

Food Resources for Kids

During COVID-19 Emergency

The Office of Early Childhood knows that early childhood programs and families may have trouble knowing where to find food and other resources right now. For our families with young children, our family child care homes and child care centers, please share this information with your families, friends, and neighbors.



School Meal Sites

- ◆ During the school closures related to COVID-19, some school communities are providing breakfast and lunch to our children. Meals and snacks distribution are being offered under the federal school and child care nutrition programs.
- ◆ Information on COVID-19 Emergency Meal Programs for children 18 years or younger is available at portal.ct.gov/sde. There are **two lists** linked in the banner on the State Department of Education main page that identify school districts participating.

What's Offered in Your Town? Find Out!



- 1. School Students and Families**
School districts on this list can only serve meals to students attending their schools, and any other child age 18 years or younger living in the same household.



- 2. All Children in the Community**
Any child age 18 years or younger can receive meals at any meal service and distribution site in these towns/cities. They do not have to live or go to school in these towns/cities.



- ◆ Check local school district websites to find the most updated list of school meal sites.
- ◆ Parents and/or guardians can pick up food without the child present at some locations.

You are not in this alone!

For more from The Office of Early Childhood, please visit www.ct.gov/oec and www.ctoec.org/covid-19.

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Connecticut Office
of Early Childhood

Additional Resources & Benefits

Supplemental Nutrition Assistance Program (SNAP):

- ◆ The CT Department of Social Services (DSS) administers SNAP. CT residents can apply for SNAP portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP/Apply.
- ◆ End Hunger CT for families **1-866-974-SNAP (7627)** and www.ctsnap.org.

The Emergency Food Assistance Program (TEFAP), Medicaid, Temporary Family Assistance (TFA):

- ◆ The CT DSS also administers TEFAP, Medicaid, and TFA. Families can find information 24/7 at www.connect.ct.gov and ct.gov/dss/apply; or by calling **1-855-6-CONNECT**. Find ways to contact DSS online, by phone, by mail, and at **DSS Field Office dropboxes here**.

WIC: The Special Supplemental Nutrition Program for Women, Infants, and Children

- ◆ The WIC Program provides supplemental foods, health care referrals, nutrition education, and breastfeeding promotion. Apply at portal.ct.gov/DPH/WIC/How-To-Apply.



COVID-19 Information

- ◆ Connecticut offers its most updated information ct.gov/coronavirus, as well as on Twitter: www.twitter.com/Covid19CT and Facebook: www.facebook.com/CTCovid19Response.

Resources and Volunteering

- ◆ 2-1-1 Connecticut: 211ct.org has a listing of food pantries and emergency food assistance locations, homeless shelters, and support services for families. **Dial 2-1-1 to reach the hotline** which is available 24/7. The hotline also has information on general questions about COVID-19 and resources across the state. If you're experiencing symptoms, contact your medical provider.
- ◆ Foodshare: www.Foodshare.org
- ◆ CT Food Bank: www.CTFoodBank.org
- ◆ Connecticut Voluntary Organizations Active in Disaster: <http://ctvoad.communityos.org/cms/home>

Helpful Tips

- ◆ Baby formula can be found at larger grocery store chains. If you don't see formula on the shelf, ask a store employee if there might be formula that hasn't been put out yet.
- ◆ Take advantage of help from the following places: local food pantries, food banks, mobile food trucks, back pack programs, local social and human service agencies, churches, schools, parent / child / family resource centers, diaper banks.



Looking to Help?

- ◆ If you are going to the grocery store or pharmacy, pick up food or supplies for your neighbors who cannot get out of the house. Families with young children are in need of age appropriate food and supplies for children under three years of age. This includes baby formula, meat, snacks, pasta and rice, paper goods, cleaning supplies, toilet paper; as well as crayons and crafts for children to play and learn.

Check all resources regularly for updates since information is constantly changing.

