

Statewide Resources and Supports

Meals and Financial Assistance

- Food Bank information - <https://www.feedingamerica.org/take-action/coronavirus>
- Economic Assistance for Families - Apply for unemployment insurance if you are without access to paid sick leave or unable to work because of COVID-19. Call IDES at 1-800-244-5631 or visit <https://www2.illinois.gov/ides/Pages/COVID-19-and-Unemployment-Benefits.aspx>
- 211 – If you need assistance finding food, paying bills, accessing free childcare or other essential services, visit <http://www.211.org/services/covid19> or dial 211 to speak to someone who can help.
- [Illinois Council on Developmental Disabilities COVID-19 DD Relief Fund](#)
The Council has voted to invest \$150,000 to the Arc of Illinois to fund time-limited demonstration projects to assist in filling gaps in services that people with developmental disabilities and families are experiencing due to the COVID-19 pandemic. The COVID-19 DD Relief Fund will fund mini-grants up to \$10,000 each with no minimum amount.
- List of major grocery store chains with special hours for seniors, at-risk populations and pregnant women - <https://www.snopes.com/news/2020/03/20/grocery-stores-special-hours/>
- Coronavirus (COVID-19): Small Business Guidance & Loan Resources from the U.S. Small Business Administration - <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>
- Ford Credit - Ford Credit is offering help to those who lease or finance through Ford Credit and are affected by COVID-19: <https://accountmanager.ford.com/>
- If you have any bills that are actively reporting to your credit, please call them and tell them that you live in an area affected by the coronavirus. Bills will be waived for up to 60 days with no late payments. Confirmed companies that are waiving fees are:
 - Capital One
 - Ally Financial (Auto & Personal Loans)
 - Metro PCS
 - Sprint
 - T-Mobile
 - Navy Federal
 - All Community Bank Subsidiaries including Victoria Secret, Bed Bath & Beyond, Ashley Stewart, HSN, New York & Company.

Utility Resources

- Governor J.B. Pritzker has called for a moratorium on shutoffs for all utility companies, including energy, telecom and water, and several have announced plans to maintain services and waive

late payments.

- [Federal Communications Commission](#)
FCC agreement stating that providers will waive late fees, not cutoff service for lack of payment, and open hot-spots.
- Com Ed:
https://www.comed.com/News/Pages/coronavirus.aspx?utm_source=CoronavirusBanner&utm_medium=ComEdWebsite&utm_campaign=CoronavirusBanner
- Peoples Gas: <https://www.wecenergygroup.com/home/safety-message.htm>
- AT&T: <https://about.att.com/pages/COVID-19.html>
- Comcast: <https://corporate.comcast.com/covid-19>
 - Xfinity Wi-Fi Free for Everyone: Xfinity Wi-Fi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity Wi-Fi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots and then launch a browser. There will also be no disconnects or late fees for existing customers.
- T Mobile: https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response?icid=MGPO_TMO_U_CUSTSUPT_Z2739VFSHS97O7KGF20085
- Sprint: <https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm>
- [Verizon](#)
Verizon COVID-19 response, following the FCC agreement to waive late fees, not cutoff service, etc.

Medical, Health and Condition-Specific Information

- CDC - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Illinois Department of Public Health - Recommended Guidance for Preventing Spread of COVID-19 in the Medically Fragile Child - https://dsc.uic.edu/wp-content/uploads/2020/03/20200318_COVID-19_Guidance_Medically.pdf
- [State of Illinois Coronavirus \(COVID-19\) Response](#) - This website will provide the latest news releases related to coronavirus, video archives of press conferences and tips from leading experts to keep you and your family safe.
- Coronavirus myth busters - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
- COVID-19 Resource Center from Infectious Diseases Society of America - <https://www.idsociety.org/public-health/COVID-19-Resource-Center/>
- CDC - [Children and Youth with Special Healthcare Needs in Emergencies](#)

