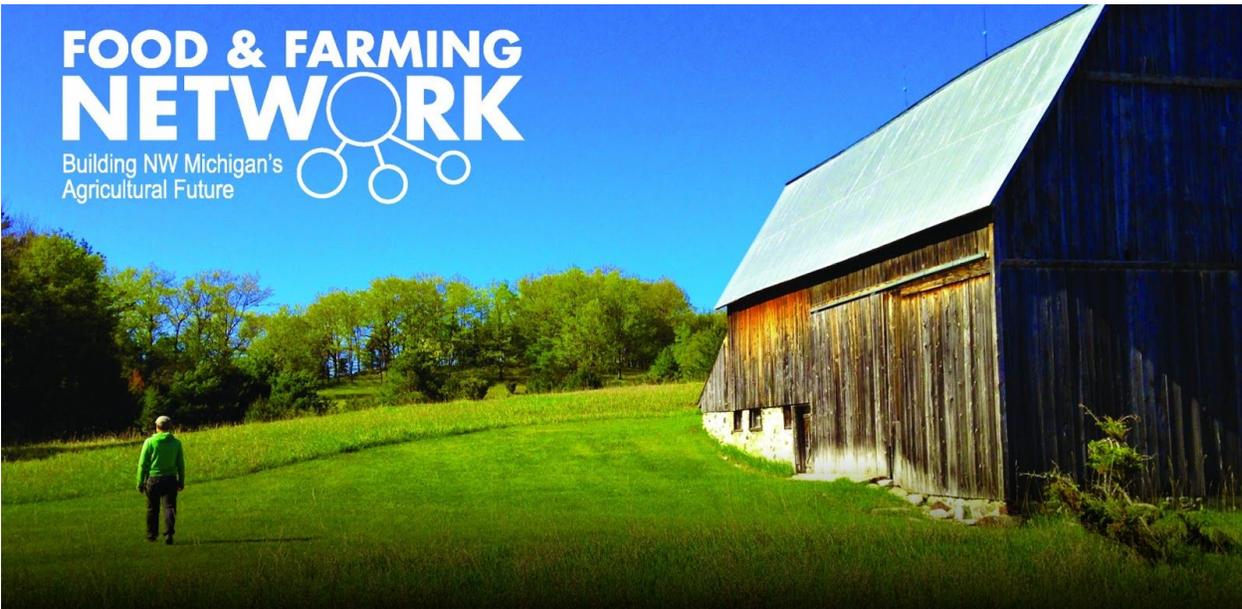


FOOD & FARMING NETWORK COVID-19 RESOURCE DOCUMENT



Introduction

This document is an aggregated list of food related resources during the COVID-19 pandemic. It is meant to be a one-stop location where you can find any services that are being provided to food organizations. You will also find links to county, regional, and state resources; neighborhood support and social media groups; and innovative tool kits/templates.

Important Updates and Definitions

- Michigan Governor Gretchen Whitmer's "[Stay Home, Stay Safe](#)" [Executive Order](#) on March 23, 2020, in which only "essential services" are to remain active.
 - All of Governor Whitmer's [COVID19-related executive orders](#).
 - Federal descriptions of [what "essential critical workforce" means](#).
 - Michigan Governor Gretchen Whitmer's "[Start Safe](#)" plan to re-engage Michigan's economy.
-

What is the Food and Farming Network?

The **Northwest Michigan Food and Farming Network (FFN)** is an organization that supports a network of groups in northwest Lower Michigan to provide local farmers, businesses, and individuals in need of information and resources. The main goal of this organization is to build northwest Michigan's agricultural future by identifying areas of need throughout the region's food system and coordinating action to address them.

FFN consists of five action areas addressed by volunteer task forces assigned to influence food system change by creating new or supporting existing projects in the community. They include:

1. **Local Food Sales:** Increasing Direct and Indirect Sales
2. **Farm to Institution:** Institutionalizing Local Procurement
3. **Agribusiness Generation:** Building Local Production and Processing Capacity
4. **Food Access:** Healthful Food for All
5. **Farmland Resources:** Preservation of Farming and Farmland

Link to the FFN website: <https://foodandfarmingnetwork.com>. Here you will find a snapshot of activities and in northwest Lower Michigan and resources in support of the network's goals and objectives.

