversations you have with your landlord about making partial payments or about losing your income. These will all be important when the courts start to handle these cases again. **It is very important that you get and keep receipts for rent that you pay.** Proof of payment can be a money order receipt, a canceled check or a receipt from the landlord.

I heard that the federal government declared a moratorium on evictions and foreclosures. Is that true?

On March 18, 2020, the federal government placed a 60-day moratorium on evictions and foreclosures for single-family homeowners who have government-sponsored mortgages (Fannie Mae, Freddie Mac, FHA-insured). Most mortgages fall into one of these categories.

In the coming months, the federal government might offer financial help to tenants, landlords, and homeowners due to the public health emergency. There is not yet federal help for rent.

Where can I go for help with an eviction?

If your landlord is telling you to move out during this emergency, or you have other concerns about your rental apartment, you can call the RI Center for Justice: (401) 491-1101.

If you have Section 8 housing or live in public housing you can call RI Legal Services at (401) 274-2652 to get help and advice about public housing rights and responsibilities. Both RI Legal Services and the RI Center for Justice can answer general housing questions and concerns.

If you are experiencing homelessness, you can go to the nearest shelter ([map here](#)) or call (401) 277-4316.

I am worried about paying my rent because I have lost income. What should I do?

If you think that you might not be able to pay your rent next month, you should notify your landlord right away to talk about your options. If you have a Section 8 Voucher or another type of rental assistance, you should contact the Housing Authority who issued your voucher, or RIHousing at (401) 457-1125. To report a change in income due to coronavirus to RIHousing, you can email documentation of the change from your job to COVID-19incomeupdate@rihousing.com.

I am worried about paying my utility bills. What should I do?

First, you should contact your utility provider or your city/town to work out a payment plan. The Rhode Island Public Utilities Commission (PUC) has placed a moratorium on shut-offs and collections for utilities regulated by the state (electric, gas, water, sewer) through April 16, 2020. National Grid has announced that they have suspended collections and service disconnections through April 30. Cox Communications has pledged to not terminate service and will be waiving late fees.

The PUC will accept public comment until April 7, 2020 on whether they should keep these protections from shut-offs past April 16. You can send your comments to the PUC clerk at luly.massaro@puc.ri.gov.

Just like with your rent, you should keep evidence of your efforts to pay your utility bills and any conversations you have with the utility provider about making partial payments or about losses to your income. These will all be important when the PUC permits utilities to start shut-offs again.

I was disconnected from utilities before the moratorium was put in place by the PUC. Can I get reconnected?

The PUC has ordered that people who had services disconnected before the moratorium can be reconnected by paying 10% of their balance and entering into a payment plan. They also ordered providers that offer low-income discounts, like National Grid, to make sure that people who are eligible for these discounts are enrolled in them. If you've lost your job, or have reduced hours and income, you might be eligible for these discounts now even if you were not in the past. Call the utility provider to talk about getting your service turned on.

If you need help with utility issues, you can contact the RI Center for Justice at (401) 491-1101.

Where can I go for more help?

Depending on what you need help with, there are lots of resources. Call Rhode Island 2-1-1 to speak to someone who will refer you to help based on your needs.

AS OF 3/17				
Meal Sites				
Town/City	Location	Contact	Hours of Operation	Notes
Providence County				
Burrillville	Berean Baptist Church Food Closet: 474 Chapel St., Harrisville	(401) 568-5411	Unknown	
	Burriville Seventh Day Adventist Food Closet: 854 Victory Highway, Mapleville	(401) 569-5255	Unknown	
	Our Lady of Good Help Church Food Pantry: 1063 Victory Highway, Mapleville	(401) 568-5272	1st Tues of the month 10am-11am seniors & 6pm-7pm everyone else in service area	Not a meal site but pantry is still operating
	St. Theresa of the Child Jesus Church Food Closet: 35 Dion Drive, Harrisville	(401) 568-8280	Unknown	
	St. Patrick's Church Food Closet: 45 Harrisville Main St., Harrisville	(401) 568-5600	Scheduled to open next week 3/23	Curbside system with pre-picked food
Central Falls	Central Falls High School: 24 Summer St.	Unknown	Weekdays starting 3/17	Only 18 and under, child must be present
	The Learning Community: 21 Lincoln Avenue	Unknown	M-F	
Cumberland	Emmaunel Episcopal: 42 Dearborn St.	(401) 847-0675	Unknown	
Cranston	Cranston High School East: 899 Park Ave	401-222-8022	M-F 11:30am-1pm (Breakfast & Lunch served at the same time)	Grab & Go meals for schoolchildren
	Edgewood Highland: 160 Pawtuxet Ave	401-222-8022	M-F 11:30am-1pm (Breakfast & Lunch served at the same time)	Grab & Go meals for schoolchildren
	George J Peters: 15 Mayberry St	401-222-8022	M-F 11:30am-1pm (Breakfast & Lunch served at the same time)	Grab & Go meals for schoolchildren
	Gladstone Street School: 50 Gladstone St	401-222-8022	M-F 11:30am-1pm (Breakfast & Lunch served at the same time)	Grab & Go meals for schoolchildren
	Hugh B Bain: 135 Gansett Ave	401-222-8022	M-F 11:30am-1pm (Breakfast & Lunch served at the same time)	Grab & Go meals for schoolchildren
	Park View Middle: 25 Park View Blvd	401-222-8022	M-F 11:30am-1pm (Breakfast & Lunch served at the same time)	Grab & Go meals for schoolchildren
	Good Neighbors: 55 Turner Ave.	(401) 433-0045	Closed week of 3/16-20 Food Pantry reopens 3/18 9am-1pm. Project Fresh open this week	

AS OF 3/17				
Meal Sites				
Town/City	Location	Contact	Hours of Operation	Notes
East Providence	Carousel (Riverside): 700 Bullocks Pt Ave	401-222-8022	M-F 8:30am-9am (Breakfast & lunch served at the same time)	Grab & Go meals for schoolchildren
	Evergreen Apts entrance: 15 Evergreen Dr	401-222-8022	M-F 8:30am-9am (Breakfast & lunch served at the same time)	Grab & Go meals for schoolchildren
	Freedom Green Park (Rumford): North Broadway	401-222-8022	M-F 8:45am-9:15am (Breakfast & lunch served at the same time)	Grab & Go meals for schoolchildren
	Pierce Field Stadium entrance: 201 Mercer St	401-222-8022	M-F 8:45am-9:15am (Breakfast & lunch served at the same time)	Grab & Go meals for schoolchildren
Foster/Glocester	EMA Director	(401) 568-2533	NONE YET	
Lincoln	Chief of Rescue Coordination	(401) 333-8455	N/A	
North Providence	Whelan Elementary: 1440 Mineral Spring Ave	401-222-8022	M-F 11:30-12:30 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
Pawtucket	Baldwin Elementary: 50 Whitman	401-222-8022	M-F 11-1 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	Curtis Elementary: 582 Benefit	401-222-8022	M-F 11-1 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	Fallon Elementary: 62 Lincoln Ave	401-222-8022	M-F 11-1 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	Goff Middle: 974 Newport Ave	401-222-8022	M-F 11-1 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	International Charter School: 334 Pleasant St	401-222-8022	M-F 8-9 (breakfast) 12-1 (lunch)	Grab & Go meals for schoolchildren
	Jenks Middle: 350 Division St	401-222-8022	M-F 11-1 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	Pawtucket Soup Kitchen: 195 Walcott Street (basement)	(401) 258-4616	Breakfast (M-F 7:30-8:00 am) Dinner (M-F 5-5:30pm) Brunch (Saturday 10:30am - 11am)	Operating as normal
	Shea High School: 485 East Ave	401-222-8022	M-F 11-1 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	Slater High School: 281 Mineral Spring Ave	401-222-8022	M-F 11-1 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren

AS OF 3/17				
Meal Sites				
Town/City	Location	Contact	Hours of Operation	Notes
	Tolman High School: 150 Exchange Street	401-222-8022	M-F 11-1 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
Providence	McCauley House: 622 Elmwood Ave	(401) 941-9013	Breakfast (8-9:30am) Lunch (11-1:30pm)	Serving To-Go bags
	Amos House: 460 Pine St.	(401) 272-0220	Breakfast (7am-8am) Lunch (11am-12:30pm)	Offering To-Go meals
	Victory Assembly of God: 321 Veazie St.	(401) 455-0060	Thursdays Soup Kitchen	
	Better Lives RI: 134 Mathewson St (Mathewson Street Church)	(401) 454-7422	Breakfast is cancelled. Friday dinner (3:30-5pm)	Serving To-Go bags
	Better Lives RI Downtown Food Pantry: 15 Hayes St.	Unknown	M 12-4pm, T-TH 9am-1pm	Instead of client choice, pre-filling bags
	Reaching for the Fringe: 224 Woodward Ave (bottom level of Christ Church)	(401) 649-9503	Open Friday 3/20 6pm-7pm, going forward only open Mondays 6pm-7:30pm	Serving takeout meals
	City Meal Site: 674 Westminster St	(401) 751-1747	Tuesday 3/17 4pm-6pm; going forward date may change	Serving To-Go meals. CMS typically is open Tuesday 4pm-6pm. Please check the FB page as the date may be different week to week: www.facebook.com/citymealsite
	Epiphany Soup Kitchen: 114 George St (St. Stephen's Church)	(401) 944-3382	CLOSED THROUGH AT LEAST 3/31	
	Loaves & Fishes: 1520 Broad St	(401) 965-7376	CLOSED UNTIL FURTHER NOTICE	
Providence Assembly of God: 353 Elmwood Ave	(401) 461-7210	Wednesday Doors open 6:30pm, meal service 7pm-8:30pm		
Salvation Army Providence Corps: 386 Broad St	(401) 831-1119	Sunday 4:30pm-5:30pm		
St Charles Borromeo SVDP Ministry: 178 Dexter St Providence	(401) 421-6441	PANTRY AND MEAL SITE CLOSED UNTIL 3/31		
Gospel Tabernacle: 145 Oakland Ave	(401) 454-0988	2nd & 4th Monday of the month 5pm-6pm	Pantry services offered 6pm-7pm same days	