- Access Living's COVID-19 Resources for the Disability Community: <https://www.accessliving.org/our-services/covid-19-resources-for-the-disability-community/>
- Illinois Association of Free and Charitable Clinics – Directory of clinics in Illinois: <https://www.illinoisfreeclinics.org/clinic-search/clinic-directory>
- Plain Language Booklet on COVID-19 for People With Disabilities - <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf> (English), <https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/> (Spanish)
- Family Voices - [Are You Ready? Preparing for Emergencies: Tips for Families.](#)
- Family Voices March 2020 e-newsletter focused on coronavirus and resources for families - <https://myemail.constantcontact.com/Resource-eBlast---March-2020---Resources-for-Families.html?soid=1102887255338&aid=YgJvDCxkWo8>
- Illinois Department of Public Health: <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>. To watch Illinois COVID-19 Press Updates, please [click here](#). COVID-19 Hotline 1-800-889-3931 or email dph.sick@illinois.gov
- [IDPH directory of county health departments](#)
- What parents need to know about the coronavirus - <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>
- National Health Law Program - [Ensuring People Have Access to Prescription Drugs During the COVID-19 Pandemic](#)
- [Know Who to Trust for Health Information, Extension](#)
- [Emergency Supply List](#). Ready.gov by FEMA
- Hand washing - <https://www.healthychildren.org/English/health-issues/conditions/prevention/Pages/Hand-Washing-A-Powerful-Antidote-to-Illness.aspx>
- Teaching kids handwashing during covid-19 - <https://www.youtube.com/watch?v=fSsdPZAGQFU&feature=youtu.be>
- [PBS Kids - How to Talk to Your Kids About Coronavirus](#)
- [Save the Children - 7 Simple Tips on How to Talk to Kids about the Coronavirus](#)
- [ZERO TO THREE - Why are people wearing masks? Answering Your Toddler's Questions about Coronavirus](#)
- [Talking to Children About COVID-19: A Parent Resource](#) by the National Association of School Psychologists.

- [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#) by the National Child Traumatic Stress Network.
- Anxiety Relief - <https://docassistillinois.org/tools/resources-for-your-patients/perinatal-mental-health-resources/>
- Autism - <https://www.autismspeaks.org/science-news/what-should-autism-community-know-about-coronavirus-outbreak>
- Autism – How to Handle Clinical Care During Social Distancing - <https://www.autismspeaks.org/science-news/how-handle-clinical-care-during-social-distancing-and-schoolprogram-closures>
- Autism - The “[Supporting Individuals with Autism through Uncertain Times](#)” online toolkit is from an interdisciplinary team at the University of North Carolina at Chapel Hill to help families and caregivers supporting individuals with autism during the COVID-19 epidemic.
- Cystic fibrosis - <https://cysticfibrosisnewstoday.com/2020/03/11/cf-families-advised-on-preventive-measures-to-avoid-coronavirus/>
- Heart disease - <https://www.heart.org/en/around-the-aha/coronavirus-precautions-for-patients-others-facing-higher-risks>
- Heart patients - <https://www.heart.org/en/news/2020/02/27/what-heart-patients-should-know-about-coronavirus>
- COVID-19 and Epilepsy - <https://www.epilepsy.com/article/2020/3/concerns-about-covid-19-coronavirus-and-epilepsy>
- COVID-19: What People with Spina Bifida Need to Know - <https://www.spinabifidaassociation.org/news/coronavirus2020/>
- National Deaf Center’s COVID-19 Information Page - <https://www.nationaldeafcenter.org/news/new-ndc-covid-19-information-page>
- Talking to Children About Coronavirus: ASL & English Resources: <https://deafchildren.org/2020/03/talking-to-kids-about-coronavirus-asl-english-resources/>
- Travel considerations for individuals with Down Syndrome - <https://adscresources.advocatehealth.com/travel-considerations-for-people-with-down-syndrome/?fbclid=IwAR2SOjAsVwWBInUKEFiCkbenjgenRvvD0LXO6bRExfxnv8sim0yKL2AGb3w>
- Sickle Cell Disease Association of America – Health alert for patients and caregivers for COVID-19: <https://www.sicklecelldisease.org/files/sites/181/2020/03/SCDAA-MARAC-COVID-19-Patient-Caregiver-Advisory-3-17-20-FINAL4.docx.pdf>
- Hydrocephalus Association – COVID-19 Guidance for People Living with Hydrocephalus - <https://www.hydroassoc.org/COVID-19/>
- The non-profit organization Claire’s Place Foundation has launched a donation-based COVID-19 Emergency Fund to support the cystic fibrosis (CF) community by raising funds to provide

patients and their families with groceries, supplies, and medications during the outbreak:

