

RESOURCES

Food/Meals

Community Locations

- **Where kids can eat free** <https://www.ksdk.com/article/news/local/where-kids-can-get-free-meals-in-the-st-louis-area/63-8e6d73c9-a0e7-4c05-9e78-28599a98301f>
 - Crazy Bowls & Wraps announced its locations in Florissant, Ferguson, Edwardsville and Shiloh will offer a free meal to kids, which includes a cheese quesadilla, crispy treat and chips. No additional purchase is necessary. All 16 locations starting Wednesday, 3/18 promotion is Mondays-Fridays 10:30am-1pm.
- **Dining out/delivery in STL areas** https://www.stltoday.com/entertainment/dining/restaurants/off-the-menu/live-stl-dining-coronavirus-updates-march-closures-pivots-to-takeout/article_cac16da9-445d-5a54-9114-2cb20ff94e33.html
- **Foodbank** – call individual locations for COVID-19 procedure details <https://stlfoodbank.org/programs-services/find-food/>
- **City of Jennings Residents Only – Grocery Give-Away** Only on Fridays from 1pm – 3pm at JETS Food Market 6605 West Florissant Ave., Jennings, MO 63136

School Districts Breakfast and lunch are available Monday through Friday for any child ages 0 – 18; each district has their own requirements and schedule for grab and go sack meals.

- **Hazelwood School District**
<https://www.hazelwoodschools.org/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=43&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=18074&PageID=1>
- **Hazelwood Meal Routes**- meals will not be delivered during the scheduled Spring Break, March 23-27. Meals distributed on 3/18 - 3/20, 3/30 - 4/3, M-F. Meals will consist of lunch and breakfast for the next day. Buses will be at each stop for 10 minutes then proceed to the next scheduled stop. <https://www.hazelwoodschools.org/Page/7455>
- **Ferguson Florissant Meal Routes** - meals delivered to students March 18-20 and March 30-April 3. Meals will not be delivered during the district's scheduled spring break March 23-27. Bus stop locations and times vary. Meals will also be distributed from Cross Keys, McCluer, McCluer North, and the STEAM Academy@MSB from 8:30-9 a.m. and 11:30 to 12 p.m <https://www.fergflor.org/Page/4610>
- **Normandy** Spring Break March 16-20, meal schedule not available as of 03/20/20 <https://www.normandysc.org/Page/1433>
- **Ritenour Meal Routes** - March 30 through April 3, 2020. Students will receive a lunch for that day and breakfast for the following day. Location and times vary (bus stop deliveries are between 9am -10am) <https://www.ritenour.k12.mo.us/cms/lib/MO01910124/Centricity/Domain/4/COVID-19%20Food%20Distribution%20Bus%20Routes-2020.pdf>
- **Saint Louis Public Schools** - 8am to noon, March 23rd – April 3rd Monday through Friday (35 locations) **La Salle = 3/18 - 3/20, 3/30 - 4/3, M-F. No student ID is required but some locations will charge a small fee for 19 years and older. Students must be present to receive the meal www.slps.org/meals
- **Jennings School District** - Grab and Go Sacks March 26th – April 3rd 830am to 930 for breakfast and 11am to 12 noon for lunch. Two locations: **Fairview Elementary** 7047 Emma Ave., Jennings, MO 63136 and **Jennings Senior High** 8850 Cozens, Jennings, MO 63136

Education

- School closures – how parents can cope with closures/resources <https://schoolclosures.org>
- Academic Resources for Families: www.slps.org/keeponlearning
Additional Resources: www.slps.org/resources
- Spectrum is offering free broadband internet access/wi-fi to families for the next 60 days. To be eligible, customers must have a student enrolled in a K-12 school or college. Parents can call Spectrum at 844-488-8395.

General COVID-19 updates and information

- CDC's Website <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Red Cross <https://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-safety-and-readiness-tips-for-you.html>

Mental Health

- CDC – on mental health impact: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html
- Red Cross – Coping with COVID situation <https://www.redcross.org/about-us/news-and-events/news/2020/steps-to-help-cope-with-evolving-coronavirus-situation.html>
- Behavioral Health Response (Statewide) <http://bhrstl.org/support-2/>
- Provident Behavioral Health St. Louis <https://www.providentstl.org/our-response-to-covid-19/>
 - Current clients: 314-446-5158 (adult clients) & 314-446-2874 (youth clients)
Not yet receiving our services?
 - Call our helpline: 314-647-HELP (4357)
 - Join our online network at feelingkindablue.org to connect with others
 - All lines are provided at no cost to you.