AS OF 3/17				
Meal Sites				
Town/City	Location	Contact	Hours of Operation	Notes
Providence	St Patrick Church Mary House Meal Kitchen: 244 Smith	(401) 274-6286	Monday 4pm-5:15pm	
	Church of the Master: 15 Valley St	(401) 861-5568	CLOSED UNTIL 3/31	
	Maranatha Meals of Church of God: 1040 Atwells Ave	(401) 521-4860	CLOSED	
	St Peter and Andrew Church: 70 Pemberton St	(401) 272-9649	Pantry available: 2nd & 4th Saturday 12-1:30 pm; Guests can visit both days; Handicapped Accessible (use Pomona St. entrance for ramp).	
	Alvarez High School: 375 Adelaide Ave	401-222-8022	11-2 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	Batastini/Pleasant View Rec Center: 50 Obadiah Brown Rd	401-222-8022	4-6 (dinner)	Grab & Go meals for schoolchildren
Providence	Davey Lopes: 227 Dudley Ave	401-222-8022	4-6 (dinner)	Grab & Go meals for schoolchildren
	Delsesto: 152 Springfield St	401-222-8022	11-2 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	E Cubed Academy: 812 Branch Ave	401-222-8022	11-2 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	Gilbert Stuart Middle: 188 Princeton St	401-222-8022	11-2 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	Vartan Gregorian: 455 Wickenden St.	401-222-8022	11-2 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	Hope High: 324 Hope St	401-222-8022	11-2 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren
	John Rollins: 674 Prairie Ave	401-222-8022	4-6 (dinner)	Grab & Go meals for schoolchildren
	Joslin: 17 Hyatt St	401-222-8022	4-6 (dinner)	Grab & Go meals for schoolchildren
	Juanita Sanchez High School: 182 Thurbers Ave	401-222-8022	11-2 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren

AS OF 3/17					
Meal Sites					
Town/City	Location	Contact	Hours of Operation	Notes	
	Kennedy Elementary: 195 Nelson St	401-222-8022	4-6 (dinner)	Grab & Go meals for schoolchildren	
	Madeline Rogers: 60 Camden Ave	401-222-8022	4-6 (dinner)	Grab & Go meals for schoolchildren	
	Meeting Street School: 1000 Eddy St	401-222-8022	11:30-1 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren	
Providence	Mt Pleasant High: 434 Mt Pleasant Ave	401-222-8022	11-2 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren	
	Neutaconkanut: 675 Plainfield St	401-222-8022	4-6 (dinner)	Grab & Go meals for schoolchildren	
	Providence Career and Technical Academy: 41 Fricker St	401-222-8022	11-2 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren	
	Sackett: 159 Sackett St	401-222-8022	4-6 (dinner)	Grab & Go meals for schoolchildren	
	Vincent Brown: 438 Hope St	401-222-8022	4-6 (dinner)	Grab & Go meals for schoolchildren	
	West End: 109 Bucklin St	401-222-8022	4-6 (dinner)	Grab & Go meals for schoolchildren	
	William D'Abate: 60 Kossuth St	401-222-8022	11-2 (Breakfast and lunch are distributed at the same time)	Grab & Go meals for schoolchildren	
	Zuccolo: 18 Gesler St	401-222-8022	4-6 (dinner)	Grab & Go meals for schoolchildren	
	Breadlines & You Fed Me			CLOSED FOR NOW	
	Church Beyond the Walls: Burnside Park			CLOSED FOR NOW	
	Judy's Kindness Kitchen: 160 Broad St (Crossroads Shelter)			Sunday 3/22 10:30am-11am	
	Disciples of Christ Tabernacle Mission Church: 460 Pine St (Amos House bldg)	(704) 701-7468		Sunday 3/22 1pm-2pm	Serving takeout meals
	Providence Rescue Mission: 627 Cranston St	(401)-274-8861		Friday 5/5:30pm	Offering bagged lunches. Call first

AS OF 3/17				
Meal Sites				
Town/City	Location	Contact	Hours of Operation	Notes
North, Smithfield	Slatersville Congregational Church: 25 Green St., Slatersville, RI	(401) 769-2777	Unknown	Operating but residents only
	St. Philip's Parish: 622 Putnam Pike, Greenville, RI	(401) 949-2949	Wed. 1-3pm and Sat. 9-10:30am	Sign-in inside, select food on paper in car, curbside delivery
Woonsocket	Feed My Sheep, New Beginings, All Saints Parish: 323 Rathburn St.	(401) 762-1100	CLOSED	All activities and programs suspended as of 3/16
	Citizens Memorial Elementary School: 250 Winthrop St.	Unknown	Weekdays starting 3/16, 11am-1pm	Only for age 18 and under, child must be present
	Hamlet Middle School: 60 Florence Dr.	Unknown	Weekdays starting 3/16, 11am-1pm	Only for age 18 and under, child must be present
	Keven K. Coleman Elementary School: 96 2nd Ave.	Unknown	Weekdays starting 3/16, 11am-1pm	Only for age 18 and under, child must be present
Kent County				
Coventry				
E/W Greenwich	Christ Community Kitchen/St. Luke's: 99 Pierce Street, EG	(401) 884-4116	Unknown	
West, Warwick	Food Truck: Be the Change/Project Hands Up: 10 Brookside Ave., WW	(401) 821-1618	Unknown	
	Riverpoint Congregational Church: 75 Providence St. WW	(401) 826-3150	Unknown	
	St. Anthony: 10 Sunset Ave., WW	(401) 821-8342	Unknown	
	St. Mark's Episcopal: 111 West Shore Road, W	(401) 737-3127	3/28 first come, first served	Perishable items given out
	St. Paul Lutheran: 389 Greenwich Ave., W	(401) 737-6758	Unknown	
	St. Vincent De Paul: 145 Washington St., WW	(401) 822-4450	CLOSED until 3/30	

AS OF 3/17				
Meal Sites				
Town/City	Location	Contact	Hours of Operation	Notes
	SS John & James: 17 St. John St. WW	(401) 821-8342	Lunch every TH & 2nd TU & 4th FRI (11:30am-12:20pm) and Dinner every Mon. at 4:30pm	Bagged lunch and dinner following schedule
	Phenix Baptist Church: 2 Fairview Ave., WW	(401) 821-1618	Closed until further notice	
	West Warwick Assistance Agency: 1293 Main St., WW	(401) 828-0320	Wed. & Fri. (10am-2pm)	Can food and meats (grocery store)
	First Congregational Church: 715 Oakland Beach Ave.	(401) 738-3377	Unknown	
Bristol and Newport Counties				
Barrington				
Bristol				
Warren				
Newport	Martin Luther King Center Meal Site: 20 Dr. Marcus Wheatland Boulevard	(401) 846-4828	Breakfast M-F (7:30am-8:30am), Student Lunch (18 and under) M-F 12-1pm	Grab&Go
	St. Mary Church Soup Kitchen: 12 Williams St.	(401) 847-0475	Lunch 2nd and 3rd Wed. 12-1pm	Grab&Go cold bag lunches
	St. Paul's United Methodist: 12 Marlborough St.	(401) 846-0966	Unknown	
	Trinity Episcopal Queen Anne Square: 141 Spring St.	(401) 846-0660	CLOSED	per website all services suspended
	United Baptist: 30 Spring St.	(401) 847-3210	CLOSED this week 3/16	
	Salvation Army: 51 Memorial Blvd.	(401) 846-3234	Fridays 5-6pm and Sundays 4-5pm	Open per RIFB
	First Presbyterian: 4 Everett St.	Website	CLOSED	All services suspended
	Community Baptist: 59 Dr. Marcus Wheatland Blvd.		Saturdays 4:30-5:30 pm	Grab&Go
Pell Elementary School: 35 Dexter St.		Student Lunch Noon-1pm (18 and under)	Grab & Go	
Jamestown				
Little Compton				

AS OF 3/17				
Meal Sites				
Town/City	Location	Contact	Hours of Operation	Notes
Middletown				
Portsmouth				
Tiverton				
Washington County				
Charlestown				
Narragansett				
North Kingstown	McGinn Park: 147 School St.	None	Lunch 12:15-1:15pm	Grab&Go, only 18 and under, child must be present
	Wilson Park: Roosevelt Ave.	None	Lunch 12:15-1:15pm	Grab&Go, only 18 and under, child must be present
South Kingstown	Welcome House: 8 North Rd., Peace Dale	(401) 782-4770	Lunch (noon-1pm)	Curbside bag lunches
	Church of the Ascension: 370 Main St., Wakefield	(401) 783-2911	To Go meals given every Sun. 5pm	Operating as normal on Sundays
	Peace Dale Congregational Church: 261 Columbia St.	(401) 789-7313	Wednesdays 4:30-6pm	Offering takeout-pull-up services, no sit down meals. Call ahead and leave a message for count purposes.
Westerly	The Supper Table at school community center: 91 Tower St.	(401) 348-2715	No dinner, bagged lunches to students at 1pm	
	WARM Center: 56 Spruce St.	(401) 596-9276	M-S Lunch (noon-1pm) Dinner (5:30-6:30pm)	Grab & Go style

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City	Zip	Service	Agency & Street	Phone & Contact	Hours Comments
Barrington	02806	Pantry	Tap-In 281 County Road	(401)247-1444 Debbie Thurston	M-F 9 AM-12 PM. East Bay area only. Guests can visit monthly. Located below library.
Bristol	02809	Pantry	East Bay Food Pantry 532 Wood Street	(401)396-9490 Vicki Hopper Koppelman	Updated Hours: Food Pantry Wed 10am-6:30pm and Fri 10am-3pm; Food4Kids 1 st & 3 rd Sat 10am-12pm and 2 nd & 4 th Fri 10am-12pm (Wood Street entrance); Newport & Bristol Counties; Guests can visit pantry monthly and families with children may pick up Food4Kids bags weekly while schools are closed; Handicapped Accessible.
Burrillville	02839	Pantry	SVDP Our Lady of Good Help 1063 Victory Highway	(401)762-1834 Katherine & Bob Wilson	1st Tue of month; 10-11am seniors & 6-7 pm everyone else in service area.
Carolina	02812	Pantry	New Hope Pantry 80 Richmond Townhouse Road	(401)539-4673 Gretchen White	Closed through 4/7/20 [Tuesday 9:30-11:00 am and Fri 6:30-8:00 pm; Serves Chariho area; Guests can visit weekly. Handicapped Accessible.]
Central Falls	02863	Pantry	St. George Episcopal Pantry 12 Clinton Street	(401)722-9449 Rev. John Lynch	Serves everyone; Fridays from 9:30am-12:00pm; Guests can visit monthly.
Central Falls	02863	Pantry	Central Falls Food Pantry at Progreso Latino 626 Broad Street	(401)365-4010 Luisa Murillo	UPDATED HOURS: Mon. 9am-12pm & Wed. 9am-12pm for Central Falls residents and immigrant families regardless of citizenship or immigration status. No ID Required. Handicapped Accessible.
Charlestown	02813	Pantry	RI Center Assisting those in Need 805 Alton Carolina Road	(401)364-9412 Dana Moriarty	Wed 9:30-11:30 am & 6:30-7:30 pm/Thurs 9:30-11:30 am/Sat 10am-2pm. Guests can visit weekly. Open for emergencies during office hours: M-F 9:00am - 4:00pm; Handicapped Accessible.
Chepachet	02814	Pantry	Chepachet Union Church 1138 Putnam Pike	(401)568-2518 Stephanie Kain	CLOSED [10am-12noon, 1st and 3rd Saturday/month; Guests can visit monthly; Handicapped Accessible door is on the right side of the building. Door in rear of bldg.]
Coventry	02816	Pantry	Coventry Food Services 191 MacArthur Blvd.	(401)822-9199 Stefani Weber	CLOSED THROUGH AT LEAST 3/31/20 [Tues. 1-4, Wed. 9-12, Thurs. 9-12 by appt, call first; Coventry residents only; Guests can visit monthly; Located on lower level; Handicapped Accessible.]
Cranston	02905	Pantry	Edgewood Pawtuxet Food Closet: Transfiguration Church 1665 Broad Street	(401)461-3146 Mary Beth Odell	Tues & Fri 9:00-10:45 AM, Wed. 5:00 - 6:15 PM. Serves 02905 of Cranston & Prov. Guests may come shop 2x/mo; when Cranston parking ban is in place, pantry will be closed; Handicapped Accessible.
Cranston	02910	Pantry	Comprehensive CAP Cranston 311 Doric Avenue	(401)467-7013 Sherry Diaz	Call to schedule a time to come and bags will be brought out to you [M-Tu-Fri 9:30am-12:30pm and Wed 9:30am-12:30pm & 2:30-6:30pm, TH 10am-1pm. Guests can visit monthly. Handicapped Accessible.]
Cranston	02920	Pantry	Blessed Mother Mary Food Pantry Inc 181 Princess Avenue	(401)946-5291 David Carpenter	Mon, Wed & Sat 9 AM -12 PM; serves 02920; guests can visit monthly; handicapped accessible