<https://clairesplacec-19fund.funraise.org/>

- National Institute for Children’s Health Quality - [Coronavirus Disease 2019 \(COVID-19\) Information for Children’s Health Advocates](#)
- United We Dream - Healthcare Access for Undocumented Folks in the Time of COVID19: <https://unitedwedream.org/2020/03/healthcare-access-for-undocumented-folks-in-the-time-of-covid19/>
- National Alliance on Mental Illness Coronavirus Updates - <https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>
- Tips from the Mental Health First Aid curriculum to help you care for your own and your loved ones’ mental health: <https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>
- If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, you can call:
 - Substance Abuse and Mental Health Services Administration’s (SAMHSA) Disaster Distress Helpline – (800) 985-5990
 - National Suicide Prevention Lifeline: (800) 273-8255
 - Text MHFA to 741741 to talk to a Crisis Text Line counselor
- National Council on Behavioral Health – Resources and tools, including how to cope in a crisis, navigating the behavioral health impacts and more: <https://www.thenationalcouncil.org/covid19/>
- The American Academy of Pediatrics advises parents facing stressors over COVID-19 to practice self-care, to reach out to others for help, and to use healthy discipline techniques, such as time-outs - <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/The-American-Academy-of-Pediatrics-Advises-Parents-Experiencing-Stress-over-COVID-19.aspx>
- Tips for coping with a new baby during COVID-19 - <https://www.healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Tips-for-Coping-with-a-New-Baby.aspx>
- Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak - <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- National Alliance on Mental Illness (NAMI) HelpLine Coronavirus Information and Resources Guide - <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- National Alliance on Mental Illness (NAMI) Self-Care Inventory - <https://www.nami.org/getattachment/Extranet/Education,-Training-and-Outreach-Programs/Signature-Classes/NAMI-Homefront/HF-Additional-Resources/HF15AR6SelfCare.pdf>
- Coronavirus Disease 2019 (COVID-19): What You Need to Know About Its Impact on Moms and Babies - <https://www.marchofdimes.org/complications/coronavirus-disease-covid-19-what-you->

[need-to-know.aspx?utm_source=marchdimes-home&utm_medium=website&utm_campaign=home-2020&utm_content=homepage_carousel-covid19](https://www.illinois.gov/need-to-know.aspx?utm_source=marchdimes-home&utm_medium=website&utm_campaign=home-2020&utm_content=homepage_carousel-covid19)

- Just For Kids: A Comic Exploring The New Coronavirus: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Social Services

- Social Security - https://blog.ssa.gov/coronavirus-covid-19-important-information-about-social-security-services/?utm_medium=email&utm_source=govdelivery
- [Centers for Medicare & Medicaid Services \(CMS\)](#)
The Centers for Medicare & Medicaid Services (CMS) has broadened access to Medicare telehealth services so that beneficiaries can receive a wider range of services from their doctors without having to travel to a healthcare facility.
- [Illinois Attorney General's Office](#)
Attorney General Raoul issues warning about COVID-19 scams.
- Many parents are finding themselves faced with securing alternate means of childcare as school districts across the country close temporarily. Many of these parents will balance the need to work with the need to find a safe place for their children. Flip the Switch - Available at no cost through our partnership with Aly Raisman, any adult can complete *Stewards of Children*® online at no cost by using the code FLIPTHESWITCH at www.fliptheswitchcampaign.org.
- Darkness to Light's Talking to Kids About Safety From Sexual Abuse - If a shorter option is more appropriate than the full *Stewards of Children*® training, we're making our [Talking to Kids About Safety From Sexual Abuse](#) training available at no charge by using code Talk2020. This training is ideal for parents and caregivers who may be home with children and have time to invest in learning more.
- Coronavirus-related phishing scams - <https://www.who.int/about/communications/cyber-security>

Childcare, Learning and Education Tools

- School closure information: <https://www.isbe.net/Documents/ISBE-Guidance-Mandatory-Statewide-Closures.pdf>
- Emergency Child Care for Communities & Providers - <https://www2.illinois.gov/sites/OECD/Pages/For-Communities.aspx>
- U.S. Department of Education: [Questions and Answers on Providing Services to Children With Disabilities During the Coronavirus Disease 2019 Outbreak](#)
- IDHS funded babysitting for children with disabilities: respitainfo@envisionunlimited.org

