



## From the Heart Church Ministries of Harrisburg

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*Jesus is Lord!*

### Coronavirus (COVID-19) Benefits Resource Guide

We would like to thank Minister Denise Newsome, Minister Crystal Welsh, and Sister Ashley Ortiz for compiling this information. It is designed to assist you in understanding your rights, benefits and available resources during this time. This information is a starting point, so you can review it and then speak with your debtors, health professionals, employers, counselors and/or providers regarding any questions you may have about how to get the assistance you and your family may need during this time.

#### Health information

- Visit the [CDC's website](#) for timely and trusted information about COVID-19. You can find recommendations on how we can stop the spread of germs [here](#).
- The CDC now [recommends](#) to wear cloth face coverings in public settings where other social distancing measures are difficult to maintain. Here is a step-by-step process for a [DIY face mask](#).



- [Pennsylvania Department of Health Website](#) provides the latest updates on the impact of and response to coronavirus in Pennsylvania
- Visit the [Dauphin County Coronavirus](#) website for an overview of Dauphin County Coronavirus information.

## Food and meals



Emergency food stamps are available through the Supplemental Nutrition Assistance Program ([SNAP](#)) Food Benefits Program. The [Department of Human Services](#) offers SNAP to help low-income households get more food. Applications [can be submitted online by clicking here](#) or you can [click here to download a paper application](#).

- Sheetz is providing free meals to children. Visit [www.sheetz.com/news/kidzmeals](http://www.sheetz.com/news/kidzmeals) for more details and a listing of participating Sheetz Stores.
- [Central Pennsylvania Food Bank](#) has a listing of available local food pantries.
- The [United Way of the Capital Region](#) can help people get in touch with groups or services that provide assistance for meeting basic needs, such as helping those with food insecurity. Call 211 for more information.
- The **Salvation Army** provides emergency food assistance and weekday breakfasts as part of their family programs. To sign up or get more information, call 717-233-6755 or email [Melissa.Snyder@use.salvationarmy.org](mailto:Melissa.Snyder@use.salvationarmy.org).
- Many schools are still providing free breakfasts and lunches to children. You can find more information [by clicking here](#).

## Utilities



- PA Public Utility Commission prohibits the termination of utility services during the declaration of disaster. Read about it [here](#).
- Some utility, phone and internet companies are giving consumers a break during coronavirus pandemic. Read more about it [here](#).



Now that many of us are not commuting, you may be able to get a discount on your auto insurance premiums just by asking your company for one. Contact your auto insurance provider.



## Small Businesses

### [Coronavirus \(COVID-19\): Small Business Guidance & Loan Resources Website](#)

- The SBA has a website designated for small businesses and the resources that are available during these unprecedented times.
- Do you qualify for a small business loan? Fill out the [U.S. Small Business Association \(SBA\)](#) application.

## Shelter and resources for homeless citizens

### [CAPITAL AREA COALITION ON HOMELESSNESS](#)



#### **Weekday Meals:**

- Breakfast: Bethesda Mission (611 Riley) 7:00 -7:45am
- Lunch: Downtown Daily Bread (310 N. 3rd) 2:30-1:30pm  
St. Francis (1439 Market) 12:30 -1 :30pm
- Dinner: Bethesda Mission (611 Riley) 4:00 -4:45 pm  
Helping Hand (behind Courthouse) 4:30 pm (**not Monday**)

#### **Weekend Meals:**

- Friday/Every Other Saturday Night "Belong Collective" will visit camps like the mobile mission.
- Market Square Presbyterian Church - Sunday breakfast
- St. Patrick Cathedral -Sunday breakfast and dinner
- Helping Hand (behind Courthouse)- Sunday 4:30 pm

## ASSISTANCE

- Downtown Daily Bread: 8 am -Offers limited distributions for needs
- HELP Ministries: Appointments by phone: 717.238.2851
  - Shelter or help finding housing
  - Prescriptions
  - Information and referral for resources on homelessness

**Served in military or national guard? (717) 236-1440 ext.16**

**Running Water is now available** near the Portable Latrines at