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City	Zip	Service	Agency & Street	Phone & Contact	Hours Comments
Cranston	02920	Pantry	Haitian Baptist Church of Rhode Island 12 Lincoln Avenue	(401)944-1440 Marguerite Jolicoeur	CLOSED [Fridays 9 am-12 pm; Serves residents of 02920; Guests can visit weekly; Entrance in back (Grant Ave.).]
Cumberland	02864	Pantry	Lighthouse Community Outreach 30 Meeting Street	(401)725-0335 Pastor John Feragne	Mon. 5:00-7:00 pm (located in Cadillac Mills); if a holiday, open on Tues. instead; Serving Cumberland, Lincoln, North Smithfield; Guests can visit twice a month; Handicapped Accessible.
Cumberland	02864	Pantry	Northern Rhode Island Food Pantry 1 Angell Road	(401)347-5714 Bob Chaput	3rd Saturday of the month 9:00-11:30 am. Serves all locations in Northern RI.
East Greenwich	02818	Pantry	East Greenwich Interfaith Food Cupboard 99 Peirce Street	(401)884-4116 Chris and Steve Bartlett	M, W & F 10:30 - 12:00 (@ St. Luke's Church, East Greenwich, 02818); Guests can come 2x/mo; Handicapped Accessible.
East Providence	02915	Pantry	East Bay CAP 100 Bullocks Point Avenue	(401)437-1000 Judy Macedo	By appointment only [Mon, Tue & Thur 12-4pm, Wed 2-6pm, Fri 8am-12pm as of 10/28/19; Guests can visit monthly; Handicapped Accessible.]
Foster	02825	Pantry	Comprehensive CAP Foster 181 Howard Hill Road	(401)562-8333 Carol Mauro	Serves Foster & Scituate Mon-Wed 8:30AM-5PM, Thu 8:30-11AM; Guests can visit monthly; Handicapped Accessible
Foster	02825	Pantry	St. Paul the Apostle 116A Danielson Pike	(401)647-3664 Lori Copp	Serves RI & CT every other Saturday from 9:30am-11am. Typically the 2nd & 4th Saturday-call for exact schedule; Guests can visit both times; Pantry is building to right of church-enter through double doors in front; Handicapped Accessible.
Greenville	02828	Pantry	SVDP St. Philip Food Pantry 620 Putnam Pike	(401)949-2949 Sylvia Sabatini	Wed. 1-3 PM and Sat. 9-10:30 AM. Serves all of Smithfield and nearby Johnston, Harmony, N.Scituate, N.Prov. Guests can visit twice a month; Handicapped Accessible.
Harrisville	02830	Pantry	St. Patrick Food Closet 45 Harrisville Main Street	(401)568-5600 Lynn Rousseau	For Burrillville residents. Open every other Mon 5:30-7:00 PM. Guests can visit every time they are open. Call first. (Note: Open Tuesday if Monday is a holiday).
Johnston	02919	Pantry	Casa De Oracion Jesus Christ Fountain of Life El Granero Food Pantry, 1025 Plainfield Street	(401)725-5010 Eva Grajeda	Saturdays 9-11:30 AM; Guests can visit monthly; Handicapped Accessible
Johnston	02919	Pantry	St. Robert Food Closet 1804 Atwood Avenue	(401)231-4987 Bill Holtmann/Rosemarie Borengasser	Thursdays 9:00am - 11am; Guests can visit once every 5 weeks; Johnston residents only
Lincoln	02865	Pantry	Lime Rock Baptist Church 1075 Great Road	(401)334-2999 Ron Rivet	Every other Sat 9-10am for all of RI and every other Tue 4:30p-5:45pm for Lincoln residents only; Guests can visit weekly; Handicapped Accessible.
Little Compton	02837	Pantry	Little Compton Assistance Association 115 East Main Road	(401)699-7112 Susan Chase	Fri & Sat: 9-10 AM for Little Compton & Tiverton residents; Guests can visit monthly; Located in the rear of the Wellness Center; Handicapped Accessible
Mapleville	02839	Pantry	Western RI Burrillville SDA Shepherd's Food Pantry 854 Victory Highway	(401)568-5255 Claire Entwistle	Last Tuesday of each month 5:00-6:30pm.

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City	Zip	Service	Agency & Street	Phone & Contact	Hours Comments
Narragansett	02882	Pantry	St. Peters by the Sea 72 Central Street	(401)783-4623 Tracy Telford	Fridays from 4-6 PM; Guests can visit weekly; Handicapped Accessible.
Newport	02840	Meal Site	Community Baptist Church Meal Site 40 Dr. Marcus Wheatland Boulevard	(401)847-1707 Veronica Mays	Saturdays 4:30-5:30 PM. Handicapped accessible.
Newport	02840	Pantry	East Bay Community Action Newport Pantry 19 Broadway	(401)847-7821 Jill Manni	By appointment only [Mon 11-4, Tue 9-2, Wed 12-4, Thur 1-6; Guests can visit monthly; Handicapped Accessible.]
Newport	02840	Meal Site	Martin Luther King Center Meal Site 20 Dr. Marcus Wheatland Boulevard	(401)846-4828 Nancy Harten	Breakfast M-F 7:30 - 8:30am. Closed for weather when Newport Schools close; Handicapped Accessible.
Newport	02840	Pantry	Martin Luther King Center Pantry 20 Dr. Marcus Wheatland Boulevard	(401)846-4828 Nancy Harten	Mon & Fri 10am-2pm, Wed 4-6:30pm, 1st Sat of month 10am-12pm; Guests can visit monthly; Handicapped Accessible.
Newport	02840	Pantry	Salvation Army Newport Corps' Food Pantry 51 Memorial Boulevard	(401)846-3234 Lt. LeNissa Rivera	Serves Newport, Middletown, Jamestown, Portsmouth, Tiverton & Little Compton; Open Wednesdays and Fridays 9:30am-1:30 pm; Guests can visit monthly; Handicapped Accessible.
Newport	02840	Meal Site	Salvation Army Newport Corps' Meal Site 51 Memorial Boulevard	(401)846-3234 Lt. LeNissa Rivera	Fridays 3pm-4pm and Sundays 1pm-2pm; Handicapped Accessible.
Newport	02840	Meal Site	St. Mary Church Soup Kitchen 12 Williams Street	(401)847-0475 William Day	2nd & 3rd Wednesdays 12-1 PM for lunch; Handicapped Accessible
Newport	02840	Pantry	SVDP St. Joseph Church Food Pantry 5 Mann Avenue	(401)847-0065 Sheila A. Finnegan	Tues - Fri 10 AM-12 PM; Guests can visit 2x/month.
North Kingstown	02852	Pantry	Tri-County CAP North Kingstown 415 Tower Hill Road	(401)515-2459 Judith Cashman	1st and 3rd Thursday of the month between 1 - 3 PM. Provides USDA TEFAP foods. Guests can come monthly. Serves N.Kingstown, W.Greenwich, Exeter, S.Kingstown, Narragansett, Richmond, Charlestown, Hopkinton, Westerly, Block Is.
North Kingstown	02852	Pantry	North Kingstown Food Pantry 445 School Street	(401)885-3663 Stephen Souls	Mon-Fri 10:00-2:00- call 1st to make an appt; Thur 2-6, and 4th Sat 10-12 of month as needed and by appt. only; North Kingstown residents only; Guests can visit monthly; Handicapped Accessible.
North Providence	02911	Pantry	Embassy of Christ Church Food Pantry 649 Woonasquatucket Avenue	(401)580-4215 Alice Mendez	2nd Sat 9:30-11 AM and 4th Tue 6-7:30 PM; guests can visit 2x/month; park and enter on Woonasquatucket Ave. side of church only; Handicapped Accessible
North Providence	02911	Pantry	Tri-County CAP North Providence 11 Emanuel Street	(401)519-1913 Stephanie DiTusa	M-F 9 AM - 3 PM. Serves: N. Prov, Johnston, Smithfield, N. Smithfield, Burrillville, Glocester; Guests can visit 1x/month; Handicapped Accessible.
North Providence	02911	Pantry	Allendale Baptist Church 545 Woonasquatucket Avenue	(401)231-7669 Kimberly Tebow	3rd Sat of the month 9-11:30 AM and 2nd Wed of month 5-6:30 PM (non-perishables only on Wednesdays); Guests can visit both days; Handicapped Accessible (enter through side of building).
North Scituate	02857	Pantry	Trinity Episcopal Church 249 Danielson Pike	(401)647-2322 Jean Grover	Scituate, Foster, Glocester residents each Thurs 9-11 AM; Guests can come once a month; Also available as needed in emergencies-call first; Handicapped Accessible.