**This online document is updated regularly. While we try to keep it as up to date as possible, institutions are continually changing their offerings in response to COVID19 containment and help issues. If you are viewing a printed version, know that some resources might have changed—always call to double-check.*

Updated Wednesday, May 13, 2020, 12:00 p.m.

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**Suggestions for
Additional Resources?
[CLICK HERE.](#)**

I. FOOD ACCESS RESOURCES

There are many food pantries and other resources for members of our Benzie County community, see [Benzie County Resource Directory](#) for a complete list. (The list below is just related to COVID-19.)

State and Regional Food Access Resources

1. [Food Assistance Help in Michigan](#): Food banks in Michigan, public transportation providers helping with food assistance, grocery stores with special hours and pick-up and deliveries, and shopping and delivery services. Scroll down to the food assistance, information, and resources header.
2. [Feeding America West Michigan](#): Find local and mobile food pantries, food trucks, soup kitchens, and more near you. Find out how to volunteer.

Food For Kids

1. [School Closures and Food Access](#): Includes a map for COVID-19 and school closures, finding help during COVID-19, and keeping children healthy while out of school.
2. [Frankfort-Elberta Area Schools](#): All children under the age of 19* are eligible for free meal delivery, each containing multiple days' worth of food. You can [sign up online here](#) or call 231-352-7601.

How it works: FEAS bus drivers will be leaving at 8:30 a.m. and driving their regular routes. Staff will also be on busses to hand out meals as they greet students or parents at the stop. If students do not ride a bus and they would like food, please call the elementary school (231-352-7601) for a bus stop close to you, or food can be picked up at the back of the JH/HS cafeteria on Elm Street, for drive-thru service between 11 a.m. to 1 p.m every weekday, Monday through Friday. (It is labeled as door "13," located next to the dumpster.) Deliveries will occur:

- Mondays, through April 6/TBD—breakfast and lunch bags for Monday, Tuesday, and Wednesday.
- Thursdays, through April 9/TBD—breakfast and lunch bags for Thursday, Friday, Saturday, and Sunday.

***NOTE:** *All children are eligible for this service. The State of Michigan has even extended it beyond regular BCCS and/or FEAS students; in other words, even if your child does not attend BCCS and/or FEAS, but this assistance would be helpful, you are welcome to participate! (Homeschool, school-of-choice, etc.)*

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3. [Lake Ann United Methodist Church](#): "If the school closures have you concerned about your child not being able to eat breakfast or lunch, please let us know! We want to help!" 231-275-7236
4. **Baby Pantry at [Advent Lutheran Church](#) of Lake Ann**: Diapers, wipes, baby food, and other supplies available to those who have the need. Open at 8481 Lake Ann Road on the second Saturday of the month from 9 a.m. to 12 p.m. 231-275-8031
5. [The Baby Pantry at St. Philips Episcopal Church](#): The items provided—diapers, baby food, clothing, books, and much more—are meant to fill in the gaps where other helping organizations leave off. (Located at 785 Beulah Highway/US-31, Beulah; 231-882-4506; [StPhilipsBeulah.org](#).)
How it works: Completely free, and there are no income requirements. The Baby Pantry is open to parents and guardians of newborns and children through age five who live in Benzie County and surrounding communities. Open the first and third Saturdays of the month from 10 a.m. to 3 p.m. During the COVID19 crisis, this is a drive-through service only.
 - Saturday, April 4
 - Saturday, April 18

Food For Senior Citizens

1. [Home-delivered Meals](#): Provides information on Meals on Wheels of NMCAA COVID-19 Mitigation Plan. Shows the menu for the meals and eligibility criteria to sign up.
 - a. For more information about Meals for Wheels, residents of...
 - i. Grand Traverse and Leelanau counties can contact Jennifer Watkins, David Hagen, or Lisa Robitshek at: (231) 947-3780 or (800) 632-7334.
 - ii. Manistee county residents may phone Bonnie Kruse at: (231) 723-6461.
 - iii. Missaukee and Wexford county residents may contact Chuck Dolley at: (231) 775-9781.
 - iv. The toll-free number throughout our service area is (800) 632-7334.

