

A Helping Hand

Resources for COVID-19

Weekly Digest brought to you
by UCR's Youth Health and
Development Lab
<https://youthdevlab.ucr.edu/>

Got Food ?



Due to the circumstances of COVID-19, many families are struggling with the availability of food. Fortunately, there are many resources that can help!

USDA National Hunger Hotline

- This resourceful hotline provides individuals and families with ways to acquire food.
- The hotline will direct you to...
 - The nearest emergency food providers
 - Government Assistance Programs
 - Various social services

**Call at 1-866-3-HUNGRY
M-F 7am-10pm**

USDA Meals for Kids Site Finder

- Many students rely on free or reduced-price meals from school.
- With schools closed, this site allows parents to find nearest sites that can provide students with free healthy meals and take them home.

<https://www.fns.usda.gov/meals4kids>

Arlington Seventh Day Adventist Community Services

- This church located in Riverside provides low-income families with a 5-day supply of food
- Must provide proof of income

**Call (951) 688-6632 or Visit
at 8778 Magnolia Ave
Riverside, CA 92503**

Community Action Partnership of San Bernardino County

- Provides a community pantry program. They receive food item donations from a variety of sources.
- Visit their website to find the nearest food pantry.

<https://www.capsbc.org/food-pantries>

Shelter & Clothing

Since COVID-19 has affected many financially, resources like clothing and housing have been limited. Thankfully, there are many programs and locations that can help families through the tough times.

Path Of Life Industries

- This agency provides different housing programs, depending on the situation you are in.
- By enrolling in the program, a member will help you through the process of finding secure housing

**Call Home Connect at
1-800-498-8847**

Valley Restart Shelter

- A program that helps those in need get back on their feet
- A shelter program is provided, which allows people to stay up to 90 days.
- With certain funding, this program can assist people dealing with a financial crisis.

**Call (951) 766-7476 or
Visit at 200 E. Menlo
Ave. Hemet, CA 9254**



As for clothing resources, there are many thrift stores and programs located throughout Riverside County!

Salvation Army: Riverside Emergency Assistance

3695 First Street Riverside, CA 92501

God's Helping Hand: Moreno Valley, Thrift Store

13958 Old 215 Frontage Road Moreno Valley, CA 92553

Helping Hands Compassionate Ministries

500 N 8th Street Banning, CA 92220

On-Campus Resources

Due to the UCR campus closure, many students who relied on campus-run operations as their only source of income, access to computers/WiFi, or health services may find themselves in need of assistance. Below are some resources designed to help students!

UCR R'Pantry

The R'pantry provides students with a Grocery Grab-n-Go program that allows you to make an appointment to stop by once a week for a bag of groceries.

Visit or Call at
<https://rpantry.youcanbook.me/>
(951) 827-9355

Students can also apply to different assistance programs if facing food insecurity that allows them to secure money for groceries every two weeks.

Visit
<https://basicneeds.ucr.edu/resources>
for more information

or Apply Directly at
<https://www.getcalfresh.org/>

Laptop Loaners

Many students rely on the library or computer labs to do their online assignments. So for those left without, UCR provides a loaner system!

<https://ucriverside.az1.qualtrics.com/jfe/form/SV370gS0CcyNJDwH3>

CAPS

Mental health is very important to look after in times like these. For students covered under UCR Health Insurance, remote counseling and psychological services will still be offered for those who may need support.

<https://counseling.ucr.edu/>