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City	Zip	Service	Agency & Street	Phone & Contact	Hours Comments
Pawtucket	02860	Pantry	Blackstone Valley Community Action Program 210 West Avenue	(401)723-4520 Jennifer Daugherty	CLOSED [M-F 9 am - 3:00 pm by appt; Guests can visit monthly; Handicapped Accessible.]
Pawtucket	02860	Pantry	Casa De Oracion Getsemani 38 Park Street	(401)725-5010 Ida Noguerras	Sat 9 -11:30 AM. Guests can visit monthly. Church is on the border of Pawtucket & Central Falls. Pantry entrance is on Fountain Street.
Pawtucket	02860	Pantry	Church of the Good Shepherd 490 Broadway	(401)722-0697 Frances Brown	Saturdays 1pm - 2pm; Guests can visit monthly; Handicapped Accessible.
Pawtucket	02860	Pantry	Covenant Congregational Church 143 Glenwood Avenue	(401)724-8546 Michael Gagnier	Serves Pawtucket Wednesdays 6:00-7:00 PM; Guests can visit weekly.
Pawtucket	02860	Pantry	First Baptist Church of Pawtucket 91 Cottage Street	(401)725-7225 Cindy Downie	CLOSED [Thursdays 9-12:00; closed 1st Thurs. of month, pls. call for appt.; guests can come once a month.]
Pawtucket	02860	Pantry	Holy Family Parish 195 Walcott Street	(401)724-9190 Natalia Bonella	Serves Pawtucket 2nd & 4th Tuesday 9-10:30 AM; guests can come 2x/month; entrance through parking lot door; Handicapped Accessible.
Pawtucket	02860	Pantry	Living Hope Assembly of God 100 Broadway	(401)723-2039 Pastor Bob Hill	2nd & 4th Sat. 10-11:00 am; Guests can visit 2x/month; Handicapped accessible
Pawtucket	02860	Pantry	Salvation Army Pawtucket Corps' Food Pantry 102 High Street	(401)723-9533 Captains Edilberto & Giomar Lozano	UPDATED HOURS: Serves Pawt., Central Falls, Cumberland, Lincoln, Rumford; Thurs 10 AM-12 PM; guests can come 1x/mo.; Handicapped Accessible.
Pawtucket	02860	Pantry	St. John the Baptist Food Pantry 69 Quincy Avenue	(401)722-9054 Jose De Barros	UPDATE HOURS: Call ahead to pick up a bag between Mon-Thurs from 9am-2pm; pantry entrance in rear of church (near corner of Bullock & Capitol St.); All are welcome; Guests can visit 2x/month.
Pawtucket	02861	Pantry	St. Matthew Trinity Lutheran Food Pantry 690 Newport Avenue	(401)723-5632 Jim Matuszek & Pastor Cheryl	Thurs & Fri 9-12 and 2nd & 4th Sunday 11-12:00. Serve Pawtucket & CF; Guests can visit twice a month; Handicapped Accessible.
Pawtucket	02861	Pantry	SVDP St. John Paul II Food Pantry 755 Central Avenue	(401)744-5404 Jeanne Buteau	Tuesdays 12:30 - 1:30 pm for 02861 residents; Guests can visit weekly; Use entrance on left side of church.
Pawtucket	02861	Pantry	Blackstone Valley Emergency Food Center 75 Benefit Street	(401)724-7170 Dot Lubera	M W & F 9-11:30 am, closed 1st week of each month. Pawtucket, Central Falls, Lincoln, Cumberland; serves guests 1X monthly. Handicapped Accessible.
Peace Dale	02879	Pantry	Jonnycake Peace Dale 1183B Kingstown Road	(401)284-0303 Kate Brewster	UPDATED HOURS: Mon 11am-3pm, Tues closed, Wed & Fri 10am-3pm, Thurs 12-5pm, Sat 10am-12pm, Sun closed; S. Kingstown, Narr, Bl, Jamestown. Serves 1x/mo; Handicapped Accessible
Providence	02903	Meal Site	Better Lives RI Meal Site 134 Mathewson Street	(401)744-7468 Liz McGrath & Diana Burdett	Fridays. Doors open at 3pm. Meal Served 4pm-5pm. Open to all.
Providence	02903	Pantry	Our Lady of the Rosary Pantry 17 Traverse Street	(401)453-0174 Rosa Lima	Last Wed. 6:30-8:00pm & last Sat. 9-11:00am (Sat. is the TEFAP distribution for those registered); not open holidays; pantry is to right of church. Serves guests monthly.

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Providence	02904	Pantry	Da Vinci Center for Community Progress 470 Charles Street	(401)272-7474 John DeLuca	Tue & Thur 10 AM-12 PM; Serves 02904 & 02908; Guests can visit monthly; Handicapped Accessible (enter through back of building)
Providence	02904	Pantry	JCS-Louis and Goldie Chester Full Plate Kosher Pantry 1165 North Main Street, 1st Floor	(401)621-5374 Marcie Ingber	CLOSED [Tue & Fri 9 AM-1 PM; pantry is for guests who require kosher diets exclusively; guests can visit 2x/month; street parking; Handicapped Accessible]
Providence	02904	Pantry	St. Edward Food & Wellness Center 1001 Branch Avenue	(401)454-0553 Lori Porcaro	CLOSED THROUGH 3/31/20 [Wed 10-1 and 5-7 (serves North End of Providence & 02904 & 02908 zips in North Providence). USDA TEFAP distributed 3rd Wed of each month. Frequency of visits for Providence guests is based on family size; North Providence guests can visit monthly.]
Providence	02904	Pantry	SVDP St. Raymond Church 1240 North Main Street	(401)602-5363 Diana Cookson	CLOSED THROUGH 3/31/20 [Sat 9:00am-11:00am; Guests can come twice a month; Handicapped Accessible. Service area 02904, 02906 and 02860.]
Providence	02905	Pantry	Ephese SDA Church 857 Eddy Street	(401)941-0998 Yvrose Musac	Every Monday from 10 AM - 12 Noon and emergencies. Serves residents of 02903 and 02905. Guests can visit every other week.
Providence	02905	Pantry	Project Outreach Open Table of Christ UMC, 1520 Broad Street	(401)941-2212 Ana Vargas	UPDATED HOURS: Located at Open Table of Christ UMC. Open Wed. & Thurs. from 8:00-11:00 AM; Guests can visit weekly. Optional: a short prayer is said prior to food distribution.
Providence	02905	Pantry	Washington Park Community Center 42 Jillson Street	(401)461-6650 Fran Murphy	Mon-Thu 10AM-2PM for Washington Park neighborhood; Guests can visit 1x/month; Handicapped Accessible
Providence	02906	Pantry	Camp Street Ministries 190 1/2 Camp Street	(401)302-3973 Mary Bishop & Jeannette Paris	CLOSED [Bread+: Tuesday-Friday 11am-12:30pm serving anyone from any area. Full Food Pantry: Saturday 10 am - 12:30 pm for 02906, 02903, 02904 Providence residents; Guests can visit weekly; Handicapped Accessible.]
Providence	02906	Pantry	Community Food Share First Unitarian Church 1 Benevolent Street	(401)457-7149 Amy Grant	3rd Monday 2:30-5:30 (corner of Benefit and Benevolent); Handicapped Accessible.
Providence	02906	Meal Site	Epiphany Soup Kitchen at St. Stephen's Church 114 George Street	(401)944-3382 Elke Moonan	Sat. 3:30-4:30 pm; Handicapped Accessible.
Providence	02907	Meal Site	Amos House Meal Site 460 Pine Street	(401)272-0220 Maggie Meany	UPDATED HOURS: Mon-Fri 7-8am, Mon-Sat 11am-12:30pm (closed 1st Saturday of the month); Handicapped Accessible.
Providence	02907	Pantry	Community Action Partnership of Providence Pantry 807 Broad Street	(401)273-2000 Jailine x302 or Rosairis x313	UPDATE: Registering new guests over the phone Mon 12-3:30pm and Thurs 9:30am-2; Pantry open Tue 1:30-3pm for seniors (55+) and disabled; Wed 10am-2pm; or by appointment; for 02907. Guests can visit bi-weekly; Handicapped Accessible.
Providence	02907	Pantry	Interfaith Food Ministry 95 Hathaway Ctr #61	(401)965-1854 Linda Mancini	Sat. 10-12 pm (S. Elmwood only); Guests can visit monthly.

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Providence	02907	Pantry	Lighthouse Community Development Corporation 11 Hawthorne Street	(401)419-6130 Jacqueline Britto	2nd and 4th Saturday of each month between 9 AM - 12 PM; Open to all RI residents; Guests can visit twice a month; Handicapped accessible.
Providence	02907	Meal Site	McAuley House 622 Elmwood Avenue	(401)941-9013 Larry LoVerde	M-F 8am-9:30am (Breakfast) and 11:15am-1pm (Lunch); Handicapped Accessible.
Providence	02907	Meal Site	Providence Assembly of God Meal Site 353 Elmwood Avenue	(401)461-7210 Josephine St. John	Wed 6:30pm - 8:30pm; Doors open at 6:30pm, meal starts at 7pm
Providence	02907	Pantry	Providence Assembly of God Pantry 353 Elmwood Avenue	(401)461-7210 Tonia Gatlin	PANTRY CLOSED [The third Friday of every month from 11:00 AM - 1:00 PM. Guest may visit once per month.]
Providence	02907	Pantry	Providence Spanish SDA Church 131 Elmwood Avenue	(401)390-4924 Eddy Almonte	2nd & 4th Thursday of the month from 3:30-5pm; Guests can visit both times. Handicapped Accessible.
Providence	02907	Pantry	Salvation Army Providence Corps' Food Pantry 386 Broad Street	(401)831-1119 Jessica Berkhoudt /Kathleen Pendergrass	UPDATED HOURS: Serves Providence; Wed 3/25 & Fri 3/27 10am-1pm; Mon 3/30, Wed 4/1, Fri 4/3 9am-12pm; Guests can visit monthly; Handicapped Accessible.
Providence	02907	Meal Site	Salvation Army Providence Corps' Meal Site 386 Broad Street	(401)831-1119 Captain Jessica Berkhoudt	Sun 4:30-5:30 PM; Handicapped Accessible.
Providence	02907	Meal Site	St. Charles of Borromeo Meal Site St Vincent de Paul Ministry, 178 Dexter Street	(401)421-6441 Joan Zompa	CLOSED THROUGH 3/31/20 [Thursdays 4:30- 5:30pm; Handicapped Accessible.]
Providence	02907	Pantry	St. Charles of Borromeo Pantry St Vincent de Paul Ministry, 178 Dexter Street	(401)421-6441 Joan Zompa	CLOSED THROUGH 3/31/20 [Tues.10-12pm; Fri 9:30 - 11:30am (Sept. - Dec., Tues. only, no Fridays.); Guests can come every other week; Handicapped Accessible.]
Providence	02907	Pantry	West End Community Center Pantry 109 Bucklin Street	(401)781-4242 Olivia Martinez	Monday - Friday from 9am-3pm. Closed Thu 9am-12pm. Closed 1st & 2nd Thursday of the month. West End Residents only; Guests can visit monthly; Handicapped Accessible.
Providence	02908	Pantry	Assembly Pentecostal Church of God Shalom 145 Chad Brown Street	(401)421-5112 Francisco Picon	Sat 11AM-12:30PM; Guests can visit weekly; Handicapped Accessible.
Providence	02908	Pantry	Better Lives RI Food Cupboard 15 Hayes Street	(401)454-7422 Diana Burdett	CLOSED FRI 3/27 & MON 3/30-FRI 4/3 [Mon 12-4 PM; Tue-Thur 9 AM-1 PM; serves the Greater Providence area; Guests can come twice a month]
Providence	02908	Pantry	Gateway Healthcare Capital City Community Center 285A Chad Brown Street	(401)207-4638 Erin Brady	UPDATE: closed to walk-ins, call for emergency arrangements in 02908; Use Rear Door off parking lot; Handicapped Accessible.
Providence	02908	Meal Site	Gospel Tabernacle Outreach Meal Site 145 Oakland Avenue	(401)454-0988 Deacon Michael Taylor	2nd and 4th Mondays of the month from 5-6pm
Providence	02908	Pantry	Gospel Tabernacle Outreach Pantry 145 Oakland Avenue	(401)454-0988 Deacon Michael Taylor	2nd & 4th Mon of the month 6-7pm; guests can visit 2x/month.
Providence	02908	Pantry	Love Divine Pantry Cherubim & Seraphim Church, 28 Candace Street	(401)454-0500 Lola Okunfolami	CLOSED THROUGH 3/31/20 [Every third Saturday 12-2 PM; 1X per month. Handicapped Accessible.]