- Resources for Educating Students With Disabilities During the Coronavirus Crisis:
<https://www.ncsecs.org/news/resources-for-educating-students-with-disabilities-during-the-coronavirus-crisis/>
- [Illinois Early Learning Project - Learning at Home During Trying Times](#)
- [Illinois Early Intervention Clearinghouse - Everyday Early Intervention During Coronavirus](#)
- Yoga, mindfulness and relaxation designed especially for kids aged 3+, used in schools and homes all over the world - <https://www.youtube.com/user/CosmicKidsYoga>
- Scholastic learning resources:
https://classroommagazines.scholastic.com/support/learnathome.html?promo_code=6294&eml=CM/smd/20200312//txtl/sm/ed&linkId=84269747&fbclid=IwAR1Ogg4XHJYi2IsiDQS1j4f8MRb1UqwsphG0KTISAeYJ-jjr17bZUtqZd9k
- Elementary science lessons. No signup required, no student login:
https://mysteryscience.com/school-closure-planning?fbclid=IwAR17mXjf2VyRPZiAb2jX_RmAbilOSlohp-mtQ_xcn8lRVh6MdTlehLlxgZA
- GoNoodle helps teachers and parents get kids moving with short interactive activities. Desk-side movement helps kids achieve more by keeping them engaged and motivated throughout the day. www.gonoodle.com
- A virtual tour of museums around the world:
https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_medium=social&utm_term=59F3F59E-653B-11EA-938E-3D9296E8478F&utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_content=link&fbclid=IwAR3ssStIT5LZZupz7E08uuJcg-P8l-8x_0A9sQgIhMrQYvXkXZzW_UKgJXE
- This website has objects from the Museum's collection along with other Museum's collection around the state. Each object has a photo and a detailed description:
<http://story.illinoisstatemuseum.org/>. Please feel free to use this lesson plan and worksheet to help guide your students learning through primary source objects: [Lesson Plan for Story of Illinois](#) and [Worksheet for Story of Illinois](#). More online resources can be found on our website <http://www.illinoisstatemuseum.org/content/online-resources>.
- www.storylineonline.net – features famous people reading books aloud to kids – no login needed
- www.Abcya.com
- www.pbskids.com/games
- www.nickjr.com/games
- Illinois State Museum list of live feeds and virtual field trips -
https://docs.google.com/spreadsheets/d/1NGi3CzD0gY7Dq83dtX_Oa4LDVdU0qkew251N6LQk-Fw/htmlview?usp=sharing&sle=true

- The National Down Syndrome Congress hosted a webinar to help families adjust to online learning in the home setting. Sean J. Smith, professor of Special Education at the University of Kansas and NDSC board member, will help you prepare your home environment and help you find balance during this shift to a new normal. You can register to view the recording - <https://register.gotowebinar.com/register/8621072067341141771>
- The Cincinnati Zoo is providing a Home Safari Facebook Live each weekday at 2 p.m. (Central Standard Time) where they highlight an animal and include an activity you can do from home - <https://www.facebook.com/cincinnati-zoo/>.
- Anyone who has Comcast with X1 with children at home for the next few weeks, just say “education” into your voice remote. Comcast has put together educational programming for all ages.
- Educational resources, including education companies offering free subscriptions due to school closings - <http://www.amazingeducationalresources.com/>
- Beachbody Kids Workouts – free selection of family fitness workouts - <https://vimeo.com/showcase/6880106>

Resources and Supports by Regional Office

Champaign Regional Office

- Carle Hospital here in Champaign-Urbana has developed an online personalized screening tool to give guidance and resource to individuals regarding the virus: <https://carle.org/home/covid-19-screening>
- Free food boxes through Unit 4 (Champaign) school district and a number to call if you don’t have transportation, information available in Spanish: <https://www.champaignschools.org/news-room/article/26231>
- List of resources in the Champaign-Urbana community, including for food, transportation and shelter - https://docs.google.com/spreadsheets/d/1fjAe6Wh1VvcWJJTMRf-0S5JH-yHdMaoK9d_036dva2A/edit#gid=0
- Champaign Moms Coronavirus Updates: <https://www.champaignmoms.com/2020/03/16/coronavirus-information-champaign-urbana-march-16/>
- Champaign Schools Breakfast/Lunch Program - <https://www.champaignschools.org/news-room/article/26231>
- [Northern Illinois Foodbank](#) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.
- Meals–
 - Champaign

