

COVID-19 General Resources List

Finding Factual, Up to Date Information

Center for Disease Control (CDC): The Centers for Disease Control and Prevention has up to date, accurate information and recommendations about COVID-19.

- **General Information:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **World Health Organization (WHO):** Useful information can be accessed at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- **Older Adults and Medical Conditions:** <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Food Resources for Households

Hunger and food resources for Massachusetts households, children and families during COVID-19 crisis and closures. For families and households in Massachusetts needing food assistance during this challenging time, here are resources for you to use and share! We will continue to update these resources as more information becomes available.

Project Bread's FoodSource Hotline

Toll-free hunger helpline for Massachusetts residents 1-800-645-8333

If you or someone you know living in Massachusetts needs food assistance, please refer them to Project Bread's FoodSource Hotline toll-free at 1-800-645-8333. This resource will remain up and running through closures to assist all Massachusetts residents needing food assistance during this period of crisis. We are able to provide information about resources in your community as well as assist with SNAP applications over the phone.

FoodSource Hotline Hours: Monday- Friday: 8am - 7pm, Saturday: 10am - 2pm

Our counselors can assist callers in 160 languages and there is a dedicated line to assist our hearing-impaired community at TTY: 1-800-377-1292.

FREE FOOD

Easthampton Public Schools <https://epsd.us/>

Anyone 18 and under can access Grab and Go Breakfast, Lunch 9-11AM, Easthampton High School, 70 Williston Ave, Easthampton, MA 01027

Easthampton Community Center

12 Clark Street, Easthampton. 527-5240

Outside distribution of prepackaged bags of food every week. Pantry Hours are Monday and Wednesday from 9 AM to Noon and 4 to 7 PM. Distribution of the Kid's Bag Pantry beginning March 16th.

Northampton Survival Center (residents of Easthampton are eligible)

Prospect Street, Northampton 586-6564, Monday, Wednesday, Friday 11-2; Tuesday, Thursday 4-7

Prepacked boxes available monthly for pick up to registered clients. Call to find out how to register (if you aren't already). Boxes include a wide range of non-perishables as well as milk, eggs, cheese and meat. This may change, so please call before going.

FOOD SHOPPING/DELIVERY

Mass Food Deliver – Farm Fresh Food to Your Door

<https://massfooddelivery.com>

Orders placed by 6PM Sunday will be processed and delivered by Friday of that week. The incredible outpouring of orders have the farmers working hard to fulfill your orders. Please bear with us as we catch up.

Limited Time – Free Delivery with code FARMERS *\$20 Min

Stop and Shop Elder Shopping Hours

People age 60 and over will be the lone customers allowed to shop between 6 and 7:30 a.m. daily. At local stores there will be a designated, marked entrance. No IDs will need to be shown but Stop & Shop officials are hoping that people respect their older neighbors.

Big Y Elder Shopping Hours

All Big Y stores will reserve the hours of 7am-8am for customers who are 60 and older or have compromised immune systems.

River Valley Co-op Special Hours for Immunocompromised

In an effort to better serve our community, the co-op will reserve 9am-10am for our community members with compromised immune systems. Regular hours will resume at 10am

Easthampton Community Center Pantry | Easthampton Senior Center/Council on Aging

Community Center - Robin Bialecki: 413-527-5240

Senior Center - Brendan Rogers: 413-527-6151

Easthampton Council on Aging Enrichment Center has received a grant from Highland Valley Elder Services to partially fund a Grocery Shopping Delivery Program. The program will provide free delivery of groceries to Easthampton Residents 60 years old and over who meet the following guidelines

1. Do not drive
2. Have no available family members, friends or other support systems in place for grocery shopping
3. Cannot use the van or other transportation options to go grocery shopping

Senior Center has a small food delivery program and an account with Big E's. Brendan emphasized that they only have a very small crew of volunteers at this point so their ability to grocery shop and deliver is limited. He is partnering with Robin Bialecki at the Easthampton Community Center pantry program so that people can arrange to get food from the pantry program and Brendan can arrange for food delivery runs.

Food Delivery Services

Instacart - <https://www.instacart.com>

(deliveries from Big Y, Costco, CVS, Aldi, Price Rite)

The delivery fee depends on the size of your order and the delivery time that you choose. The fee for each delivery will be displayed when selecting a delivery window during checkout, before you place your order.

Door Dash - <https://www.doordash.com>

Restaurant Delivery. Just enter zip code to find restaurants eligible for delivery.

Deja Eddington – Employed by Instacart, but willing to do it off-line (for a small fee).

eddingtondeja@gmail.com

Utility Resources

Free or Discounted Internet Access: To learn if you qualify for Spectrum's discounted internet visit <https://www.spectrum.com/browse/content/spectrum-internet-assist.html> or you can call 1-844-525-1574 to start the qualification process.

Internet for Students: This article highlights internet options for accessing the internet for students on a low income: <https://www.reviews.com/blog/internet-options-for-students-on-low-income/>

Free On-Line Ivy League Courses

<https://www.freecodecamp.org/news/ivy-league-free-online-courses>

Planet Fitness Live Stream Fitness Session

The online program is called "United We Move," with workouts being streamed live on [Planet Fitness's Facebook page](#) daily at 7 p.m. ET and also available to watch later, for those who cannot join in the live stream. Each class will be led by Planet Fitness certified trainers, as well as special guests such as "The Biggest Loser" coach and fitness trainer Erica Lugo.

According to a press release, each session will be 20 minutes (or less) and won't require any equipment. The home workouts will offer tools to combat stress while providing "motivation and inspiration sure to keep us all physically and mentally fit." So now, instead of working out, you can 'work in.'

Free tools and services for work at home during the COVID-19 crisis

The [COVID-19 pandemic](#) has disrupted business as usual, around the globe and across business sectors. Weathering the economic fallout will be hard for many, including small businesses that may have to drastically alter their day-to-day operations. A number of technology companies are offering free versions of their services and tools during the outbreak. Here's a roundup of some of the offers that can help organizations stay afloat during the outbreak.

<https://www.zdnet.com/article/free-tools-and-services-for-businesses-during-the-covid-19-crisis/>