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Providence	02908	Pantry	St. Patrick Church Mary House Food Pantry 244 Smith Street	(401)274-6286 Maria Batista	Wed 5 PM-6:45 PM and Thu 9 AM-11:30 AM; Closed 1st week of month; Guests can come 1x/mo.; Handicapped Accessible
Providence	02908	Meal Site	St. Patrick Church Mary House Meal Kitchen 244 Smith Street	(401)274-6286 Doreen Holmes/Maria Batista	Mon 4 PM-5:15 PM; Handicapped Accessible
Providence	02908	Pantry	St. Peter & St. Andrew Food Pantry 70 Pemberton Street	(401)272-9649 Rev. James Kelliher	2nd and 4th Saturday of each month from 12-1:30 pm; Guests can visit both days; Handicapped Accessible (use Pomona St. entrance for ramp).
Providence	02909	Meal Site	Church of the Master Meal Site 15 Valley Street	(401)861-5568 Joyce Kennedy	CLOSED THROUGH 3/31/20 [Saturdays: doors open at 7 AM and meal served from 9-10 AM (closed mid-June through mid-Sept.); Handicapped Accessible (ramp in back of bldg.)]
Providence	02909	Pantry	Federal Hill House Olneyville 261 Manton Avenue	(401)714-0057 Jackie Reyes	Tue & Fri 9 AM - 1PM; Wed.. & Thurs. 9am-3pm. Serves 02908 & 02909; Guests can come twice a month. Handicapped accessible.
Providence	02909	Pantry	Federal Hill House Pantry 35 Swiss Street	(401)421-1095 Fanny Mercedes	Tuesday-Friday 9 AM to 12 NOON. Guests may come 2x a month. Enter through the back of the building, lower level, middle door. Federal Hill area of Providence 02909. Handicapped Accessible.
Providence	02909	Pantry	Maranatha Food Pantry of Church of God 1040 Atwells Avenue	(401)521-4860 Nicole Walker	CLOSED [Every Friday 10am-12pm for 02909 & 02908 residents; Guests can visit weekly; Handicapped Accessible using front ramp; ask staff for assistance.]
Providence	02909	Meal Site	Maranatha Meals of Church of God 1040 Atwells Avenue	(401)521-4860 Nicole Walker	CLOSED [Sunday Lunch 1:00-2:30 pm and Friday Brunch for 02908 & 02909 food pantry guests 10-11 am; Handicapped Accessible.]
Providence	02909	Pantry	Silver Lake Community Center 529 Plainfield Street	(401)944-8300 Julie Piscopiello	CLOSED [M-F 9 AM - 12 PM. Silver Lake area only; Handicapped Accessible. Fresh produce distributed May - November. Guests can visit pantry monthly and get additional produce weekly. Call for info!]
Providence	02909	Pantry	St. Anthony's Food Pantry 549 Plainfield Street	(401)943-2300 Ray Morgan	Tues, Wed, Fri 10-11 AM, families can visit once a month.
Providence	02909	Pantry	St. Thomas Church 65 Fruit Hill Avenue	(401)272-7118 Deacon Al DePetrillo	Tues 9:30-11:30 am; Guests can visit monthly; enter on the left side of the rectory
Riverside	02915	Meal Site	Good Neighbors Meal Site 55 Turner Avenue	(401)433-0045 Ric Wild	MEAL SITE CLOSED 3/16/20-3/20/20 [M-F Breakfast 8:30-9:30am; M-F 11:30 AM sharp -12:00 PM for lunch; parking/entrance on Dorr Avenue in back of building. Handicapped Accessible.]
Riverside	02915	Pantry	Good Neighbors Pantry 55 Turner Avenue	(401)433-0045 Ric Wild	Wed 9-11AM; Guests can visit monthly; parking/entrance on Dorr Avenue in back of building. Handicapped Accessible.
Rumford	02916	Pantry	Bread of Life Food Pantry Newman Congregational Church, 100 Newman Avenue	(401)434-4742 Janet Bache & Nancy Banaczuk	Located at Newman Congregational Church. Open 2nd and 4th Tues of month from 5-7 PM; Guests may come once a month; Handicapped Accessible.

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South Kingstown	02879	Pantry	New Life Assembly of God 251 Post Road	(401)575-3521 Sheryl Stadnick	2nd Wed 11:30- 12:30 and 4th Wed 5:30-6:30; guests can visit both times; call first, pantry is behind church; Serves Washington County; Handicapped Accessible.
Tiverton	02878	Pantry	East Bay Community Action Program Tiverton Pantry 1048 Stafford Road	(401)625-5134 Judy Macedo	CLOSED contact EBCAP in NEWPORT OR EBACP in EAST PROVIDENCE for food assistance [Tues. 9am-2:30pm and Wed. 9am-6pm and by appt; Guests can visit monthly; Handicapped Accessible.]
Warren	02885	Pantry	St. Mary Church St. Mary of the Bay Food Pantry, 645 Main Street	(401)245-7000 Wendy Baker	UPDATED HOURS: Tues. 4-6:00 pm and Wed. 9-11:00 am; serve East Bay & all other areas; entrance on left side of building; Guests can come weekly; Handicapped Accessible.
Warwick	02886	Pantry	Westbay CAP Marketplace	(401)732-4660 Joshua-Michael Corrente	PANTRY HAS MOVED, CALL FOR MORE INFORMATION
Warwick	02888	Pantry	Cornerstone Church Food Pantry 1990 Elmwood Avenue	(401)781-6121 Amy Clark	CLOSED [9:00am-11:00 am, 1st & 3rd Saturday of the month; Serves guests monthly; Handicapped Accessible.]
Warwick	02889	Pantry	St. Rita Church Pantry 722 Oakland Beach Avenue	(401)738-1800 Nicole Johnson-Morais	Mon and Wed 10-11:30 AM; Oakland Beach area only; Guests shop every 30 days; Emergencies as needed; Handicapped Accessible by request.
West Greenwich	02817	Pantry	Faith Fellowship Food Pantry 260 Victory Highway	(401)397-3383 Lisa Ferri	Open Third FULL week of the month: Tues from 5:30-7PM (for West Greenwich residents ONLY), Wed from 3PM-7PM (for anyone)
West Warwick	02893	Pantry	Emanuel Evangelical Lutheran Church Pantry 9 New London Avenue	(401)821-8888 Myron I. Gadoury	Tuesdays 10am-12pm; guests can come weekly; serve West Warwick (02893) & Coventry (02816)
West Warwick	02893	Meal Site	SVDP St. John & James Soup Kitchen 17 St. John Street	(401)821-7661 Dillia Sylvester	Lunch: Tue & Thur 11-12:30 & 4th Fri; Dinner: Mon 4:30; Handicapped Accessible.
West Warwick	02893	Meal Site	SVDP West Bay Meal Site 145 Washington Street	(401)822-4450 William Slinko	CLOSED [Sat. 11am - 12pm; Handicapped Accessible.]
West Warwick	02893	Pantry	West Warwick Assistance Agency 1293 Main Street	(401)828-0310 Dillia Sylvester	M W F 10am - 2pm; Frequency of visits based on SNAP benefits-please contact pantry for further information; Handicapped Accessible.
West Warwick	02893	Meal Site	West Warwick Senior Center Meal Site 145 Washington Street	(401)822-4450 Manny Murray	CLOSED THROUGH 3/30/20 [M-F 12-1pm, Seniors & Disabled only; Handicapped Accessible.]
West Warwick	02893	Pantry	West Warwick Senior Center Pantry 145 Washington Street	(401)822-4450 Manny Murray	CLOSED THROUGH 3/30/20 [M-F 8:30-4:00pm; Guests can visit weekly; Handicapped Accessible.]
West Warwick	02893	Meal Site	St. Anthony's Hope Soup Kitchen 10 Sunset Avenue	(401)821-8342 Joanne Terranova	CLOSED [Mondays 10am-1pm; Handicapped Accessible Service area: West Warwick, RI 02893]
Westerly	02891	Pantry	SVDP Immaculate Conception 111 High Street	(401)596-2130 Diane Moshier	Mon., Wed., Thurs. 10-12:00; guests can come 1x/month; Handicapped Accessible.

