

# Resources to help families during COVID-19

## Free School Meals

- **Breakfast and lunch available as delivery or pickup** in most Maine communities. To find meals close to you, visit <https://www.maine.gov/doe/meals>.
- **Submit your School Meal Application.** Applying for school meal benefits helps your school get more funding to support important educational and nutrition programs. If you qualify for free meals now, your child will receive free school meals through Fall 2020 when you can reapply.
- **All information on applying** can be found on your district website, OR call your district's central office. You can also download an application from: <https://www.maine.gov/doe/schools/nutrition/studenteligibility> and return to your local school district.

## Food Assistance

The Supplemental Nutrition Assistance Program (SNAP) provides monthly assistance in the form of an EBT card that can be used to purchase food for your family.

- **For more information & application:** <http://www.maine.gov/mymaineconnection>
- If you have lost SNAP benefits in the past, you may be eligible again! New laws have suspended work requirements and the three month time limit.
- The state government has boosted all SNAP households to the maximum benefit for at least two months, so if you receive increased benefits this month it is not a mistake!

## Unemployment Benefits

Unemployment insurance is available for people who have lost employment through no fault of their own. New federal legislation has increased and expanded unemployment benefits, so people who are self-employed may apply. The best way to find out if you are eligible is to apply.

- For more info visit <https://www.maine.gov/unemployment/>
- Apply here: [https://reemployme.maine.gov/accessme/faces/login/login\\_local.xhtml](https://reemployme.maine.gov/accessme/faces/login/login_local.xhtml)
- For assistance appealing an unemployment claim decision, you may be able to get legal help from the Volunteer Lawyers Project: [www.VLP.org](http://www.VLP.org)

## Find your local food pantry

- Many food pantries are open and want to support you and your families
- To find the local pantry near you please visit <https://www.gsfb.org/get-help/food-map/>

## General Assistance

- Everyone has a right to apply for General Assistance (GA) at your municipal office. GA can be used to pay for basic necessities, including shelter, rent, food, heat, electricity, and medicine. Currently all applications will be considered emergency applications.

## Need help navigating public assistance programs, applying for benefits, or appealing a decision?

- Maine Equal Justice: <https://maineequaljustice.org/>
- Pine Tree Legal Assistance: <https://ptla.org/>
- 211: <https://211maine.org/>