RESOURCE LIST

Food:

Aramark, our food service provider, is currently putting together grab and go meals for any student that needs a meal. The schedule for meal pick up over the next two weeks is below.

● Tuesday, March 17th from 11:00-12:00 (pick up two days worth of meals)
● Thursday, March 19th from 11:00-12:00 (pick up two days worth of meals)
● Monday, March 23rd from 11:00 - 12:00 (pick up two days worth of meals)
● Wednesday March 25th from 11:00 - 12:00 (pick up three days worth of meals)

Meals will be available for pick-up at any one of the locations below:

● Naperville Central High School – Front loop in the front of building
● Jefferson Junior High School – Bus lane on side of building
● Scott Elementary School – Front lane in front of building

● Food Pantries
  ○ Loaves and Fishes - (serving all of DuPage County including the portion in Aurora, Naperville including the portion in Will County) and Compass Church in Bolingbrook (zip codes, 60440, 60490 and 60446) on Wednesday evenings at 5:00pm. We will be providing pre-packed grocery boxes to everyone at both locations including those acting as proxies. Individuals who are out of area will be provided food once. Will need to provide ID to verify DuPage residence.
    ■ Loaves and Fishes Procedures - 3-16-20
  ○ West Suburban Food Pantry - The Pantry serves residents of DuPage County, Bolingbrook and Romeoville who meet the Federal Income Guidelines.
    ■ Eligibility - https://wscpantry.org/get-help/eligibility/
    ■ Hours as of 3-16-20- https://wscpantry.org/get-help/
  ○ Northern Illinois Food Bank as of 3-16-20-
    ■ Where to get food (enter location to find the nearest pantry or soup kitchen - https://solvehungertoday.org/get-help/where-to-get-food/
    ■ Mobile Food Pantry - https://solvehungertoday.org/get-help/mobile-pantry-calendar/

Unemployment:

● Here is the unemployment benefit site for those unable to work during COVID-19: https://www2.illinois.gov/ides/Pages/COVID-19-and-Unemployment-Benefits.aspx
Utilities/Internet:

- Comcast is offering free internet to qualifying low income households for 2 months during the Coronavirus outbreak.
  - (They always offer a $10/month plan for qualifying low income households—that’s being waved for the next 60 days).
  - Apply here: [https://apply.internetessentials.com/](https://apply.internetessentials.com/)
  - Snapshot below of general qualification guidelines: [https://www.internetessentials.com](https://www.internetessentials.com)
- ATT is suspending broadband data caps. They are also opening their wi-fi hotspots to the public, regardless of whether you are an existing AT&T customer or not. They are not disconnecting or imposing late fees on existing customers who cannot pay their bill. [https://about.att.com/pages/COVID-19.html](https://about.att.com/pages/COVID-19.html)
- NICOR and ComEd are suspending payment for those unable to pay during quarantine. If this applies to you check their websites for information.
  - [https://www.nicorgas.com](https://www.nicorgas.com)
  - Nicor Gas: 888-Nicor4U (888–642–6748)
  - [https://www.comed.com/News/Pages/coronavirus.aspx](https://www.comed.com/News/Pages/coronavirus.aspx)
  - ComEd: 1 (800) 334-7661

National Mental Health and Healthcare Resources:

1. [https://www.crisistextline.org/](https://www.crisistextline.org/)
2. [https://suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
3. SAMHSA’s National Helpline – 1-800-662-HELP (English/Spanish)

Structure for Students

- Also attached is a suggested daily schedule for parents to continue academic work and structure.
  - [https://docs.google.com/document/d/1z4UN6vzwEB7o2enjZI4rnJmqJ8sRVaUz/edit](https://docs.google.com/document/d/1z4UN6vzwEB7o2enjZI4rnJmqJ8sRVaUz/edit)