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Westerly	02891	Pantry	Tri-County CAP Westerly 34 Pond Street	(401)596-7272 Judith Cashman	Last Tues of each month between 1:30 - 3:30 PM. Provides USDA TEFAP foods. Guest can come once a month. Serves N.Kingstown, W.Greenwich, Exeter, S.Kingstown, Narragansett, Richmond, Charlestown, Hopkinton, Westerly, Block Is.
Westerly	02891	Meal Site	WARM Center Meal Site Program 54 Spruce Street	(401)596-9276 Russell Partridge	Every day: lunch 12-1 and dinner 5:30-6:30; Handicapped Accessible.
Westerly	02891	Pantry	Jonnycake of Westerly Food Pantry 23 Industrial Drive	(401)377-8069 Sarah Shaw	Serves Westerly, Charlestown, Richmond, Hopkinton Mon 12-3 PM & Tue-Sat. 9-12; Guests can visit monthly; Handicapped Accessible.
Woonsocket	02895	Meal Site	All Saints Church Feed My Sheep Meal Site 323 Rathbun Street	(401)762-1100 Debra G. Doris	MEAL SITE CLOSED [Tue 4:30-5:30 PM, Closed the first two wks of the month. Handicapped Accessible.]
Woonsocket	02895	Pantry	All Saints Church Pantry 323 Rathbun Street	(401)762-1100 Debra G. Doris	2nd, 3rd and 4th Weds of the month 10:00 - 11:15am. Guests may come in once a week. Pantry in basement of church; Handicapped Accessible.
Woonsocket	02895	Pantry	Community Care Alliance Food Pantry 245 Main Street	(401)235-6033 Emidio Rosa	M,W,F: 9 -11:30 AM & 1:00 - 4:00 PM TU: 9 - 11:30 AM TH: 1 - 5 PM Social services enrollment required. Woonsocket residents only. Guests can visit monthly; Handicapped accessible.
Woonsocket	02895	Pantry	Connecting for Children and Families Pantry 37 Center Street	(401)766-3384 Katanga Norville	Tuesdays, 9am-12:00pm & emergencies as needed (Hope Street Family Center). Guests can visit monthly.
Woonsocket	02895	Pantry	Holy Trinity Church Food Pantry 1409 Park Avenue	(401)762-5117 Reverend Daniel Sweet	Tuesdays and Thursdays from 1:30 - 2:30 PM. Guests may visit monthly; Enter through back door of Rectory. Handicapped Accessible.
Woonsocket	02895	Meal Site	New Beginnings Meal Site All Saints Church, 323 Rathbun Street	(401)356-4066 Jeanne Michon	Mon-Thu 12-1:30pm Handicapped Accessible
Woonsocket	02895	Pantry	St. Agatha Church 34 Joffre Avenue	(401)767-2950 Ann Potemri	1st and 3rd Friday, 10:00 - 11:30am. Call first. Guests can visit twice a month (Helping Hands Program); Handicapped Accessible.
Woonsocket	02895	Pantry	St. James Episcopal Church 24 Hamlet Avenue	(401)762-2222 Shirley Ayers	M & W 3-4:00 pm w/referral from Community Care Alliance or other agencies or clergy in surrounding RI and MA; Guests can visit monthly; (pantry located in rear)
Seekonk, MA	02771	Pantry	Seekonk Portuguese SDA Church 781 Newman Avenue	(401)921-0075 Maria L. Da Silva	3rd Wed of the month 6:00-7:00 PM
South Attleboro, MA	02703	Pantry	Crossroads International Assembly of God 1052 Newport Avenue	(508)761-7334 Brianna Stanford	4th Saturday of each month from 9:30-10:00 AM; Handicapped Accessible.
South Attleboro, MA	02703	Pantry	SVDP St. Theresa Food Pantry 18 Baltic Street	(401)729-1319 Paul Dion	W 9:30-10:30 for South Attleboro residents; serves guests weekly. Handicapped Accessible.

Raising Healthy Teens

Promoting the Health & Safety
of Kent & South County Teens

Special Edition
Creative Connecting
During Covid

Spring 2020

Message from the Coalitions

It's hard to turn on the TV or radio these days without being bombarded by news about the coronavirus outbreak. The steady stream of information can be overwhelming, creating a very stressful environment, especially for parents and their families.

Our hope is that this newsletter can help parents and kids navigate this trying situation with information, tips and resources, including how to talk with your kids about what they're hearing, tips to manage stress and ways to stay healthy, not only physically but mentally as well, during these days of social distancing, school closures and cancelled recreational activities.

What Parents Should Know About Kids & Coronavirus

The coronavirus, the disease that originated in Wuhan, China, has the entire world on edge, but perhaps nobody is as concerned as parents. The good news is most Americans are unlikely to get the coronavirus without known exposure and even if they do contract it, they'll likely recover without complications.

Most experts say children are less likely to contract the coronavirus without known exposure to the disease. And even if your child were to contract the coronavirus, it probably won't be severe or life-threatening.

Why is the Coronavirus So Mild for Children?

Since the coronavirus is a novel disease, experts still don't know much about it — including why children have lower transmission rates and milder symptoms. One theory is that kids have better immune responses than adults, which helps them fight off the coronavirus. Another theory from experts is that children might simply have less exposure to the coronavirus, since adults take extra precautions to prevent the spread of sickness.

Best Way to Help Prevent Spread of Virus in Children

Like the cold and flu, the coronavirus is a respiratory illness that spreads via contaminated droplets that enter the body through the eyes, nose, and mouth. The best prevention method is washing hands with soap and water for at least 20 seconds. Alcohol-based hand sanitizer will also work in a pinch. Parents should also disinfect common surfaces like doorknobs and countertops and any items that children use often such as phones or their computer mouse or gaming consoles.

Most importantly, let your child know that you're available for questions, and answer their inquiries honestly without scaring them unnecessarily. For younger teens, this [comic from NPR](#) is a nice conversation starter.

For up-to-date information on disease statistics, spread, and travel advisories in the U.S. from the Centers for Disease Control and Prevention, [CLICK HERE](#).
From Rhode Island Department of Health, [CLICK HERE](#).

Parents Should Take Social Distancing Seriously

For the first time ever, Americans are asked to practice “social distancing,” which the Centers for Disease Control and Prevention (CDC) defines as “remaining out of places where people meet or gather,” and “avoiding public transportation.” That includes going to the gym or parties, or using buses, subways, taxis and rideshares like Uber or Lyft.

Social Distancing also means maintaining a distance of six feet (or two meters) from others. Yes, that means you’re supposed to be keeping kids six feet apart whenever possible, not piling them in a car to go the local movie just because they’re out of school. Social Distancing is key both to your own and your children’s health and meant to help limit the spread of the virus throughout the community.

Most Children are Not in Danger

Remind your children they are not necessarily in serious danger from the virus — unless, of course, their immune system is already compromised from a serious medical condition. Most healthy children “are at reduced risk” of serious illness or death from coronavirus, said Dr. Tom Frieden, former CDC director. “One bit of good news is that, unlike the flu, children up to at least age 18 appear to not become very ill with Covid-19. They can be infected, but fatal infection appears to be extremely rare.”

Children are ‘Spreaders’

If the vast majority of children are not in danger, why such caution? Because we don’t yet know how infectious children under age 20 may be, said Dr. Deborah Birx, White House coronavirus response coordinator, in a recent press briefing. So at this time, it’s best for the most vulnerable in our society if we act as though children may be key transmitters of coronavirus, and do our best to help everyone stay safe.

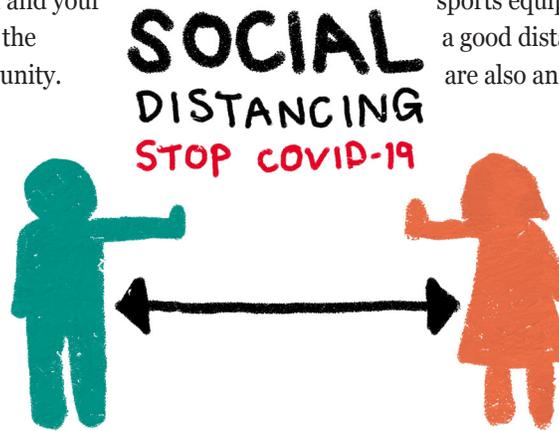
Plan Carefully

There’s no way you can keep your child away from everyone, of course, so experts suggest parents plan carefully. If possible, consider individual outdoor activities like biking or hiking where sports equipment isn’t shared and it’s easier to keep a good distance from each other. Outdoor activities are also an excellent option for the whole family — to reduce stress, get the sunlight and exercise we need, and improve our sleep — all things that fight off illness of any sort.

While going to the movies may not be not such a good idea right now, there are some outings we still need to do. We all have to eat and picking an unpopular time to visit the grocery store may be best. And though many restaurants are closed right now, consider take-out or delivery. Support local businesses as much as possible since they are a community resource.

In the end, experts say, it all comes down to what you — as a parent — are comfortable with when it comes to risk. And keep in mind that this is the current advice. It could change tomorrow as we learn more about this viral invader.

But as you ponder how to navigate these next few weeks at home with your kids, keep in mind that the impact of your decisions affect more than your family.



How Families Can Help Manage Anxiety & Stress During Covid-19

The outbreak of coronavirus disease 2019 (COVID-19) can be stressful for everyone, including parents and their kids. Fear and anxiety about a disease can be overwhelming and cause strong emotions in both adults and children. Coping with stress will make you, your children, the people you care about, and your community stronger.

The outbreak of coronavirus disease (COVID-19) can be very stressful for everyone including parents and their kids. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults AND children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk
- Children and teens
- People who are helping with the response to COVID-19, like doctors, other health care providers, or first responders
- People who have mental health conditions including problems with substance use

when you feel ANXIOUS

©POSITIVELYPRESENT



Stress during infectious disease outbreaks can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration website.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, call 911.

Or call the Substance Abuse & Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline at 1.800.985.5990 or text TalkWithUs to 66746.

(TTY 800.846.8517)

Parents, some things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

- Make time to unwind and chill. Try other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- [Sharing the facts](#) about COVID-19 and understanding the actual risks can make an outbreak less stressful for all.
- When you share accurate information about COVID-19 you can help make people feel less stressed.
- Learn more about [taking care of your emotional health](#) from the CDC or check out SAMHSA's [Taking Care of Your Behavioral Health During an Infectious Disease Outbreak](#).

For Parents Children and teens react on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include:

- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

There are many ways you can support your child:

- Take time to talk with your child or teen about the outbreak. Answer questions and [share facts](#) in a way that your child or teen can understand. Also, check out [Talking with Children: Tips for Caregivers, Parents and Teachers During Infectious Disease Outbreaks](#) from SAMHSA.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning, just relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Using Media & Tech to De-Stress

Article by Sierra Filucci, Commonsensemedia.org

With so much uncertainty over the last couple weeks, lots of families are feeling stressed out. During this difficult time, we hope you'll find time to take care of yourself, and your kids. We've rounded up a few ideas on self-care for the whole family — with the help of media and tech, and sometimes without it.

Meditate We've got [apps for kids and families](#) that can help you visualize a more peaceful setting, align your breath with your yoga poses, or focus on what you're grateful for.

Get Help This collection of [mental health apps](#) might be the answer to a tween or teen who is really struggling but can't get face-to-face care right away.

Stay Active If you're stuck inside, you'll need to get creative to get everyone moving. Set up an obstacle course, play hide-and-seek, and watch some [exercise videos on YouTube](#) as a family.

Dance You may need to order a special controller from Amazon to play one of these [25 dance games](#), but nothing beats a dance party to get the blood flowing and put everyone in a good mood.

Move Around Our collection of [apps, websites, and video games that inspire running, jumping, or, um, conducting music](#) might be the perfect thing to keep things active.

Feel Better Check out these [health-focused apps](#) to pass the time while also getting some tips on eating well, exercising, and even managing the stress of an illness.

Learn About Our Amazing Bodies These [wellness websites](#) can be great resources for kids and teens who are curious about their health. Plenty of conversation starters!

Double Down on Distraction If you're feeling frazzled, the best medicine is a cozy night on the couch with family and laughs. Here are the funniest picks we recommend:

Laugh Together Whether you prefer classic comedies or fresher fare, these [funny movies](#) will force everyone to forget their worries for a while.

Get Goofy This [list of silly movies](#) might not include the finest filmmaking, but for tweens and teens, they tickle the funny bone in just the right place.



Keep Kids Healthy & Learning at Home During School Closures

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Make a daily kid's schedule to offset any boredom.

The kids are all home. You also may be "self-quarantined" from work or from going about your "normal" everyday activities in the outside world. Rather than feeling isolated and bored, take this opportunity to share learning activities with your children. Here are just some ideas to get you started.

