

# Basic Essentials

## Nutrition and Food Support

- **[San Francisco Unified School District](#)** is offering free meals to all children, available for pickup twice a week.
  - [Map and list of sites \(Google Map\)](#)
  - [Flyer of sites in multiple languages: Arabic, Chinese, English, Spanish, Tagalog, Vietnamese](#)
  - Each bag includes meals for multiple days: breakfast, lunch, supper, fresh fruit, vegetables, milk, and any necessary preparation guides.
- **[SF and Marin Food Bank](#)** locator:
  - [Find Free Food](#)
    - [Spanish](#) | [Chinese](#)
  - Home Delivered Groceries - Currently available only in San Francisco to low-income seniors, age 60 and over, and adults with disabilities
    - **Phone:** (415) 282-1900 x 287
- **[Full Cart:](#)**
  - [Request an emergency bag of groceries delivered to your home.](#)
- **[Project Open Hand](#)** will continue to deliver meals to elderly who meet their criteria (recent surgery, CAD, HepC, CHF, COPD, A1c >8%, and HIV/AIDS) and adults with disabilities. They may extend services to provide medically tailored meals to economically-disadvantaged patients diagnosed with COVID-19.
  - [Application, referral form](#) - we can take verbal authorization from patients in place of their signature on the application form
- **[CalFresh:](#)** per their website it will take about 10 minutes
- **[Other Directory:](#)**
  - **[2nd Harvest Food Bank](#)** (San Mateo and Santa Clara):
    - Phone: 1 (800) 984-3663
  - **[Alameda Food Bank:](#)**
    - Phone: 1 (510) 635-3663
  - **[Free Eats](#)** Updated 3/20/2020 - does not include meals served once/twice a month
    - [Personally Verified 3/20/2020 List](#)

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## Resources for Families and Children

- **Supplies**
  - Free diaper pick-up at five locations. Recommend calling prior to pick-up for hours.
    - 170 Otis Street, 1st Floor @ Child Care Resource Desk
      - (415) 557-5100
    - 1235 Mission Street
      - (415) 558-4700
    - 3120 Mission Street
      - (415) 401-4800
    - 37 Grove Street
      - (415) 644-0504 ext. 2320
    - 156 Broad Street
      - (415) 406-1370
    - [SF Diaper Banks](#) | [English Brochure](#) | [Spanish Brochure](#) | [Chinese Brochure](#)
  - Toiletries
    - 37 Grove Street
    - (415) 644-0504 ext. 2320 | Recommend calling prior to pick-up for hours.
- **5M Women's Health Center at ZSFG's Patient Pantry** - contact Cecilia: [cecilia.vieyra@sfdph.org](mailto:cecilia.vieyra@sfdph.org) to verify that items are available prior to referring patients. Patients can pick up essential items such as diaper and newborn supplies, formula/cereal, hand soap, and non-perishable food items during their essential clinic appointment. Other locations that this program is serving: MNHC, FHC, Potrero and the ZSFG Birth Center.
- **Parental support**
  - [Safe & Sound](#) Parental Stress Support Line:
    - Free 24-hour parental support. (415) 441-5437
  - Parent Caregiver Guide to Helping Families Cope with COVID-19 [Factsheet](#)
  - [CDC Helping Children Cope in a Disaster](#)
- **Indoor activities, curriculum and education regarding the pandemic**
  - [Curriculum resources](#) via SF dept of children youth & their families for indoor activities
  - Covibook for kids [Spanish](#) | [English](#)
  - Creative Movement for SFUSD's Visual and Performing Arts Department [Virtual dance classes](#)
  - Free digital books by [EPIC!](#) (3500+ books!)
  - [Virtual Global Museum and Art/History Tours](#)

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- [Scholastic 20-day Free Educational Material Access](#)
- [Coping After a Disaster](#) – A Ready Wrigley activity book for children age 3-10
- BrainPOP [video](#) explaining COVID-19
  
- **Children with Special Healthcare Needs**
  - [Center for Parent Information Resources](#)
  - [Explaining Pandemic to Children with Autism](#)
  
- **SF DPH Youth Health Services** during COVID-19 crisis: [list of services here](#)
  
- **Helpful handouts**
  - [SAMHSA: Talking with Children: Tips for caregivers, parents, and teachers during ID outbreaks](#)
  - [NCTSN: Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\) \[Chinese\] \[Spanish\]](#)
  - [How To Balance Working From Home While Caring For Kids](#)
  - [Working from Home with Children Present](#)
  - [Structuring a day for parents and children working from home](#)

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### Resources for Elderly and/or Living with Disabilities

