*Disclaimer: Information is rapidly changing related to COVID-19. Please contact the specific resource for the most up to date information.*

**Statewide Community Services**
These services are available statewide and each has experts to help find local resources in your community. Many offer services and assistance in multiple languages and formats.

- **United Way 2-1-1** provides free and confidential help with things like financial assistance, food programs, finding housing or legal advice. Call 800-543-7709 or visit [www.211unitedway.org](http://www.211unitedway.org).

- **The Senior LinkAge Line®** is a free service that connects older Minnesotans and their families to help and can answer questions about Medicare, prescription drug expenses, long-term care insurance and more. Call 800-333-2433 or visit [www.helpolderadultsMN.org](http://www.helpolderadultsMN.org).

- **Well Connected:** A community of people who care about each other and value being connected. Available at no cost to older adults with support and a friendly phone visit. Call 877-797-7299 to be connected to your local agency.

- **Child Care Options:** Local childcare license holders: licensinglookup.dhs.state.mn.us/. State of MN has set up a Child Care Hotline available 7am-7pm to assist with childcare questions due to school closures. Greater MN: 800-657-3504

- **Access to Internet:** Charter is offering free broadband and Wi-Fi access for 60 days to households with students. Call (844) 488-8395 or visit [www.cabletv.com/charter/availability-map](http://www.cabletv.com/charter/availability-map)

- **Educational Sites for Students**
  - [kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions](http://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions)
  - [www.discoveryeducation.com/community/virtual-field-trips](http://www.discoveryeducation.com/community/virtual-field-trips)

- **Resources for people with disabilities**
  - ARC Minnesota [https://arcminnesota.org/coronavirus](https://arcminnesota.org/coronavirus)
  - Plain language booklets on COVID-19 by Green Mountain Self-Advocates in [English](English) and [Spanish](Spanish)

- **Resources to Access Food:**
  - **Minnesota Food Helpline.** Call 888-711-1151 or visit [www.hungersolutions.org/find-help](http://www.hungersolutions.org/find-help)
  - **Supplemental Nutrition Assistance Program (SNAP):** Call (651) 209-7963 or visit [www.2harvest.org](http://www.2harvest.org)
  - **Commodity Supplemental Food Program (CSFP):** Call (651) 484-8241 or visit [www.2harvest.org/CSFP](http://www.2harvest.org/CSFP)

- **Minnesota Department of Health COVID-19 information** in [English](English), [Somali](Somali) and [Spanish](Spanish)
CentraCare Community Services
In addition to statewide services, the following services are specific to each community.

Albany
- Resources to Access Food:
  - Albany Food Shelf: Regular hours - 1st Thursday of the month 9-10am & 3rd Thursday of the month 5:30-6:30pm. Call (320) 845-7884 for hours in response to COVID-19. Or, call Albany City Hall (320) 845-4244 for more information.
  - Albany Meals on Wheels: Call Catholic Charities - Albany location - (320) 845-4070 for more information.

Long Prairie
- Resources to Access Food:
  - Long Prairie Meals on Wheels: Call Lutheran Social Services 1-800-488-4146 or the Eagle Bend Senior Center (218) 738-4152 for more information.
  - Hilltop Regional Kitchen: Frozen meals are available to purchase for individuals of any age. Meals can be shipped to your door or picked up. Call (218) 438-5563 for more information.

Melrose
- Resources to Access Food:
  - Melrose Area Food Shelf: Open Wednesdays from 1:00-4:45pm. Call (320) 256-2555 for more information.
  - Melrose Meals on Wheels: Call Catholic Charities - Albany location - (320) 845-4070 for more information.

Monticello
- The Monticello Senior Center is currently closed. However, there are people available to help deliver groceries, run errands, or just to chat. For more information, call (763) 295-2000.
- Resources to Access Food:
  - The Home Delivered Meals program brings healthy meals to elderly, sick and disabled homebound people within Monticello city limits. Call (763) 295-2945 for more information.
  - Monticello Help Center: Open Mondays, Wednesdays, & Fridays from 9:30-11:30am and Wednesday evenings from 6-7:30pm. Call for an appointment (763) 295-4031. For safety during COVID-19, they will be doing curbside pick-up.
Paynesville

- **Resources to Access Food:**
  - **Paynesville Food Shelf:** Regular hours - Wednesdays & Thursdays 10am-2pm. Call (320) 243-4953 for hours in response to COVID-19. Or, call Paynesville City Hall for more information (320) 243-3714.
  - **Paynesville Meals on Wheels:** Call Catholic Charities (320) 650-1550 or the Paynesville Area Center (320) 243-4575 for more information.

Sauk Centre

- **Resources to Access Food:**
  - **Sauk Centre Food Self:** Regular hours – Wednesdays 2-4pm and Thursdays 6-8pm. Call (320) 363-7505 for hours in response to COVID-19. Or, call Sauk Centre City Hall for more information (320) 352-2203.
  - **Sauk Centre Meals on Wheels:** Call Catholic Charities 320-229-4584 or the Sauk Centre Senior Center (320) 352-2786 for more information.

St. Cloud Area

- **Boys and Girls Clubs of Central MN:** Childcare for school-age children for emergency & health care workers is available at Mississippi Heights, Pine Meadow & Madison schools. Childcare is open Monday through Friday from 6am – 6pm during school closures. [https://www.bgcmn.org/covid-19-childcare/](https://www.bgcmn.org/covid-19-childcare/)
- **Saint Cloud Prepper Pals:** A group of volunteers that can help get essential food and hygiene items delivered to your home. Visit [www.prepperpals.com](http://www.prepperpals.com)
- **Resources to Access Food:**
  - The **Home Delivered Meals** program brings healthy meals to elderly, sick and disabled homebound people within St. Cloud, Sartell, Sauk Rapids, and Waite Park city limits. Call (320) 255-5646 to learn more.
  - **Catholic Charities Senior Dining and Meals on Wheels,** Call 320-229-4584.
  - **Catholic Charities Food Shelf:** Limited food distribution two days per week. Households receive a food relief bag on Wednesdays from 3-7pm & Fridays from 9am- Noon. Call 320-650-1550 or visit [www.ccstcloud.org/services/emergency/food-shelf](http://www.ccstcloud.org/services/emergency/food-shelf)
  - **Salvation Army Food Shelf,** Call 320-252-4552 or visit [centralusa.salvationarmy.org/northern/StCloud/cure-hunger](http://centralusa.salvationarmy.org/northern/StCloud/cure-hunger)

St. Joseph

- **Resources to Access Food:**
  - **St. Joe Community Food Shelf:** Open Mondays & Thursdays from 1-3:00pm. For safety during COVID-19, the Parish Offices are closed until further notice. Call (320) 363-7505 for more information.
  - **St. Joe Meals on Wheels:** Call Catholic Charities - Albany location - (320) 845-4070 for more information.