Activity Ideas

Start with Meditation. [Headspace](#) is a good app that has kid-friendly content and is the ideal mindful way to start the day.

Learn a language together. Yes, there will be school lessons, but why not take on a family fun project. The [Duolingo app](#) is one to try. [Babbel](#) is offering students three months free access.

Do something crafty each day. Could be just 10 minutes of coloring or something more ambitious. You can also get craft boxes mailed to you. There are a lot out there, here are just a few: [Ann Williams](#) [Cratejoy](#) [SmartArt](#)

Recipe challenge. Let your kids search online and pick a recipe each day. You might be limited on ingredients so start your search with what you have on hand. Check out [Taste of Home](#).

Keep in Touch. Since it's unlikely you will be making trips to see the grandparents, aunts, uncles, cousins or close friends, have your kids start writing letters. Be creative, stay in touch!

Virtual Tours for Learning & Fun

Welcome to Virtual School Activities! [A collection of sites to live webcams, virtual tours/trips](#), and other miscellaneous fun academic sites.

Thanks to the contributions and ideas of many, what began as a Google Sheet with ideas for virtual schooling during this 2020 crisis has blossomed into this website. If you have ideas for other places to virtually visit, or fun/educational goodies to use while virtually schooling, please feel free to add your idea by emailing me via the contact section toward the bottom of this page. Thank you to all who have helped this list grow! *Enjoy!*

Cincinnati Zoo & Botanical Garden

While the Cincinnati Zoo is closed and kids are home from school, let us help make your children's hiatus from school fun and educational. Join us for a [Home Safari Face-book Live](#) each weekday at 3pm EDT where we will highlight one of our amazing animals and include an activity you can do from home.



New England Aquarium

[New England Aquarium is posting live](#) each day at 11am. Content includes videos with

educators, a behind-the-scenes look at animal care, and fun activities for children.



"Health at Home"

New resources in response to COVID-19 school closures

CATCH.org and "Health at Home"

Just like you, we are trying to keep our kids healthy and active in the midst of Coronavirus-related school closures. To help our families, we've set up a Google Classroom to provide free and easy access to several of [CATCH's evidence-based health, nutrition, and physical education materials](#). These activities require limited space and supervision, and are organized into three sections: Physical Activities, Activity Breaks and Family Health and Nutrition. Use the resources with any children in your care by following the simple Google Classroom access instructions.

Look out for distance education resources – made for remote instruction in the event of long-term school closures – coming out the week of March 22nd.



Hidden Lake, Hopkinton, RI

Ways to Keep Your Body Moving

Rhode Island Hikes Off the Beaten Path

From article by Jen McCaffery, Rhode Island Monthly

Get outside and experience the natural beauty of Rhode Island (but keep a distance of at least six-feet from the group in front of you) to prevent yourself from going stir-crazy. Here are some hikes far from the everyday bustle, according to Ernie Germani, who writes the blog Trails and Walks in Rhode Island.

Connors Farm, Smithfield

Terrain: Two to two and a half mile hike. Moderate with some areas of elevation. *How to get there:* Access the trail at small parking lot located between 20 – 24 Connors Farm Rd. [Information and map.](#)

Ballard Park, Newport

Terrain: A little over a mile of trails. Easy hike. *How to get there:* Located at the intersection of Hazard and Wickham Roads in Newport. Follow the entrance road to a sign with trail map. [Information and a map.](#)

Westconnaug Meadows, Scituate

Terrain: About a mile and a half of trail. Easy hike. *How to get there:* The trailhead is by the parking area for a ballfield on George Washington Parkway in Scituate. [Information and map.](#)

Steere Hill Farm/Heritage Park, Glocester

Terrain: More than five miles of trails. Moderate, with some elevation. *How to get there:* It's off Putnam Pike in Glocester. [Information and map.](#)

Hidden Lake, Hopkinton

Terrain: "You have to do some scrambling up and down on" *How to get there:* The trailhead is on Camp Yawgoog Road in Hopkinton. (It's Boy Scout property.) [Information and map.](#)

Ben Utter Trail/Stepstone Falls

Terrain: There are some rocky spots, trail is about a mile and a half each way and fairly easy. *How to get there:* Located in the Arcadia Wildlife Management Area on Plain Road in West Greenwich. [Information and map.](#)

RI Schools Offering Free Lunches for Students During Closures

Due to the closure of schools, free "Grab and Go" meals are available (March 16th - March 20th) for children throughout Rhode Island. New sites are still being added so please check back or contact your school district or charter school for more options. All of these sites are operating on the same basis, which is that anyone aged 18 or under who shows up gets a free meal. There are no ID or residency requirements, but the child must be present; schools cannot give a meal to an adult on behalf of a child.



CHARIHO

CHARIHO Regional High School, 453 Switch Rd., Richmond, 9am-11am

Coventry

Rice Memorial Field, Knotty Oak Rd., 12noon-1pm

Narragansett

Narragansett High School, 245 South Pier Rd., Narragansett, 10am-11am

Available free of charge to ALL Rhode Island students 18 and under no matter where they may reside. [Full information here](#)

North Kingstown

McGinn Park, School St., 11:30am-11:50am
(inclement weather site is Davisville Middle School)

Wilson Park, Tower Hill Rd., 11am-11:20am
(inclement weather site is North Kingstown High School)

Warwick

Oakland Beach Elementary, 383 Oakland Beach Ave., 11:30am-1pm

Pilgrim High School, 111 Pilgrim Pkwy., 11:30am-1pm

Toll Gate High School, 575 Centerville Rd., 11:30am-1pm

West Warwick

Greenbush Elementary, 27 Greenbush Rd., 11am-1pm

Wakefield Hills Elementary, 505 Wakefield Rd., 11am-1pm

West Warwick High School, 1 Webster Knight Drive, 11am-1pm

West Greenwich

West Greenwich Fire Dept., 830 Nooseneck Hill Rd., 8-10am

Westerly

Johnny Cake Center, 23 Industrial Drive, 12noon-1pm

Springbrook Elementary, 39 Springbrook Rd., 11am-1pm

Tower Street Community, 93 Tower St., 11am-1pm

For a Statewide listing from the Rhode Island Department of Health, [click here](#).



Connecting During Covid-19

Each week Bob Houghtaling interviews guests who delve into substance abuse, mental health and social concerns.

This week, Bob discusses the impact of the Coronavirus and how we can connect and support each other, even with required social distancing. [Watch the Podcast](#)



www.riprevention.org

The Rhode Island Office of Healthy Aging (OHA) is working closely with the Rhode Island Department of Health and Rhode Island Emergency Management Agency to coordinate the state's response to coronavirus disease 2019 (COVID-19). Older Rhode Islanders and individuals with underlying conditions are at higher risk of severe COVID-19 illness. Governor Raimondo and the Rhode Island Department of Health are encouraging our higher-risk populations to practice social distancing during at this time and use technology, whenever possible, to remain in touch with family and friends. If you are part of this higher-risk population, or caring for someone who is, please contact our healthy aging helpdesk, the Point, at 401.462.4444 with any questions or to learn about resources available in your community. Ensuring our elders and those in need have access to food and other critical resources at this time is a special concern. OHA is working with local municipalities, senior centers, and other state and community agencies to assist people with their resource needs. Below is a current contact list of senior/community centers and other local agencies available to assist older adults around the state (click the city name to access its website):

CITY/TOWN	LOCAL CENTER/CONTACT	PHONE NUMBER
Barrington	Barrington Senior Center	401-247-1926
Bristol	Benjamin Church Senior Center	401-253-8458
Burrillville	Burrillville Senior Services	401-710-7429
Central Falls	Central Falls Mayor's Office	401-727-7400 ext. 5
Charlestown	Charlestown Sr. Community Center	401-364-6998
Coventry	Coventry Resource and Senior Center	401-822-9175
Cranston	Cranston Senior Services	401-780-6000
Cumberland	Cumberland senior center	401-334-2555
East Providence	East Providence Senior Center	401-435-7800
Exeter	Exeter Social Services	401-295-7500
Glocester	Glocester Senior Services	401-567-4557
Lincoln	Lincoln Senior Center	401-753-7000
Middletown	Middletown Senior Center	401-849-8823
Narragansett	Narragansett Senior Association	401-782-0675
Newport	Newport City Hall	401-845-5300
North Kingstown	Beechwood/North Kingstown	401-268-1593
North Providence	North Providence Mancini Center	401-231-0742
North Smithfield	North Smithfield	401-766-3734
Pawtucket	Leon Mathieu Senior Center	401- 728-7582
Portsmouth	Town of Portsmouth	401-643-0499
Providence	Providence Mayor's Office	311
Scituate	Scituate Senior Center	401-647-2662
Smithfield	Smithfield Senior Center	401-949-4590
South Kingstown	South Kingstown Senior	401-789-0268
Tiverton	Tiverton Senior Center	401-625-6790
Warren	Warren Senior Center	401-247-1930
Warwick	Pilgrim Senior Center	401-468-4077
West Greenwich	West Greenwich Town Hall	401-392-3800
West Warwick	West Warwick Senior Center	401-822-4450
Westerly	Westerly Senior Center	401-596-2404
Woonsocket	Woonsocket City Hall	401-762-6400

Tips during this time:

- ✓ Stay home whenever possible
- ✓ Limit in-person interaction with other people
- ✓ Wash your hands often
- ✓ Call the doctor if you are feeling sick
- ✓ Call the Point if you need help with food or other resources

For COVID-19 information and the latest guidance, call 401.222.8022 or visit www.health.ri.gov/covid.

For more OHA information, visit: www.oha.ri.gov

Community Action Agencies:

Blackstone Valley Community Action Program | 401-723-4520 | www.bvcap.org

Area: Pawtucket, Central Falls, Lincoln, Cumberland, Woonsocket

Community Action Partnership of Providence | 401-273-2000 | www.cappri.org | Area: Providence

Community Care Alliance | 401-235-7000 | www.CommunityCareRI.org | Area: Woonsocket

Comprehensive Community Action | 401-467-9610 | www.comcap.org | Area: Cranston, Foster, Scituate, Coventry

Eastbay Community Action - Lower Bay | 401- 847-7821 | www.ebcap.org

Area: Newport, Portsmouth, Tiverton, Middletown, Jamestown, Little Compton

Eastbay Community Action - Upper Bay | 401-437-1000 | www.ebcap.org | Area: East Providence, Warren, Bristol, Barrington

Tri-County Community Action Agency - Northern | 401-351-2750 | www.tricountyri.org

Area: North Providence, Johnston, North Smithfield, Smithfield, Burrillville, Glocester

Tri-County Community Action Agency - Southern | 401-789-3016 | www.tricountyri.org

Area: Exeter, Charlestown, Narragansett, Westerly, Hopkinton, North/South Kingstown, Richmond, West Greenwich, New Shoreham

Westbay Community Action Partnership | 401-732-4660 | www.westbaycap.org | Area: Warwick, West Warwick, East Greenwich

Food & Supplies Resources:

Boxed Lunch Programs (limited quantities available)

OHA is continuing its lunch program across senior centers and community agencies during this time. For more information about participating locations and hours, call the Point at 401.462.4444 or visit www.oha.ri.gov.

