



# Basic Needs Community Resource List

[Food+Shelter+Success](#) is committed to supporting student's basic needs during the University's [COVID-19 precautions](#). In addition to [campus resources](#), community resources are available. If you need additional support, please email [basicneeds@sfsu.edu](mailto:basicneeds@sfsu.edu).

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## San Francisco State Food+Shelter+Success Resources

### CalFresh Help Clinic

[CalFresh](#) provides free money for groceries. Virtual application assistance and support is available. Students can email [calfresh@sfsu.edu](mailto:calfresh@sfsu.edu) for CalFresh assistance (screening, application assistance, questions, and troubleshooting). Zoom appointments are available upon request.

### Emergency Meal Cards

Emergency meal cards will continue to be distributed through the Dean-on-Call program Monday through Friday from 10am -3pm in Student Services Building room 403.

### Food+Shelter+Success Kits/Laundry Kits

Food+Shelter+Success hygiene kits and laundry kits will continue to be distributed Monday through Friday from 10am -3pm in Student Services Building room 403.

### Gator Groceries

Pre-made meal boxes will be distributed weekly at the Student Center. For weekly hours, please visit [basicneeds.sfsu.edu](http://basicneeds.sfsu.edu).

### Hope Crisis Fund

If you are experiencing a financial crisis at this time, you are encouraged to submit an application to the SFSU [HOPE Crisis Fund](#).

### Mashouf Wellness Center- Showers

The Mashouf Wellness Center is closed but the locker rooms will be open during modified hours to ensure students who rely on the facility to attend to personal hygiene have access to showers. [Review MWC shower guidelines](#).

MWC locker room open hours (all other areas remain closed):

- Monday: 9:30 am-11:30 am
- Friday: 9:30 am-11:30 am

### **Dean-on-Call**

To request a phone or Zoom appointment with a Dean-on-Call email [dos@sfsu.edu](mailto:dos@sfsu.edu) .

## **Free WiFi & Computer Access**

### **San Francisco State University- J. Paul Leonard Library**

Effective Tuesday, March 31, the SFSU Library facility will be closed until further notice.

- Students may request a loaner laptop from the Library by contacting [service@sfsu.edu](mailto:service@sfsu.edu) or (415) 338-1420. When emailing, include "Library Loaner Laptop" in the subject line; and when calling, ask for a Library Loaner Laptop.
- The Library continues offering a range of [services through remote modalities](#), from instructional support to research help.
- For more information on how to interact with your course content online please visit [Instructional Continuity — Student Quickguide](#).
- For more information and a list of Wi-Fi alternatives please visit the [Libraries COVID 19 page](#)

### **San Francisco Free Wi-Fi**

The City of San Francisco offers [free Wi-Fi service](#) in selected areas and parks of the City.

- [Free Wi-Fi in open spaces map](#)

## **Economic Resources**

### **San Francisco Services**

For more information on COVID-19, health services, city services, and business and job services during the shelter-in-place implementation, visit the [City and County of San Francisco](#).

### **San Francisco Employees Impacted by COVID-19**

For more information on paid sick leave, paid family leave, emergency child care, and employee resources for San Francisco visit the [San Francisco Office of Economic and Workforce Development](#).

## Unemployment Insurance

[Unemployment Insurance](#) may be available if you have lost your job or have had your hours reduced for reasons related to COVID-19

- Partial wage replacement benefit payments to workers who lose their job or have their hours reduced, through no fault of their own
- Range from \$40-\$450 per week for up to 26 weeks

## Disability Insurance

[Disability Insurance](#) may be available if you are unable to work due to medical quarantine or illness related to COVID-19 (certified by a medical professional).

- Short-term benefit payments to eligible workers who have a full or partial loss of wages due to a non-work-related illness, injury, or pregnancy
- Approximately 60-70 percent of wages (depending on income); ranges from \$50-\$1,300 a week for up to 52 weeks

## Paid Family Leave

[Paid Family Leave](#) may be available if you are unable to work because you are caring for an ill or quarantined family member with COVID-19 (certified by a medical professional).

- Up to six weeks of benefit payments to eligible workers who have a full or partial loss of wages because they need time off work to care for a seriously ill family member
- Approximately 60-70 percent of wages (depending on income); ranges from \$50-\$1,300 a week for up to 6 weeks

## Paid Sick Leave

[Paid Sick Leave](#) may be available if you or a family member are sick or for preventative care when civil authorities recommend quarantine

- The leave you have accumulated or your employer has provided to you under the Paid Sick Leave law
- Paid to you at your regular rate of pay or an average based on the past 90 days

## Workers' Compensation

[Workers' Compensation](#) may be available if you are unable to do your usual job because you were exposed to and contracted COVID-19 during the regular course of your work, you may be eligible for workers' compensation benefits. Benefits include:

- Temporary disability (TD) payments (begins when your doctor says you can't do your usual work for more than three days or you are hospitalized overnight)
  - May be entitled to TD for up to 104 weeks
  - TD stops when either you return to work, your doctor releases you for work, or your doctor says your illness has improved as much as it's going to
- TD generally pays two-thirds of the gross wages you lose while you are recovering from a work-related illness or injury up to the maximum weekly amount set by law.
  - Eligible employees are entitled to medical treatment and additional payments if a doctor determines you suffered a permanent disability because of the illness
- If accrued sick leave is denied, [file a Wage claim](#)

## San Francisco State University Parking Refund

Refunds for Parking – For refunds email [parking@sfsu.edu](mailto:parking@sfsu.edu)

## Community Basic Needs Resources

### One Degree

One degree is an interactive website that can connect you to basic needs resources in your area.

