



# Basic Needs Community Resource List for Students

[Food+Shelter+Success](#) is committed to supporting student's basic needs as the University continues to shelter-in-place due to the [COVID-19 pandemic](#). In addition to resources provided by the campus, community resources are also 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 10:00 AM to 3:00 PM in the Student Services Building (SSB) Room 403 (4<sup>th</sup> Floor).

**Food+Shelter+Success Kits/Laundry Kits** – Food+Shelter+Success hygiene kits and laundry kits will continue to be distributed Monday through Friday from 10:00 AM to 3:00 PM in the Student Services Building (SSB) Room 403 (4<sup>th</sup> Floor).

**Gator Groceries** – Pre-made meal boxes will be distributed weekly at the Student Center. For weekly hours, please visit the [Basic Need's website](#).

**Hope Crisis Fund** – If you are experiencing a financial crisis at this time, you are encouraged to submit an application to SF State's [HOPE Crisis Fund](#).

**Mashouf Wellness Center Showers** – The Mashouf Wellness Center (MWC) is closed but the locker rooms are open during modified hours (Monday and Friday from 9:30 AM to 11:30 AM) to ensure students who rely on the facility to attend to personal hygiene have access to showers.

**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

**SF State's J. Paul Leonard Library** – The Library building is open Monday through Friday from 8am-5pm (closed March 31). There are study spaces, Wi-Fi and desktop computers available. Check the [Instructional Continuity Student Guide](#) for more internet options.

**San Francisco Free WiFi** – The City of San Francisco offers [free WiFi service](#) in selected areas and parks of the City. [A map of free WiFi services in open spaces can be found here.](#)

## 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 had your hours reduced for reasons related to COVID-19.

- Partial wage replacement benefit payments for workers who lose their job or have their hours reduced, through no fault of their own.
- Range from \$40 to \$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% to 70% of wages (depending on income); ranges from \$50 to \$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% to 70% of wages (depending on income); ranges from \$50 to \$1,300 a week for up to 6 weeks.

**Paid Sick Leave** – [Paid Sick Leave](#) may be available if you or a family member is sick or for preventative care when civil authorities recommend quarantine. This is leave you have accumulated or

your employer has provided to you under the Paid Sick Leave law is 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)
  - Begins when your doctor says you can't do your usual work for more than three days or you are hospitalized overnight; and ends when you return to work, when your doctor releases you for work, or when your doctor says your illness has improved as much as it is going to.
  - You may be entitled to TD for up to 104 weeks.
  - 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](#).

**SF State Parking Refunds** – For parking refunds, email [SF State's Parking & Transportation](#) office at [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 the [One Degree website](#) to explore food, housing and financial resources in your Community.

### **Hand Washing Stations in San Francisco**

- [A map of hand washing stations can be found here.](#)
- [A list of hand washing locations can be found here.](#)

## [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 of Silicon Valley 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 Community 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, San Francisco](#)
- [Center for Urban Education about Sustainable Agriculture \(CUESA\), San Francisco](#)
- [Pacific Coast Farmer's Market Association](#)
- [Heart of the City, San Francisco](#)
- [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 website](#).

**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 Handouts**

- UCSF Primary Care Social Work Resources: [Emotional Health Handout](#)

**Video Resources**

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

**Mental Health Support** – [Mental Health Association of San Francisco's 24/7 peer run Warm Line](#) for COVID-19 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 & Sewage](#)
- [Contra Costa Water District](#)
- [Alameda County Water District](#)
- [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. Calling prior to pick-up for hours of operation is recommended.

- [SF Diaper Bank](#) | [English Brochure](#) | [Spanish Brochure](#) | [Chinese Brochure](#)
- 170 Otis Street, 1st Floor at 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

## Youth Resources

- [Curriculum Resources](#) via the SF Department of Children, Youth & their Families for indoor activities
- [Coping After a Disaster](#) – A Ready Wrigley activity book for children ages 3-10 produced by the CDC
- Parent Caregiver Guide to Helping Families Cope with COVID-19 [Fact Sheet](#)
- [BrainPOP video](#) explaining COVID-19
- Covibook for kids in [Spanish](#) and [English](#)
- Helpful handouts
  - [SAMHSA: Talking with Children: Tips for caregivers, parents, and teachers during ID outbreaks](#)
  - [National Child Traumatic Stress Network \(NCTSN\): Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\) \[Chinese\] \[Spanish\]](#)
- Creative Movement from SFUSD's Visual and Performing Arts Department: [Virtual Dance Classes](#)
- Free digital books by [EPIC!](#) (3500+ books!)