Food For All

1. **Community Spirit Food Source**: Offering food cards for those in need. Call/text Melanie at 231-383-2606 for information on how to receive by mail.
2. [Crescent Bakery "Bread Bank"](#): Will be stocked with free fresh-baked bread each morning.
How it works: On the honor system—the bread bank is intended for people in our local community who need help feeding themselves and family. If you are short on food, please take some bread. If you have an elderly neighbor who cannot get out, please take them some bread. If the family down the road is short on food, please take them some bread. We understand not everyone can make it into our door themselves. (404 Main Street, Frankfort; 231-352-4611)
 - Tuesdays through Saturdays, from 7 a.m. to 3 p.m. or until that day's bread is gone.

3. [First Congregational Church of Benzonia](#): Supplemental food at 900 Barber Street on the second Monday of the month from 11 a.m. to 12 p.m. Call 231-882-4922 to sign up.
4. [Fresh Wind Christian Community](#): Offering twice-weekly stationary food pantry and pop-up mobile food pantries during the COVID19 crisis.
Stationary food pantry at 9780 Honor Highway, Honor (by Cherry Bowl Drive-In): Held every Tuesday and Thursday with drive-through service from 10 a.m. to 1 p.m.
 - Tuesday, March 24
 - Tuesday, March 31
 - Tuesday, April 7
 - Thursday, March 26
 - Thursday, April 2
 - Thursday, April 9
5. [Lake Ann United Methodist Church](#): Food bank, open to help those in need.
231-275-7236
 - Mondays 9 a.m. to 12 p.m.
 - Wednesdays 4:30-6:30 p.m.
 - Thursdays 9 a.m. to 12 p.m.

II. FARMS

Farms & COVID-19

1. [COVID-19 Resources for Farmers](#): This link provides resources including, navigating COVID-19 relief for farmers, commonly asked questions by young farmers, a farmer's guide to direct sales software platforms, disaster loans, and more.
2. [Building Farm Resilience](#): offers ideas on how we can take care of ourselves, our farms, and our local communities. These resources offer support on the various aspects of farming during a crisis, with a focus on the current COVID-19 pandemic. Includes resource links and current news.
3. [Keeping Your Vegetable Farm Running](#): Information on plant health assessment sampling, insect and plant identification, and resources to keep your plants healthy.
4. [MDARD Guidance for U-Pick Operations](#): Guidelines on how operators must follow specific guidance such as social distancing in the retail and field areas, using masks, and taking the necessary steps to protect public health.

Food/Produce

1. [COVID-19 Safety Protocols For Food Distribution & Purchases](#): This document provides guidelines for on-farm pickups and CSA's, farmers markets, and employee safety.
2. [On-line Food Distribution Tools During COVID-19](#): Up-to-date movement data, market structure and local groceries near you, food delivery, and more.
3. [Michigan On-Farm Produce Safety](#): Contains information on U-Pick guidance, produce safety updates like inspection reminders, produce safety technician questions, updates on technical assistance, and more.

Financial Assistance

1. [Relief Package for Farmers](#): Includes news on the relief funds provided to farmers who supply local food systems. Provides support for local and regional food systems, small business assistance, and student loan debt.

2. [Navigating the CARES Act](#): Helps food and farm businesses navigate the CARES Act financial assistance programs. [Click here](#) to watch the recording of the Wallace Center Rapid Response briefing.
3. **USDA Coronavirus Food Assistance Program (CFAP) Relief Program**: The United States Department of Agriculture (USDA)'s [Coronavirus Food Assistance Program](#) (CFAP) is offering \$16 billion in direct payments to agricultural producers who suffered losses due to COVID-19. Details have begun to emerge, and we will keep as many people as possible posted on these details.