Please visit [1degree.org](http://1degree.org) to explore food, housing and financial resources in your Community.

### Hand Washing Stations in San Francisco

- [Map of hand washing stations](#)
- [List of locations](#)

## Community Food Resources

Visit our local food bank to access free food in your area.

### San Francisco & Marin Counties

#### [SF- Marin Food Bank](#)

- **San Francisco location:** 900 Pennsylvania Avenue, San Francisco, CA 94107
- **Marin location:** 2550 Kerner Boulevard, San Rafael, CA 94901

### Santa Clara & San Mateo Counties

#### [Second Harvest Food Bank](#)

- **San Jose locations:** 750 Curtner Avenue, San Jose, CA 95125 & 4001 North First Street, San Jose, CA 95134
- **San Carlos location:** 1051 Bing Street, San Carlos, CA 94070

## Alameda County

### [Alameda County Food Bank](#)

- **Oakland location:** 7900 Edgewater Drive, Oakland, CA 94621

## Contra Costa & Solano Counties

### [Food Bank of Contra Costa & Solano](#)

- **Concord location:** 4010 Nelson Avenue, Concord, CA 94520
- **Fairfield location:** 2339 Courage Drive, Suite F, Fairfield, CA 94533

## Farmers Markets

- [Alemany Farmers Market \(SF\)](#)
- [CUESA \(SF\)](#)
- [Pacific Coast FM](#)
- [Heart of the City FM \(SF\)](#)
- [Market Match | Making Fresh Affordable.](#)
- [The Ecology Center \(Berkeley\)](#)
- [Free Eats](#) Updated 3/20/2020 - does not include meals served once/twice a month
  - [Personally Verified 3/20/2020 List](#)

## Community Shelter Resources

For more information on community housing resources, [visit our Crisis Housing Resources page.](#)

### San Francisco County

- [Department of Homelessness and Supportive Housing](#)

### Marin County

- [Homeward Bound of Marin](#)

### San Mateo County

- [Network of Care](#)

### Santa Clara County

- [Network of Care](#)

## Contra Costa County

- [Contra Costa Health Services- Emergency Shelters for Adults](#)

## Mental Health Resources

### Helpful Hand-outs

- [SAMHSA: coping with stress during ID outbreak](#)
- [SAMHSA: Tips for social distancing, quarantine, isolation during ID outbreak](#)
- UCSF Primary Care Social Work Resources: [Emotional health hand- out](#)

### Video Resources

- [Qigong to Calm the Mind with Sally Chang](#)

### Mental Health Support

- Mental Health Associated of SF 24/7 peer run [warm line](#) for COVID19 support

## Eviction and Utility Moratoriums

Many California cities including San Francisco and San Jose have temporarily halted evictions. If you are experiencing fear of eviction, we encourage you to explore your city and county policy on temporary eviction moratoriums. Cities and counties may have different policies so it is important to check both.

### What is a moratorium?

A moratorium stops an activity for an agreed amount of time. For example, moratoriums prohibit landlords from evicting residential tenants who cannot pay rent due to COVID-19. Reasons include loss of income from work, childcare costs related to school closures, and healthcare costs.

### Eviction Moratoriums

On March 27, 2020, Governor Gavin Newsom issued an executive order banning the enforcement of eviction orders for renters affected by COVID-19 through May 31, 2020. Renters

must notify their landlord in writing within seven days of due rent. For more information, visit the [Office of the Governor's website](#).

## Utility Moratoriums

Check your local utility providers' website, if your utility provider is not listed below.

- [Alameda County Water District](#)
- [California Public Utilities Commission](#)
- [City of Benicia Utilities- Water and Sewage](#)
- [Contra Costa Water District](#)
- [East Bay Community Energy](#)
- [East Bay Municipal Utility District \(EBMUD\)](#)
- [Golden State Water Company](#)
- [Pacific Gas & Electric \(PG&E\)](#)
- [San Francisco Public Utilities Commission \(SFPUC\)](#)
- [San Jose Water Company](#)
- [Silicon Valley Power](#)

## Resources for Families with Children

### Free Diapers

Pick-up free diapers at five locations. Recommend calling prior to pick-up for hours.

- 170 Otis Street, 1st Floor @Child Care Resource Desk, 415-557-5100
- 1235 Mission Street, 415-558-4700
- 3120 Mission Street, 415-401-4800
- 37 Grove Street, 415-644-0504 ext. 2320
- 156 Broad Street, 415-406-1370
- [SF Diaper Banks](#) | [English Brochure](#) | [Spanish Brochure](#) | [Chinese Brochure](#)

### Youth Resources

- [Curriculum Resources](#) via SF dept of children youth & their families for indoor activities
- [Coping After a Disaster](#) – A Ready Wrigley activity book for children age 3-10
- Parent Caregiver Guide to Helping Families Cope with COVID-19 [Factsheet](#)
- BrainPOP [video](#) explaining covid19
- Covibook for kids [Spanish](#) | [English](#)
- Helpful hand-outs

- [SAMHSA: Talking with Children: Tips for caregivers, parents, and teachers during ID outbreaks](#)
- [NCTSN: Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\) \[Chinese\] \[Spanish\]](#)
- [How To Balance Working From Home While Caring For Kids](#)
- Creative Movement for SFUSD's Visual and Performing Arts Department [Virtual dance classes](#)
- Free digital books by [EPIC!](#) (3500+ books!)