- **Social Isolation**
  - Connecting via phone!
    - Covia Well Connected – 877.797.7299 [Registration Form](#) | [Flyer](#).
    - Covia Bien Conectado – 877.400.5867 [Forma de Registración](#) | [Folleto](#).
  - [Little Brothers Friends of the Elderly](#): to set up social calls, contact [duchida@littlebrotherssf.org](mailto:duchida@littlebrotherssf.org)
  - AARP Caregiving support warmline. Do not need to be a member. Monday-Friday 7AM-11P
    - English - 1-877-333-5885
    - Spanish - 1-888-971-2013
  - Institute of Aging [Friendship line](#) for adults who are socially isolated. Avail in Eng, Spanish, Mandarin and Cantonese
    - [Info](#) | Tele: 800.971.0016
  
- **Food**
  - [Kimochi Senior Center](#)
    - Pickup: 10:30AM-12:30PM. 1840 Sutter Street.
  - [Rosa Parks Senior Center](#)
    - Pick Up M-F 10:30AM -12:30PM. 1111 Buchanan St.
  - [30th Street Senior Services](#)
    - Frozen meals to go: M-Sat 9:30AM-1:30PM. 225 30th St.
  - [OMI Senior Center](#)
    - Take out lunches, Food pantry on Thursdays. M-F 10:30AM-12:30PM. 65 Beverly St.
  - [Samoan Community Development Center](#)
    - T,TH 11AM-1PM;12PM-2PM. 2055 Sunnydale Ave
  - [Meals on Wheels](#): will still do home deliveries:
    - Call Department of Disability and Aging for intake: (415) 355-6700 MOW [Info](#) main line: (415) 920-1111.
  - [Meals for pick-up](#):
    - Multicultural congregate meals for those who are 60+ or have disabilities, now served for pick-up. Recommend calling prior to pick-up to ensure no closures.
  - [Congregate Meals Directory](#)
  
- **Department of Disability and Aging**: coordinated services for elderly (caregiving, food, housing, etc.). [Info](#)
  - Phone: (415) 355-6700
  - Ask about the [CERV program](#): volunteers provide one time or occasional practical support to older and vulnerable adults who are strongly advised to limit outdoor exposure during the Coronavirus pandemic

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- [List of pharmacies who provide bubble packs](#); compiled by UCSF pharmacy students
- [SF Mutual Aid](#) sign-up for folks who might need help shopping or having goods delivered
- **Online resources for physical health**
  - SF Community Living Campaign: [Virtual Community Connector Network](#) has a [full calendar of phone and online activities](#) for this month
  - Dance for Strength with Kyra! [Seated warm up](#), [standing warm up](#), and [upper-body dance for strength videos](#)
  - YMCA 360 has a large number of exercise videos, including [3 workouts specifically for older adults](#). The YMCA of San Francisco is also [live-streaming exercise classes daily](#).
- **Caregiving**
  - [AARP Practical Tips](#) for Caregivers about COVID-19
  - [San Francisco Disability and Aging Services \(DAS\)](#) offers expanded home care options in response to COVID-19. [DAS Home care options matrix](#)
    - (415) 355-6700
- **Prepare for Your Care-** handouts on how to create a medical plan during COVID-19 - [English](#) | [Spanish](#)

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## Utilities Support

- **California Public Utilities Commission** ensures essential services amidst COVID19: [statement](#)
- **PG&E Gas and Electric Co.**
  - Halted service disconnections for non-payment for residential and commercial customers until further notice. Will offer flexible payment plans “ to customers who indicate either an impact or hardship as a result of COVID-19.
- **Verizon**
  - For the next 60 days, Verizon is waiving late fees for impacted customers and businesses. Verizon will not terminate service because of inability to pay. Verizon is also providing free minutes for calls to certain countries that are impacted by COVID-19. See [list of countries](#) (Recommend checking other carriers for their specific benefits as well.)
- **Comcast-Internet Essentials**
  - Free broadband and Wifi Internet Service for households with children K-12 and/or college students for 60 days. Enroll: call 844-488-8395. [General Information](#)  
Free access to Xfinity Wifi hotspots for everyone, including non-subscribers, for 60 days. It’s also providing unlimited data to its customers for no extra charge and is not disconnecting internet service or charging late fees for customers who say they can’t pay their bills.
  - [Comcast Internet Essentials COVID free service announcement](#)
  - [Internet Essentials COVID 19 - Service Application](#)
- **Mayor London N. Breed** [announced](#) a partnership between the SFUSD and nonprofits to provide internet to thousands of students in SF including the deployment of up to 25 WiFi “SuperSpots.” Devices will be located in areas of highest need, including public housing sites, SROs, community centers, and other locations where there is a concentrated population of students lacking internet. Launching 4/13 13th