- Maize, downtown at the Station
Starting on Monday through Friday from 11AM through 3pm [Maize at the Station](#) will be providing free lunch meals to all kids through school closings. Kids will be given the option of our Mexican sandwich (torta) or Quesadilla along with a serving a rice, beans and juice. Just ask for our Kids Special and we will know. No purchase is required by a parent.
[100 N. Chestnut St.](#)
- El Toro, all Champaign locations:
Any kids who need lunch while school is suspended may visit our Champaign locations from 11-2 Monday through Friday and we will give you a kids menu meal for free.
[El Toro Bravo, 2561 W Springfield Ave](#)
[El Toro II, 723 S Neil St](#)
[El Toro Mexican Restaurant, 3401 Fields S Dr](#)
- McAlister's Deli, Champaign
Stop by McAlister's Deli from 11am – 1pm, Monday through Friday. Every kid can receive a free sack lunch that contains a turkey and cheese sandwich, chips, applesauce and a cookie. Completely free, no other purchase is necessary.
[421 Town Center Road](#)
- Wingstop, Champaign
Wingstop will give all students from grades K-12 a 5-piece boneless wing lunch combo from 11a-2p, Mon-Fri till the end of the month. For those students who have an ID, please bring your (or your child's) school ID at time of pickup.
[512 S. Neil St.](#)
- Jet's Pizza, both Champaign locations
Both Champaign Jet's stores will be offering free Cheese Slices to kids Pre-K through Middle School from 11 AM to 2 PM on Saturday and Sunday over the next 3 weekends, starting 3/21/2020. This will be pick-up and carryout only; dine-in is closed.
[512 S. Neil St., 217-352-3333](#)
[1907 W. Springfield Ave., 217-352-9992](#)
- Savoy
 - Industrial Donut, [501 Commerce Dr., Savoy](#)
If your child is in need of breakfast, during this time, their donut is on us! Just let us know at checkout that your child has a free school donut, and we will take care of the rest. Please come between 7am and 11am.
- Rantoul
 - TK's CheeseSteaks and Butcher Boy Burger, Rantoul
Come up to [TK's CheeseSteaks](#) or [Butcher Boy Burger](#) and let your kids eat a meal on the house.
[TK's CheeseSteaks, 112 E Congress Ave, Rantoul](#)
[Butcher Boy Burger, 422 S. Garrar St., Rantoul](#)
- Fisher
 - Ingold's Meat & Deli, [101 S. 3rd St., Fisher](#)
FREE SACK LUNCH for anyone school age or younger 11am-1pm Monday-Friday until school is back in session. Sponsored by the Fisher Area Churches. Free lunch includes: A ham & cheese or turkey & cheese sandwich, fruit or vegetable

side, and a bottle of water.