Home-Delivered Meals (for elders with high need)

Meals on Wheels is continuing to serve its current clients across the state and is working with OHA and local communities to increase services during this time. If you are age 65 or older, homebound and need assistance making meals, call Meals on Wheels at 401.351.6700.

Emergency Meals/Supplies (open to all people in need)

Visit www.rifoodbank.org for a complete list of food pantries across Rhode Island.

Early Morning Grocery Market Hours (limited to high-risk populations)

The following grocery markets are offering special shopping hours and/or programs to assist older Rhode Islanders and those with chronic medical conditions in accessing needed supplies during this time. Contact individual markets for more information about these programs and/or visit www.oha.ri.gov/markethours for the latest list of participating markets:

Brigido's Fresh Markets	7:00a – 10:00a	Richmond Farms Fresh Market	7:30a – 8:00a
Clements Market	7:00a – 8:00a	Roch's Fresh Foods	Free delivery
Dave's Marketplace	7:00a – 8:00a	Save-A-Lot	8:00a – 9:00a
Dave's Marketplace (small locations)	8:00a – 9:00a	Shaw's	7:00a – 9:00a (T/Th)
Dollar General	6:00a – 7:30a	Stop & Shop	6:00a – 7:30a
Jerry's Market	7:00a – 8:00a	Target	7:00a – 8:00a (W)
Ma & Pa's in Hope Valley	Curbside pickup	Whole Foods	8:00a – 9:00a

Local Restaurants

Restaurants throughout the state are offering take-out and/or delivery options. Visit www.eatdrinkri.com for a complete list of restaurants statewide with online or take-out ordering or call your favorite local restaurant for information about available services.

RIGCD AND COVID-19

The Rhode Island Governor's Commission on Disabilities (RIGCD) has created the following resource guide to assist our community during the COVID-19 pandemic. Contained is information about accessing community resources, including those available for families with children, small business owners and employees, and individuals that fall within a high risk population. We will share an updated version of this resource guide weekly, and encourage you to share this guide within your community, as well as to let us know of any resources that you would like us to include.

The RIGCD will also be taking the following precautions during this time:

- RIGCD staff will be working remotely from March 18th-March 31st, 2020. During this time, staff will be available by email and will be remotely monitoring phone lines. All RIGCD staff contact information can be found at www.gcd.ri.gov
- RIGCD Commission and Committee meetings have been cancelled until further notice
- All Livable Homes Modification Grant (LHMG) post-retrofit documentation deadlines have been extended 30 days. The Commission will revisit this extension at the beginning of April, and will further extend deadlines if necessary



UNEMPLOYMENT AND TDI

Temporary Disability Insurance (TDI)

- If you are unable to work but your place of business remains open, you may be eligible for TDI
- For COVID-19 related claims, DLT will waive the seven-day minimum amount of time that claimants must be out of work to qualify for TDI/TCI benefits
- For individuals under quarantine, DLT will waive the required medical certification, and instead will allow them to temporarily qualify via self-certification that they were under quarantine due to COVID-19.

Unemployment

- If you are out of work and not being compensated, you may be eligible for unemployment benefits
- DLT will waive the seven-day waiting period for UI claims related to COVID-19

For more information from DLT, please review the RI DLT COVID-19 Worksheet at <http://www.dlt.ri.gov/pdfs/COVID-19%20Workplace%20Fact%20Sheet.pdf>



COMMUNITY RESOURCES

Food Assistance:

- The Rhode Island Community Food Bank maintains a Food Assistance list of local pantries within Rhode Island, which can be found at <https://rifoodbank.org/find-food>
- Catholic Social Services of RI has been authorized to distribute Stop and Shop gift cards to individuals temporarily out of work due to COVID-19. Gift cards will range from \$25-\$50, and will be available beginning March 18th. Contact the Woonsocket, West Warwick, or Wakefield satellite offices for more information

Utilities:

- In response to the COVID-19 emergency, the Public Utilities Commission has directed all electric, gas, water, and wastewater utilities regulated by the Public Utilities Commission "to cease certain collections activities, including service terminations for nonpayment". This moratorium extends to 4/15/20 for residential customers and to 3/31/20 for other classes. In each case, the Commission will revisit the temporary moratorium prior to its expiration
- National Grid is temporarily suspending collections-related activities, including service disconnections. These policies are effective immediately and will be in place through the end of April. Please note that regular billing will continue for all customers



COMMUNITY RESOURCES

Essentials:

- Several companies, including Dave's Market, Stop & Shop, Target, Whole Foods, and Dollar General will be designating hours for shoppers over 60
- CVS will be waiving prescription RX delivery fees; please contact your local store to find out if your prescription is eligible

Mental Health:

- The RI Dept of Health has released a list of resources and suggestions for coping with stress during this time, which can be found at <https://health.ri.gov/diseases/ncov2019/>
- If you feel overwhelmed or are unable to cope with your stress, please contact the Disaster Distress Helpline at 1-800-985-5590 or text TalkWithUs to 66746

Physical Health:

- The YMCA and Planet Fitness will be streaming free online fitness classes daily
- Coverage of telehealthcare services has been expanded



RESOURCES FOR HOUSEHOLDS WITH K-12 CHILDREN

- Due to school closures, free "Grab & Go" meals are available for K-12 children throughout Rhode Island. Food sites and details can be found at <https://health.ri.gov/diseases/ncov2019/about/foodsites/>
- Ocean State Libraries and the RI Office of Library and Information Services are developing a collection of online resources for students and families, which can be found at <https://olis-ri.libguides.com/online/earlychildhood>. This includes the Storybook at Home ebook collection
- Several internet providers, including Comcast Xfinity, Charter Spectrum, Altice, and Cox Communications are offering free basic internet for 30-60 days for either low-income households or households with K-12 children. Please contact the individual provider for more information about their specific program
- Science centers, zoos, aquariums, and museums across the country are offering virtual visits to their exhibits. Virtual tours can be found at:
 - [Google Arts & Culture](#)
 - [San Diego Zoo](#)



RESOURCES FOR SMALL BUSINESSES

- COVID-19 Economic Injury Disaster Loans are now available from the Small Business Administration. Find out more information and apply at <https://disasterloan.sba.gov/ela/>
- The Rhode Island Foundation and United Way of Rhode Island have launched a fund to support local nonprofit organizations on the front line of COVID-19 response efforts; more information can be found at <https://rifoundation.org>
- Microsoft has agrees to provide Office at no cost to RI business for the next 6 months
- Employers facing slowdowns in business due to COVID-19 may be able to benefit from the RI Workshare Program. Learn more at <http://www.dlt.ri.gov/ui/pdfs/WorkShare%20COVID19%20One-Page.pdf>



HOW TO HELP

- Practice all RIDOH recommended preventative measures, including washing your hands, disinfecting surfaces, covering your cough, and practicing social distancing
- If you are able, make an appointment with the RI Blood Center to donate blood. Blood is a critical, perishable component of our healthcare system, and it must be constantly replenished. For more information or to make an appointment, please visit the RI Blood Center website at <https://www.ribc.org> or contact them at 800-283-8385
- If you are able to, please support your local business by purchasing gift certificates or placing delivery orders. If you place an order for food to be delivered, please designate a safe space outside of your home for deliveries to be placed, in order to keep both your family and your delivery driver safe
- If you are able to, please consider making a donation to your state or local community food bank. Individuals throughout our state face food insecurity on a daily basis, and a public health crisis such as COVID-19 places an increased strain on the organizations that serve this population. Find your local food assistance program at <https://rifoodbank.org/find-food/>



EEOC GUIDANCE REGARDING THE ADA AND COVID-19

The EEOC has released the following guidance regarding the ADA and COVID-19:

- The ADA continues to apply during this time, but does not prevent employers from complying with CDC guidance regarding COVID-19
- During a pandemic, ADA-covered employers may ask employees if they are experiencing symptoms of the pandemic virus
- Generally, measuring an employee's body temperature is a medical examination. However, because the CDC has acknowledged community spread of COVID-19 and issued attendant precautions, employers may measure their employees' body temperature. Employers should remain aware that some individuals with COVID-19 may not have a fever
- Employers can require employees to stay home if they have symptoms of COVID-19



EEOC GUIDANCE REGARDING THE ADA AND COVID-19

- When employees return to work following a COVID-19 related absence, employers can require documentation stating they do not have or no longer have the virus
- The EEOC has provided further guidance in the document "Pandemic Preparedness in the Workplace and the Americans with Disabilities Act," which can be found at https://www.eeoc.gov/facts/pandemic_flu.html



RIDOH RESOURCES

RIDOH has several channels for the community to view and receive updated news, resources, and educational information about COVID-19. These resources include:

- **Partner Briefings:** RIDOH distributes partner briefings with the most up-to-date information on COVID-19. Anyone can be added to the Partner Briefing distribution list by contacting Anna Tomasulo at Anna.Tomasulo@health.ri.gov.
- **Press Releases:** All RIDOH press releases are posted to the homepage at health.ri.gov
- **RIDOH's COVID-19 Web Page for the Public:** Our COVID-19 web page for the public, health.ri.gov/covid, is updated regularly with information from RIDOH and features syndicated content from the Centers for Disease Control and Prevention (CDC), including helpful fact sheets available in multiple languages. These resources may be shared with your community partners.



RIDOH RESOURCES CONTINUED

- **Página Latina:** An updated COVID-19 web page for the public is also available in Spanish on RIDOH's **Página Latina** at health.ri.gov/espanol.
- **COVID-19 Information Line:** Information about COVID-19 is available to the general public by calling RIDOH's emergency information line at 401-222-8022 Monday through Friday from 8:30 a.m. to 4:30 p.m. After hours, the 211 call center can answer frequently asked questions from the public about COVID-19. General questions can also be emailed to RIDOH.COVID19Questions@health.ri.gov
- **Interim Guidance:** Guidance for preventing COVID-19 spread in community is available from CDC including resources to help community-and faith-based organizations.



RIDOH RESOURCES CONTINUED

With regard to messaging, please emphasize with your partners the importance of taking the same measures that healthcare providers recommend annually to prevent the spread of the flu and other viruses. These measures are:

- Get your flu shot, and make sure the people around you do the same.
- Wash your hands often throughout the day. Use warm water and soap. If soap and water are not available, use alcohol-based hand gel.
- Cough or sneeze into your elbow. Viruses can spread by coughing or sneezing on other people or into your hands.
- Stay home from work or school if you are sick.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.
- Keep surfaces (especially bedside tables, surfaces in the bathroom, and toys for children) clean by wiping them down with a household disinfectant.