We are being told that the first step a producer should take to benefit from these payments is to call their local, or nearest, Farm Service Agency (FSA) to set up a meeting. Your local agents in those offices want to get preliminary information from you about your operation, and help you fill out necessary forms. Others you trust who work to help Native communities in agriculture can also assist. Be sure and reach out to your regional technical assistance specialist at the [Intertribal Agriculture Council](#).

The local FSA staff for your location will ask for the following information:

- Contact info
- Personal info, including your Tax Identification Number
- Farming operating structure
- Adjusted Gross Income to ensure eligibility
- Direct deposit information to enable payment processing

NOTE: Do not send personal identification or financial information to anyone without first initiating a phone call with a USDA agent, such as your local FSA agent. USDA agents will NOT contact you first. You must initiate contact. If others start to contact you “on behalf of USDA”, or FSA, please exercise due diligence to make sure they have your best interests in mind. This is a free service, and no one should charge you to be helped to access these resources. There are many sources for helpful information. Once sign-ups have started, the following forms will need to be turned in. Review these forms with a local FSA agent, and try to fill out as much as you can. If you are an existing user of USDA programs, this information is likely already on file at the local USDA Service Center.

USDA Coronavirus Food Assistance Program Forms

[CCC-901](#) Identifies members of farm or ranch operation.

[CCC-941](#) Reports the average adjusted gross income.

[CCC-942](#) Reports income from farming, ranching, and forestry.

[AD-1026](#) Ensures compliance with highly erodible land conservation and wetland conservation.

[AD-2047](#) Basic customer contact information.

[SF-3881](#) Banking information so USDA can make payments via direct deposit.

For more information on this program and where to find the nearest FSA office, as well as links to the forms listed above, please visit: <https://www.farmers.gov/cfap>. You can find your local FSA office at the very bottom of that page with a simple search of your State and County.

Farmers Markets

1. [Farmer's Market Coalition](#): Compiled information and advice from farmers markets, state associations, health departments and the Centers for Disease Control. Includes how to stay informed, how to implement operational changes, market resources, farm-level resources, and more.
2. [COVID-19 Farmers Market Advocacy Toolkit](#): Supports you in advocating for farmers markets to remain open during emergency orders related to the COVID-19 pandemic. Because the State of Michigan has identified markets as essential, this would only be necessary for local and/or county level advocacy where those municipalities have made a choice to close markets.
3. [Sara Hardy Downtown Farmers Market](#), Traverse City: Online marketplace ordering available. Location and hours listed in the link. [Click here](#) to visit the official website for Sara Hardy Farmers Market for pick-up process information and news.
4. [MIFMA Guidelines for Farmers Markets During COVID-19](#): This link provides information relating to guidance and considerations for operating a farmers market during this time. Includes information on guidelines to modify your operation, signage that can be posted to reinforce CDC recommended behaviors in public settings, tips for developing a daily COVID screen program, sanitizing SNAP tokens, a P-EBT fact sheet, how to set up a handwashing station, and more.

Restaurants & Food Service

1. [Resources for Restaurants and Workers Coping with the COVID-19 Emergency](#): Includes relief funds for restaurant workers, general resources like the COVID-19 app, unemployment information, financial assistance, updates on closures, and more.
2. [Guidelines for Re-opening Restaurants](#): Information on hand hygiene, cleaning and sanitizing, employee health monitoring and personal hygiene, and social distancing.

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Includes a downloadable document on reopening guidance provided by the National Restaurant Association.

3. [Michigan Statewide Roadmap to Re-opening](#): Step-by-step guide to navigating restaurant reintegration. Includes establishing cleaning procedures, developing a COVID-19 response team, and employee health & PPE requirements.
4. [Michigan Regional Roadmap to Re-opening](#): Executive Order 2020-91 and 92 requirements for re-opening all business including restaurants and bars. Includes regions 6 and 8, click link to see if your county is in these regions.

