

HELP WITH BASIC NEEDS

The COVID-19 virus had made things hard on many people. These facts can help you get food, clothes, unemployment, health care, and other things.

Food

Community Food Self and Free Meals. Call 2-1-1 or Text 'MNCOVID' to 898211. Someone from United Way will help. Support in Spanish, Hmong, Somali, and Russian. Websites are: 211unitedway.org or hungersolutions.org/find-help. Call to find out how they can help. Some hours have changed because of the virus. Some places have drive-up or delivery choices.

SNAP is Supplemental Nutrition Assistance Program. Call to see if you are eligible 651-209-7963. The SNAP Outreach Team at Second Harvest can help. Website is 2harvest.org/SNAP Support in Spanish. This program helps you stretch your food budget and buy healthy food.

Free Meals for Kids. A phone app made by Hunger Impact Partners. Download from the app store on your smartphone. It has real-time facts about where to get food for parents and kids. English only.

Unemployment help

Website is: uimn.org. Click on "Applicant". Support in Spanish, Somali, and Hmong. Because of the COVID-19 virus, Minnesota has aid to help people that have:

- Lost their jobs
- Put on furlough
- Work less hours

Domestic violence help

If you're being hurt or feel unsafe, call for help.

- Minnesota Day One Crisis Line: dayoneservices.org and 1-866-223-1111. Website in Spanish. Many languages by phone interpreter.
- Domestic Violence Hotline: 612-825-0000. Many languages by phone interpreter.

Help if you live in Hennepin County

Call 612-348-3000 from 8 am - 8 pm each day. Support in other languages. They can help with:

- Clothing
- Financial support
- Grocery and household goods
- Health care, equipment, and medications

Help if you live in Ramsey County

Call 651-266-4444. Support in other languages.

They have programs that can help single people and households with:

- Food
- Financial support
- Child care support
- Health assistance

Legal help

Website is: lawhelpmn.org. Support in Spanish, Hmong and Somali. They can help with questions about renters rights, homeowners rights, or immigration.