- Tuscola
 - Cast Iron Pub, [125 Sale St., Tuscola](#)
From now until at least the end of March, Monday-Friday, whenever we are cooking, we will provide a free meal to kids under the age of 14. It will consist of a 3" slider cheeseburger, applesauce, chips, and a drink.
 - Flesor's Candy Kitchen, [101 W. Sale, Tuscola](#)
Starting now through March 31, 2020 Flesor's Candy Kitchen will supply free breakfast (one pancake, two strips of bacon, and a small glass of orange juice or milk) to school-aged children accompanied by an adult. Breakfast hours are 6am to 10am daily.
 - Mi Veracruz, [208 North Parke St., Tuscola](#)
Monday through Friday 11am-4pm children will receive free kids' taco meal with drink.
 - Sol del Mar, [105 W. Southline St., Tuscola:](#)
Monday through Thursday each child will receive two soft shell beef tacos with lettuce and cheese with a side of rice and beans and a refreshing glass of water for free from 11am to 10pm.
 - The Pantry, [1199 Tuscola Blvd, Tuscola](#)
We are offering free kids meals with every adult meal purchase through the end of March.
- Gibson City
 - Los Caminos, [1120 S Sangamon, Gibson City](#)
Free kids meals for children 13 and under until school is back in session. Just mention to your waitress/waiter that you're a Gibson City Melvin Sibley student.
- Bloomington - Several outstanding groups and businesses in our community have stepped up to provide free food options to students during the mandated school closure period. We encourage families to utilize these resources for supplemental food. Free sack meals can be picked up via drive-thru or pick-up for any child <18 from 11 am - 1 pm, Monday through Friday until March 31 at the following locations:
 - Boys & Girls Club, 1615 Illinois St. Bloomington
 - Coffrins ATA Martial Arts, 503 N. Prospect Rd. Bloomington
 - HyVee, 1403 N. Veterans Pkwy. Bloomington
 - RP Lumber, 2440 S. Main St. Bloomington
 - Fairview Park, 801 N. Main St. Normal
 - Lee St. Fire Department, 310 N. Lee St. Bloomington
 - Miller Park (zoo entrance), 1020 S. Main St. Bloomington
 - Marcos Pizza, 604 E. Locust St. Bloomington
 - American Legion, 2505 Fox Creek Rd. Bloomington
 - Schnucks, 1750 Bradford Ln. Normal

- Visit <https://www.feedblonokids.com/> for more information.
- McAllister's Deli - Free sack lunch to any child from 11 am - 1 pm Monday through Friday.
- Decatur
 - Decatur Public Schools: Meals will be made available starting Tuesday, March 17 at four Decatur Public Schools locations. Students can pick up breakfast and lunch from 8 a.m. to 10 a.m. at Grab & Go stations at the following locations: MacArthur High School, Eisenhower High School, Stephen Decatur Middle School, and Hope Academy
 - Good Samaritan Inn: Meals will still be served to all patrons who need a meal from 11:30 AM-1:00 PM, 7 days a week. These meals will be served in to-go style containers for patrons to take with them. 920 North Union Street, Decatur, IL 62521, info@goodsamaritaninn.org, director@goodsamaritaninn.org 217-429-1455
 - Northeast Community Funds: will operate its food pantry as a "drive-through" pantry from 9am-2pm. Clients are asked to drive to the south side of the building and remain in their cars so that staff and volunteers can load food boxes into vehicles. The drive-through will exit onto the Community Care Campus and back onto King St. Walk-ups will also be accepted. Northeast Community Fund, 839 N. Martin Luther King Jr. Dr., Decatur, IL 62521, 217-429-5846, Fax 217-429-7510
 - The Salvation Army of Decatur will remain open, The Salvation Army has switched from a client choice pantry to pre-boxed distribution to prevent multiple hands touching food items and has a contingency plan in place to change pantry services to a drive-through process if that need should arise. 29 W Main Street, DECATUR, Illinois 62523, 1-800-SAL-ARMY
- Forsyth
 - McAlister's: With schools in Illinois temporarily shut down due to COVID-19, many parents now face the challenge of feeding their kids. That's why next week McAlister's Deli in Forsyth will hand out free sack lunches to each kid. Each sack includes a turkey and cheese sandwich, chips, applesauce and a cookie. Parents can stop by McAlister's from 11 a.m. to 1 p.m. Monday through Friday.

Chicago Regional Offices

- Chicago Public Schools response to the outbreak and information about meals - <https://cps.edu/oshw/Pages/HealthyCPS.aspx>
- While schools are closed, CPS will provide our students with healthy meals. CPS families can pick up free food boxes at any CPS school, except for Vaughn Occupational High School and Sheridan Math and Science Academy, that will contain three days of breakfast and lunch for every student in the household. Food pick-up will be held outdoors, and Safe Passage workers will be on their normally assigned routes while families are getting meals. If you need assistance, please

call the CPS Command Center at [773-553-KIDS \(5437\)](tel:773-553-KIDS) or email familyservices@cps.edu.