Cleaning, Sanitizing, & Food Safety

1. [Best Food Practices and Managing Risk](#): Resource compilation of hand hygiene, what to do if you're sick, basic food safety, homemade hand sanitizer, sharing and receiving food from others, and more.
2. [Difference Between Cleaning, Sanitizing, Disinfecting, and Sterilizing](#): Provides information on different cleaning types, their effectiveness with COVID-19 and other pathogens, and which to use when working with food.
3. [Diluting Bleach and Cleaning Up After an Infected Individual](#): Correct measurements for diluting bleach and proper procedures for managing materials and surfaces exposed to pathogens.
4. [On-Farm Sanitation Practices](#): What needs to be sanitized, types of sanitizer available for use, handwashing stations, and more.

III. GENERAL RESOURCES

Where to start in looking for/to help? Take the self-assessment below to get pointed in the right direction.

FIRST STEP: Is this a need that might be met by a state or regional agency?

Call “211” on your phone or visit HWMUW.org/211 for county-wide resources for food, health, housing, and other essential needs or financial assistance/unemployment.

SECOND STEP: Is this a need that might be met by a county agency?

Review this document and call the appropriate office. Also check [Benzie Co. Resource Directory](#).

THIRD STEP: Is this a need that I might get from neighbors in a Facebook group?

Try [Overheard in Benzie County](#), [Mutual Aid of North West Michigan](#), [Spark in the Dark TC](#), etc.

FOURTH STEP: Is this a need that is coming directly from the COVID19 situation but is related to Benzie County?

Use this guide and share it with friends! (Use this link to share: <https://bit.ly/BNZMutualAid>)

See below for more detailed information on each of the answers above.

Federal Resources

1. Federal Coronavirus Food Assistance Program (<https://www.usda.gov/media/press-releases/2020/04/17/usda-announces-coronavirus-food-assistance-program>)

State & Regional Resources

1. HWMUW.org/211: State and county-wide resources for food, health, housing, financial, unemployment, and other essential needs. Call “211” on your phone or visit website.
2. [State of Michigan](#): Health and Human Services COVID-19 hotline: 1-888-535-6136 Website has: volunteering and donations; apply for unemployment or assistance with health insurance, food, and other needs; find resources in your local community; locate your local school meal pick-up; resources for small businesses; 24/7 crisis counseling hotline.
3. [University of Michigan COVID Response Resources](#): unemployment, utility shut-offs, etc.

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4. [United Way of Northwest Michigan](#): Brings donors, volunteers, and community organizations together to solve critical problems in our five-county region (Antrim, Benzie, Grand Traverse, Kalkaska, Leelanau) in three key areas—health, education, and financial stability. 231-947-3200
5. [COVID-19 General Resource Compilation](#): Provides links to resources including funding opportunities, policy, food safety, farm-to-institution, and more.
6. [COVID-19 Food Systems General Resources](#): This document provides compiled information on current articles related to food systems and COVID-19 and general information including food safety, restaurants, policy, and more.
7. [MSU Food Systems Challenges Resources](#): Provides resources related to food access, food safety, legislative action concerning COVID-19, farmer/local producer resources, small business support, and more.
8. [Food Industry COVID-19 Support](#): A compiled list of resources and tools relating to social distancing, funding, business support, donations, stress relief, and more.

County Resources

1. Your County Department of Human Services
2. Your County Health Department

Neighbor Support and/or Facebook Groups

- I. **Overheard in _____ County facebook groups**: people posting about the goings on in your county. Sometimes pretty landscapes, but lately, many posts have related to COVID19.
- II. [Mutual Aid of North West Michigan](#): Created to help with COVID19-related problems in Northern Michigan, this 1,700+ member regional Facebook group is a great resource with many people posting ways to get/give help daily.
- III. [Spark in the Dark TC page](#) and [Spark in the Dark group](#): Request help. Give help. This regional resource—started in 2015—connects people in need with people/organizations that are able to help through peer-to-peer resource sharing.
- IV. [Neighborhood-Check in Document](#): One-page printable letter to safely check-in with your neighbors.

