

Local Assistance Resources:

| Resource | Entity | Program | Explanation of Program | Office Locations | Phone | Link |
|----------|--|---------------------------|---|--|--|---|
| Food | Sacramento Food Bank | Food Bank | 1951 Bell Ave and 3333 Third Ave | | (916) 456-1980 | Link |
| Food | Yolo Food Bank | Food Bank | | Please call or use website for nearest location. | (530) 668-0690 | https://yolofoodbank.org/get-help/ |
| Food | Arcohe Union Elementary School District | School meals program | Arcohe will provide free lunches and breakfasts while schools are closed. Dates: Monday - Friday, March 16 - April 3 Times: 11:00 a.m. - 12:00 p.m. | 11755 Ivie Road Herald, CA 95638 | (209) 748-2313 | https://www.arcohe.net/ |
| Food | Center Joint Unified | School meals program | Monday through Friday 11am-12:30pm in parking lot. | Call for more info | 916-338-6400 | Link |
| Food | Elk Grove Unified | School meals program | Meals will be served between 11 a.m. and 1 p.m.. | Various schools throughout district | 916-686-7732 | Link |
| Food | Folsom Cordova Unified | School meals program | Meal distribution will take place from 11 a.m. to noon | Call for more info | (916) 294-9000 | https://www.fcusd.org/fcusd |
| Food | Galt Joint Union Elementary | School meals program | FREE LUNCHES will be available at every school location from 11:00 am - 1:00 pm in the Bus Zone parking areas. | 1018 C Street, Suite 210 Galt, California 95632 | (209) 744-4545 | Link |
| Food | Galt Joint Union High | School meals program | Between the hours of 11:00 am and 1:00 pm. Meals can also be picked up by students under 18 at any school | | 209-745-3061 | https://www.ghsd.us/ |
| Food | Sacramento, Yolo and Placer School Districts | School meals program | List of schools offering meals | | | Link |
| Various | 2-1-1 for Sacramento and Yolo County | Resource referral service | 2-1-1 is a free confidential information and referral service | | Dial 2-1-1 or 1-800-500-4931 or 916-498-1000 | Link |

COVID-19 Information:

| Resource | Entity | Program | Explanation of Program | Link | Phone |
|-------------|-----------------------------|---------------------|--|----------------------|----------------|
| Information | Department of Labor | OSHA Guidance | OSHA Guidance on Preparing Workplaces for COVID-19 | Link | |
| Information | State of CA | Coronavirus Updates | Updates on COVID-19 and guidance | Link | (916) 558-1784 |
| Information | Centers for Disease Control | Coronavirus Updates | Updates on COVID-19 and guidance | Link | |

Statewide Assistance Resources:

| Resource | Entity | Program | Explanation of Program | Office Locations | Phone |
|-----------------|---------------------|--|--|--|--|
| Financial | State of California | CalWORKS | Provides cash aid and services to eligible families that have a child(ren) in the home. | Locate local office information here, or call phone number's listed. | 916-874-3100 |
| Financial | State of California | Cash Assistance Program for Immigrants | CAPI provides cash to legal non-citizens ineligible for Supplemental Social Security Income/State Supplemental Payment (SSI/SSP) | Check listing for nearest office or call phone number listed here. | Sacramento: 916-875-3601 Yolo County: 855-278-1594 Placer County: 888-385-5160 |
| Financial | State of California | Disability Insurance | Gov Newsom waived one-week waiting period for applying, and allowed for individuals sick with COVID-19 to claim short-term disability insurance. | 5009 Broadway Sacramento, CA 95820-1613 | English: 1-800-480-3287 Spanish: 1-866-658-8846 |
| Financial | State of California | Paid Family Leave | Up to six weeks of benefit payments to eligible workers due to illness or themselves or family | 5009 Broadway Sacramento, CA 95820-1613 | English: 1-877-238-4373 Spanish: 1-877-379-3819 |
| Financial | State of California | Paid Sick Leave | You may be eligible if civil authorities recommend quarantine. | Learn more about your eligibility for Paid Sick Leave | |
| Financial | State of California | Unemployment Insurance | Gov. Newsom waived the one-week waiting period for applying for unemployment insurance. | 5009 Broadway Sacramento, CA 95820-1613 | English 1-800-300-5616 Spanish 1-800-326-8937 |
| Financial | State of California | Worker's Compensation | Benefits if you were expose to Coronavirus on the job | Online | 1-800-736-7401 |
| Food Assistance | State of California | CalFRESH | Provides assistance for households to purchase nutritious food. | Locate local office information here, or call phone number's listed. | 916-874-3100 |
| Healthcare | Kaiser | Health Care | Order prescriptions online. | | See number on Kaiser membership card |
| Healthcare | Kaiser | Health Care | Contact Kaiser if you have COVID-19 symptoms. No cost for screening or testing. | See local Kaiser hospital | NorCal: 1-866-454-8855 SoCal: 1-833-574-2273 |
| Housing | State of California | Homeless Assistance | CalWORKs HA can provide payments for temporary shelter | Check listing for nearest office or call phone number listed here. | Sacrament: 916-875-3601 Yolo County: 855-278-1594 Placer County: 888-385-5160 |
| Housing | State of California | Housing Support | The CalWORKs Housing Support Program (HSP) assists homeless CalWORKs families in obtaining permanent housing | Check listing for nearest office or call phone number listed here. | Sacramento: 916-875-3601 Yolo County: 855-278-1594 Placer County: 888-385-5160 |
| Phone service | State of California | The California LifeLine Program | The California LifeLine Program provides discounted basic home/cell phone service | | 1-866-272-0357 |
| Utilities | State of California | CARE/FERA | Discounts on utilitites for low-income families and individuals | Contact local utility | PG&E- 1-866-743-2273 |