- City of Chicago COVID-19 resources - <https://www.chicago.gov/city/en/sites/covid-19/home/resources.html>
- CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>
- Ann and Robert H. Lurie Children's Hospital COVID-19 Resources for families: <https://www.luriechildrens.org/en/specialties-conditions/2019-novel-coronavirus-ncov/>
- Chicago public schools enrichment learning resources - <https://cps.edu/oshw/Pages/EnrichmentLearningResources.aspx>
- Corona Virus in Chicago – What Parents Need to Know - <https://www.chicagoparent.com/learn/coronavirus-in-chicago-updates/>
- Resources for Chicagoland Families During COVID-19 Shutdown: <https://www.chicagoparent.com/learn/general-parenting/covid-19-resources-for-chicago-families/>
- [Pace Suburban Bus](#)
Pace is modifying its commuter route and Shuttle Bus schedules. Check their website for latest information about their response to COVID-19.
- Chicago Department of Public Health – [COVID-19: What to do if you were exposed](#)

Lombard Regional Office

- DuPage County Health Department – [COVID-19 Information for the Community](#)
- DuPage County CRIS – Community Resource Information System - <https://dupagecris.org/>
- CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>
- Community Hunger Network – Food pantries in DuPage County - <http://www.communityhungernetwork.org/AreaPantries/area.pantries.html>
- [Northern Illinois Foodbank](#) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.
- People's Resource Center – Food pantry shifts in Wheaton and Westmont - <http://www.peoplesrc.org/services>

Marion Regional Office

- Southern Illinois Healthcare - Information and resources for SIH patients and the community - <https://www.sih.net/covid19-signs-and-symptoms>
- Jackson County Health Department Updates - <http://www.jchdonline.org/>
- Healthy Southern Illinois Delta Network - <https://www.hsidn.org/covid19>
- Egyptian Health Department - <https://egyptian.org/home/coronavirus-disease-2019-covid19/>
- Southern 7 Health Department - <https://www.southern7.org/coronavirus-covid-19.html>
- Meals
 - Eldorado
 - For the next two weeks Eldorado Big John will have sandwiches, chips, and water available for all school age kids between 11 a.m. to 1 p.m. Call 273-2326 if you have any questions.

Mokena Regional Office

- [Northern Illinois Foodbank](#) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.
- CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>

Olney Regional Office

- Central Illinois Foodbank - The Foodbank's 160 partner agencies largely remain open. Some are considering changes to their distribution models to enforce social distancing protocols to better meet the demands of their communities. If you or someone you know need food, you can find your nearest agency on their website: <https://www.centralilfoodbank.org/coronavirus-covid-19-updates-and-information>
- Carle Richland Memorial Hospital - <https://www.carlermh.com/news>
- First Presbyterian Church of Effingham – Free food drive-thru from 5 to 6 p.m. every day, 600 W. Temple Ave. Call the church office for more details at (217) 342-6272.
- Lawrence County Meals
 - Red Hill- grab and go lunches available to students age 18 and under from March 18- March 30. Offered at Bridgeport Grade School and Sumner Attendance Center from 11 a.m. – 12 p.m.
 - Lawrenceville-sack lunches will be handed out 3/18, 3/20, 3/23, 3/25, and 3/27 from 10 a.m. – 12 p.m. at the front drive of Parkside Elementary School

- Richland County Meals
 - Free grab and go breakfast and lunch for all Richland County students from March 17 – March 30, available at: Richland County Middle School, Christian Church of Olney, First Christian Church of Noble, and Claremont Community Center

Peoria Regional Office

- [Morton School District 709](#)
The district is providing meals for their students if you have an enrolled child, along with breakfast and lunch for any siblings that are 1 yr old or older.
- [Pekin Public School District 108](#)
Starting March 17, will have breakfast and lunch pickup available at the following four locations: Edison Junior High School - 1400 Earl Street, Wilson Intermediate School - 900 Koch Street, Pekin Housing Authority on Broadway at the Community Center, Grace United Methodist Church - 601 N. 4th Street. These locations will be open Monday - Friday from 7- 9 AM and again from 1- 3 PM.
- Grace Bible Fellowship Pantry in Moline
Pantry Hours: Tuesday, Thursday & Saturday 8:30am - 11:00am For more information, please call (309) 797-7001.
- St. Mary's Food Pantry in Moline
Pantry Hours: Monday, Wednesday and Friday, 9 a.m. - 12 p.m. Call (309) 764-1562.
- St. James Lutheran Church Food Pantry in Bettendorf, IA
(563) 355-4161
Pantry Hours: Wednesday 6:00pm - 8:00pm Thursday 9:00am - 11:00am The Summer Hours for Wednesday begin on June 15:30pm - 7:30pm
- Christ United Methodist East Moline Pantry in East Moline
(309) 755-2508
Office Hours: Monday - Friday 9:00am - 12pm 1:00pm - 2:30pm Friday 9:00am - 12:00pm Food Pantry Hours: Monday – Friday 9:00am - 12:00 pm Serves: East Moline and Silvis areas.
- Sacred Heart Food Pantry Rock Island
(309) 794-0660
Pantry Hours: Monday - Friday 9:00 am - 11:00 am
- St. Vincent de Paul Food Pantry in Rock Island
(309) 793-7373
Food Pantry Hours: Monday and Thursday 9:00am to 11:30am
- [We Care of Grundy County](#)
Food distributions for individuals in need. (815) 942-6389
- [Northern Illinois Foodbank](#) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.

- CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>
- Monroe School provides a comprehensive list of e-learning resources - <http://www.monroe70.org/>

Rockford Regional Office

- [Northern Illinois Foodbank](#) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.
- CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>

Springfield Regional Office

- Central Illinois Foodbank - The Foodbank's 160 partner agencies largely remain open. Some are considering changes to their distribution models to enforce social distancing protocols to better meet the demands of their communities. If you or someone you know need food, you can find your nearest agency on their website: <https://www.centralilfoodbank.org/coronavirus-covid-19-updates-and-information>
- Contact Ministries 753-3939
- Helping Hands 522-0048
- Kumler Neighborhood Ministries 523-2269
- Salvation Army 525-2196
- Catholic Charities 523-4441
- Capital Township 525-1736
- Fifth Street Renaissance 544-5040
- Sangamon County Community Resources 535-3120
- United Way of Central Illinois - <http://springfieldunitedway.org/covid19/#.XnDwaKhKjD4> (includes summary of how local charities, organizations and healthcare centers are affected)
- Sangamon County Department of Public Health: <https://scdph.org/2020/03/covid-19/>
- Sangamon Menard Area Regional Transit (SMART) and Sangamon Mass Transit District (SMTD) are announcing the suspension of fares for rural, fixed route, and paratransit services due to the Centers for Disease Control and Prevention (CDC) recommendations to help slow the spread of the COVID-19 virus - <http://www.smtd.org/news/2020/3/17/the-bus-is-free>

- Meals
 - Springfield
 - If you are concerned about ensuring your children have a hearty lunch, stop by McAlister's Deli, 2917 West. Iles, from 11 a.m. to 1 p.m., Monday through Friday. Every kid can receive a free sack lunch that contains a turkey and cheese sandwich, chips, applesauce and a cookie. Completely free, no other purchase is necessary.
 - Chaditos, 3030 S 6th St, Springfield, IL 62703, will provide a beef or chicken taco, nachos, and some type of fruit for school aged children.
 - Hy-Vee located at 2115 S. MacArthur Blvd, Springfield, Monday through Friday 11am-1pm. During this time every child can receive a free lunch that contains a sandwich, granola bar, piece of fruit, water and a cookie. Free, no purchase necessary.
 - Mariah's Restaurant will provide free hot lunches Monday-Friday at 11am for pick-up at 3317 Robbins Rd. Springfield, IL. You will need to call Mariah's 217-793-1900 by 8:00pm the day prior to place your to-go order for your child's hot lunch.
 - Chatham
 - Subway, 317 N Main, Chatham, IL 62629, Kids meals consist of a mini sub (turkey, ham, roast beef, or veggie) a side item, and 20oz fountain drink.

St. Clair Regional Office

- United Way of St. Clair County – Local food pantries, hours and guidelines - <https://www.uwstclair.org/st-clair-county-food-pantries>
- Central Illinois Foodbank - The Foodbank's 160 partner agencies largely remain open. Some are considering changes to their distribution models to enforce social distancing protocols to better meet the demands of their communities. If you or someone you know need food, you can find your nearest agency on their website: <https://www.centralilfoodbank.org/coronavirus-covid-19-updates-and-information>
- Local food pantries in Christian, Jersey, Macoupin and Montgomery counties - <https://extension.illinois.edu/sites/default/files/cjmm-countywidefoodpantries3.25.20.pdf>