IV. GENERAL MEDICAL SERVICES

Hospital, Pharmacy, & Hand Sanitizer

1. New Coronavirus COVID-19 Hotline for the State of Michigan: **1-888-535-6136**
2. **[Paul Oliver Memorial Hospital](#)**: Call 231-935-0951 for COVID19-related questions. Call 231-352-2200 with other, general questions. Located at 224 Park Avenue, Frankfort. **[FAQ about COVID-19](#)**, via Munson.

Feeling Sick? [Click here for directions](#) on what to do if you think you are sick, as well as information on the COVID-19 symptoms, how you can protect your loved ones, and resources to find out if you are “high risk” for contracting the virus, etc. Patients without a primary care provider can call the Munson COVID-19 nurse hotline at 231-935-0951—available 7 days a week, from 7 a.m. to 7 p.m. Munson Healthcare is following the State of Michigan guidelines for testing, which includes a decision tree, based on severity of symptoms. The COVID-19 test is free, however, other tests that may have to be done first, such as (not-free) flu swabs.

Facility & Event Closures: [Click here for a list](#) of all Munson closures/cancellations due to COVID-19. Events are listed based on the hospital associated with the event, including a section specifically on Paul Oliver. Please call ahead to verify an event that you are planning on attending to find out if it is still happening.

Visitors: There are new rules in place regarding visitors to Munson Healthcare hospitals and facilities. All visitors will be screened—please be prepared to answer questions about your current health, travel history, and contact with people exhibiting signs of COVID-19. Every individual must wash hands or use alcohol sanitizer before and after leaving any rooms, as well as the Munson Healthcare facility. In general, all visitors are prohibited from entering Munson Healthcare hospitals and facilities, with a few exceptions, which [can be found here](#).

How You Can Help: Want to donate new or unused N95 masks, thermometers, or other items that are needed right now? Want to join the dozens of people who are making masks for healthcare workers? [Click here](#) to learn how you can help our healthcare system during this crisis.

3. **[Northwest Michigan Health Services](#)**: A 501(c)3 nonprofit that welcomes anyone in the seven-county area—Antrim, Benzie, Grand Traverse, Leelanau, Manistee, Mason, Oceana—seeking health care, regardless of their income, occupation, age, ethnicity, or country of origin. You do not need to have insurance to come in for treatment. They offer a full spectrum of primary care services, vaccines, counseling, dentistry, and prescription medications on a sliding scale. [NMHSI.org/Locations/Benzonia/](#)
How it works: Serving medical and behavioral health patients during the COVID19 pandemic, including tele-video and tele-audio visits for both; they are seeing dental patients for emergency needs only. On-site, they are pre-screening patients who present with fevers/cough and triaging them out of their clinics for the most appropriate testing and follow-up. The Benzie County location—6051 Frankfort Highway/M-115, Benzonia—has services five days a week; call 231-383-4800 for more information or to schedule an appointment.

4. **Hand Sanitizer:** [Iron Fish Distillery](#) has produced ethanol-based hand sanitizer to help meet the demand in our community. consistent with State mandates and the recommendations of experts from the World Health Organization (WHO); free for the public. 14234 Dzuibanek Road, Thompsonville.
How it works: Bring your own container (8 oz limit), or they have containers available. Though sanitizer is free, they will be accepting any contributions (100% donated to their staff). Call 231-378-3474 or email info@ironfishdistillery.com to schedule pick-up.
5. **Break the Chain of Infection Infographic:** Created by a local Registered Nurse in Benzie county who is also a graphic designer, this infographic has been translated into multiple different languages and has gone around the world (it was printed on the front page of India’s largest newspaper, for instance).
 - [Printable English version](#)
 - [Printable Spanish version](#)

