



FAIRFIELD PUBLIC SCHOOLS

Resources for Families During COVID-19 Outbreak

Fairfield Public Schools

Meal Program During COVID-19 School Closures

Beginning on Monday, March 16, 2020, Fairfield Public Schools will be offering breakfast and lunch at no charge to all household members, aged 18 and younger, if one child in the household is enrolled in any Fairfield Public School. The meals will be available, Monday through Friday, in the cafeterias of Roger Ludlowe Middle School and McKinley Elementary School. Breakfast will be served 8:00-9:00am and lunch will be served 11:30-1:00pm at the two schools. Please follow the red signs posted at both sites, which will direct you to the meal service area.



Follow us:  



FOOD PANTRY

No one should have to worry about putting food on the table. Our volunteer-run and operated food pantry assists families in meeting their basic food needs, and also to connect them with other resources which help eliminate their food insecurity. One of the primary ways in which our food pantry assists people is that it allows them to focus on stabilizing other areas of their lives. For some of our clients our Pantry supplements what Food Stamps do not cover, like toilet paper, toothpaste, and diapers. For most others it simply helps to make ends meet when they have to choose between paying rent or a heating bill or going to the grocery store for food.

The majority of the food donations we receive come from generous members of our community. Among the ways in which we are able to secure food for our shelves are: school, church, and corporate food drives, individuals may solicit large food and/or personal products donations from companies, the Annual Postal Service Food Drive in May, financial contributions directed specifically to the food pantry, and many other community-driven projects. Once we receive the donations, our dedicated volunteers sort and stock the shelves and distribute food and other necessities to clients.

LOCATION:

636 Old Post Road

[get directions](#)

HOURS OF OPERATION:

Mondays, Wednesdays and Fridays

10:00 a.m. – 12:00 p.m.

Thursdays 4:00 – 6:00 p.m.

HELP US STOCK OUR SHELVES

***Photo ID needed for the Food Pantry

Here is the link for additional services and supports provided by Operation Hope

<https://operationhopect.org/>



There are many valuable resources available to families that are sponsored by the town of Fairfield, state and federal governments as well as nonprofit organizations. If you click the link below you will find a list of the various services, programs and support groups that could be of help to you when and if the need arises.

https://www.fairfieldct.org/filestorage/10726/11018/12343/69812/Community_Resource_Directory.pdf

The Town of Fairfield Human Services Department works to assist residents of the community who are having trouble providing the necessities of life for themselves and their families. Below is a link to the Human Services Department with additional resources.

<https://www.fairfieldct.org/humanservices>



DOING THE MOST GOOD®
SERVING CONNECTICUT AND RHODE ISLAND

<https://ctri.salvationarmy.org/SNE/Bridgeport>

Food Pantry – Available by appointment on Monday, Tuesday, Thursday, and Friday, from 10:00AM to 1:00PM. Bring a picture ID.

*Bridgeport Corps**
30 Elm Street
Bridgeport, CT 06604
(203) 334-0995 Fax: (203) 333-7508



The ABCD Energy Program provides help to eligible household who reside in Bridgeport, Easton, Fairfield, Monroe, Stratford, Trumbull, Westport, and Norwalk with assistance in paying their winter heating bills. One application covers all programs.

ABCD Energy (Main Building)

1070 Park Avenue

Bridgeport, CT 06604

203-366-8241

<http://www.abcd.org/energy.html>

Connecticut Financial Aid and Assistance Programs

Find how to get aid and assistance in all cities and counties in Connecticut. Programs can help with rent, utility bills, provide food, free foreclosure and mortgage assistance, and other bills.

https://www.needhelppayingbills.com/html/connecticut_assistance_program.html



If you need assistance finding food, paying housing bills or other essential services please use the link below or dial 211 to speak to someone who can help.

<http://www.211.org/services/covid19>

AVAILABLE RESOURCES

PLEASE NOTE: Financial assistance is NOT available through every 211. If you hear that a United Way fund for financial assistance has been established in your area, consider finding your **local United Way's website** to learn more about eligibility and application before reaching out to 211.

Home Internet Access

If you do not have internet access at home, or cannot afford to maintain it, but need internet for work or school, there are several options available through providers:

- [Comcast Internet Essentials](#), a low-cost home internet package for qualifying individuals and households, is now available for free for the first two months.
- [Access from AT&T](#) is a low-cost home internet package for qualifying individuals and households (no special for COVID-19 but still available at a low cost)

Additionally, many internet providers have announced that they are waiving late payment fees, increasing caps on internet speeds, and will not disconnect customers for not paying monthly bills on time. If you have questions or concerns about your internet connection, contact your provider or visit their website for more information.

Health Insurance and Medical Expenses

If you have health insurance, visit the website for your provider or contact their customer support line with any questions about coverage for COVID-19 testing and treatment. Many healthcare insurers are also making telemedicine available to customers for low or no cost.

If you do not have health insurance, you may be eligible for benefits through your state. [Visit this website](#) to explore options based on your household income, children in the home, and state.

If you are experiencing symptoms of COVID-19 (cough, fever, and shortness of breath) and are concerned that you cannot afford to seek treatment or a test, contact your medical provider or the nearest Urgent Care facility to seek guidance. Free testing for COVID-19 is becoming available in many places, but medical care may still incur a charge. Be sure to ask questions about cost if you seek medical care or treatment.

Unemployment Benefits

The U.S. Department of Labor issued guidance for state unemployment insurance programs to extend benefits to individuals whose employment status is impacted by COVID-19. [Use this tool](#) to find the agency that manages unemployment insurance in your state and visit their website for more information about eligibility and how to apply for benefits.

Food Assistance

Contact your local 211 or search for your local 211 using the search bar above for more information about food pantries and food distribution sites.

Mental Health and Crisis

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Everyone reacts differently to stressful situations. [Visit this CDC page](#) to learn more about things you can do to support yourself and your loved ones. If you need to talk to someone, these resources are confidential and available for free 24/7:

- Call 1-800-273-8255 for the [National Suicide Prevention Lifeline](#)
- Text HOME to 741-741 for [Crisis Text Line](#)
- Call 1-800-985-5990 or text TalkWithUs to 66-746 for the [Disaster Distress Hotline](#)
- Call 1-866-488-7386, text START to 678-678 or [click here to chat](#) with [The Trevor Project](#) (for LGBTQ youth)
- Call 1-800-799-7233 or text LOVEIS to 22-522 to connect with [The National Domestic Violence Hotline](#).

Resources Available from the Department of Mental Health and Addiction Services

<https://portal.ct.gov/DMHAS/Programs-and-Services/Region-1/Region-1>

DMHAS Region 1



- [Mental Health Services in Region 1](#)
- [Addiction Services in Region 1](#)
- [24-Hour Crisis Numbers](#)
- [Problem Gambling Services](#)
- [Prevention and Health Promotion](#) 
- [Other Programs and Services](#)

Serving the towns of:

Bridgeport, Darien, Easton, Fairfield, Greenwich, Monroe, New Canaan, Norwalk, Stamford, Stratford, Trumbull, Weston, Westport, Wilton.

Resources compiled by Sonia Coelho, FWHS Social Worker