Mental Health

1. Medical or safety emergency: Call 911 on your phone
2. 24-hour mental health crisis line: 1-833-295-0616 (Northern Lakes Community Mental Health-FAST)
3. Crisis counselor text line (24/7, national service): text “HOME” to 741741
4. National Suicide Prevention Hotline: 1-800-273-8255
5. [Submit tip](#) of criminal activity (OK2SAY)
6. National Domestic Violence Hotline (24/7, for survivors & victims): 1-800-799-7233, or text “LOVEIS” to 22522
7. United Way (all general community resource inquiries): Call 211 on your phone.
8. Michigan DHHS Coronavirus Hotline: 1-888-535-6136, 8 a.m. to 5 p.m., 7 days a week
9. [Substance Use/Substance Use Disorder recovery support](#)
10. [Traverse City Compulsive Eaters Anonymous H.O.W.](#): Zoom meetings via 61-371-4256 on Thursdays from 5:30-6:30 p.m. [Regional Food Resources](#)
11. **Munson Behavioral Health Services - Recovery Coaches:** To schedule an appointment for assistance with substance abuse, or for help determining the right care for you or a loved one, please call the Traverse City office at 800-662-6766. Open Monday through Thursday from 8 a.m. to 7 p.m. and Friday from 8 a.m. to 4 p.m. If experiencing a crisis, call the region’s 24-hour crisis line at 833-295-0616.
12. [Northwest Michigan Health Services](#): Providing assistance to patients and members of the public who are coping with COVID19-related stress. Behavioral therapists are staffing a “warm line” at 231-655-3867 and COVID-stress@nmhsi.org on Mondays through Fridays from 8 a.m. to 12 p.m. and 1-4 p.m. (NMHSI is a 501c3 nonprofit that welcomes anyone in the seven-county area—Antrim, Benzie, Grand Traverse, Leelanau, Manistee, Mason, Oceana—seeking health care, regardless of their income, occupation, age, ethnicity, or country of origin.)
Disclaimer: The warm line is not intended to address emergencies, and patients are advised to avoid sending personal medical information by email.

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FAQ Section

As of the making of this document, Governor Gretchen Whitmer's office has been taking steps to slow the spread of the coronavirus in Michigan, including cancelling K-12 schools until (at least) April 13, 2020; limiting groups to 10 persons or less and limited to same household; and closing all bars and restaurants (excluding take-out service) and all nonessential public spaces. (For a complete and up-to-date list of all executive orders in Michigan, [check out the state website here.](#))

During this time, it's very important that everyone stay at home in voluntary self-isolation, to try to slow the spread of this virus.

However, isolation can be difficult without the support of your neighbors. We recognize that these closures and rapid changes can bring hardship and difficulties on many in our food and farming community; but this time can also inspire many individuals and groups to ask how they can give/receive help.

- **How do I use this document?**

Those in need of help or resources can use this as a document when asking: Where can I go?

Volunteers can use this as a resource for identifying agencies with which to volunteer.

Organizations and groups can use this as a resource in decision-making when asking: What are other groups doing? Are we duplicating any existing efforts? If so, how can we collaborate? Is there a gap that still needs to be filled that would be a more appropriate use of our time/energy/resources?

- **Where will this document be stored/accessed?**

Google Docs. We intend for all of the groups on this list to make this document available and to have a contact who will be updating it with dynamic changes or additions as they occur.

- **Why are we doing this?**

To identify and connect individuals and groups. To identify overlaps and gaps.

To facilitate more dynamic communication, responsiveness, and the cross-pollination of ideas.

- **How will we do this?**

Continuous daily updating of the Google Doc. Specifically, we have created a separate Google Form in which the public is invited to send us information about resources that we may have missed related to COVID19: we rely on users like you!

- **How frequently do you update this document?**

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Minimally, we are checking for updates from the public via our Google Form daily and posting them in this document. We are also checking in weekly with the organizations that are already in this list, in case they have updates to their services.

- **What are the costs associated with this document?**
None. (Beyond the volunteered time of the four creators of this document, plus the volunteered time of those who submit to our Google Form.)
- **How do I get my group on your list?**
As mentioned above, you can fill out our Google Form to be considered for addition to this document. (Note: we do screen to make sure that the information is relevant.)