

Organization/Site	Street Address	Town	Contact Info	Day/Time	Service	Eligibility	Notes
Amesbury School District, Amesbury Elementary	20 South Hampton Rd. (front door)	Amesbury	Joan Liporto 978-388-0507 x7019 liportoj@amesburyma.gov	Curbside pickup M-F, 11:30am-1:00pm	Grab and go Breakfast and lunch	Amesbury families	Home delivery available, if necessary
Amesbury School District, Amesbury High School	5 Highland St. (side door, cafeteria entrance).	Amesbury	Joan Liporto 978-388-0507 x7019 liportoj@amesburyma.gov	Curbside pickup M-F, 11:30am-1:00pm	Grab and go Breakfast and lunch	Amesbury families	Home delivery available, if necessary
Meals on Wheels	Amesbury Council on Aging, 68 Elm St.	Amesbury	(978) 388-8138 https://www.amesburyma.gov/senior-community-center		Meals on Wheels	Amesbury resident age 60 and older or qualified adults with disabilities	Contact directly for more information
Community Action	44A Friend St, outside hallway	Amesbury	978-388-2570 https://www.communityactioninc.org/programs/food/amesbury-center	M, T 9am-3pm and TH 1:00pm-6:00pm, twice per month	Free groceries	Residents of Newburyport, Newbury, Byfield and West Newbury	Call or check website for current schedule and offerings
Naples Pizza	142 Elm St.	Amesbury	978-388-0211 or email info@naplespizzeria.com		Will help people in need, as requested		Send a direct message to Naples Pizzeria on Facebook or email details of need
Our Neighbors Table, Amesbury Market	Jarvis-Taylor Center, 194 Main St.	Amesbury	978-388-1907 https://www.ourneighborstable.org/	W 12:00pm-3:00, F 9:00am-12:00pm., SAT. 9:00am-12:00pm. You may only pick up one time per week.	Free groceries, shop in-person	Residents of Amesbury, Boxford, Merrimac, Newburyport, Salisbury, Newbury/Byfield, W. Newbury, Groveland, Rowley	On their website, click on the, "COVID-19 page" for current offerings as schedule may change
Our Neighbors Table, Amesbury Market	Jarvis-Taylor Center, 194 Main St.	Amesbury	978-388-1907 https://www.ourneighborstable.org/	TH, 12:00pm-6:00pm – only for those with underlying health conditions or who are high-risk.	Curbside pickup of free groceries. Call or order online by 6:00pm on Wednesday	Residents of Amesbury, Boxford, Merrimac, Newburyport, Salisbury, Newbury/Byfield, W. Newbury, Groveland, Rowley	On their website, click on the, "COVID-19 page" for current offerings as schedule may change
Our Neighbors' Table at Heritage Towers and Heritage Vale		Amesbury	978-388-1907 https://www.ourneighborstable.org/	1 st and 3 rd W of the month, 9:30am-10:30am	Free groceries	For residents of Heritage Towers and Heritage Vale Only	On their website, click on the, "COVID-19 page" for current offerings as schedule may change

Our Neighbors' Table at Powwow Villa		Amesbury	978-388-1907 https://www.ourneighborstable.org/	1 st and 3 rd W of the month, 9:30am-10:30am	Free groceries	For residents of Powwow Villa Only	On their website, click on the, "COVID-19 page" for current offerings as schedule may change
Our Neighbors' Table at Main St. Congregational Church Hall	145 Main St.	Amesbury	978-388-1907 https://www.ourneighborstable.org/	W, 4:00pm-6:00pm	Hot meal to go		On their website, click on the, "COVID-19 page" for current offerings as schedule may change
First Congregational Church of Boxford Food Pantry	4 Georgetown Rd	Boxford	978-887-5841x3 foodpantry@firstchurchboxford.org https://www.firstchurchboxford.org/food-pantry/		Curbside pickup of free groceries. Contact the church to arrange		
First Cong Church of Georgetown Food Pantry	7 Andover St.	Georgetown	978-352-8443 https://www.georgetowncongregational.org/ministries/community/foodpantry.html	M, TH, 9:30am-12:00pm	Free groceries		
Haverhill Public Schools, Consentino School	685 Washington St.	Haverhill	http://www.haverhill-ps.org/haverhill-community-programs/	M-F, 11:00am-1:00pm	Grab and go lunch and breakfast	Haverhill children, 1year of age through graduation	
Haverhill Public Schools, Hunking School	480 S Main St	Haverhill	http://www.haverhill-ps.org/haverhill-community-programs/	M-F, 11:00am-1:00pm	Grab and go lunch and breakfast	Haverhill children, 1year of age through graduation	
Haverhill Public Schools, Nettle Middle School	150 Boardman St	Haverhill	http://www.haverhill-ps.org/haverhill-community-programs/	M-F, 11:00am-1:00pm	Grab and go lunch and breakfast	Haverhill children, 1year of age through graduation	
Haverhill Public Schools, Haverhill YMCA	81 Winter St	Haverhill	http://www.haverhill-ps.org/haverhill-community-programs/	M-F, 11:00am-1:00pm	Grab and go lunch and breakfast	Haverhill children, 1year of age through graduation	
Haverhill Public Schools, Boys & Girls Club	55 Emerson St	Haverhill	978-374-6171 http://www.haverhill-ps.org/haverhill-community-programs/	M-F, 11:00am-1:00pm	Grab and go lunch and breakfast	Haverhill children, 1year of age through graduation	
Liz Murphy Open Hand Pantry	UU Church, 16 Ashland St., basement	Haverhill	978-372-0260 https://stjamesandjohnhaverhill.org/87	T, 4:00pm-7:00pm	Pre-packaged, free grocery pickup	Residents of Haverhill	Bring an ID and proof of address

Sacred Hearts Food Pantry	48 S. Chestnut St.	Haverhill	978-373-1281	M, W, F 8:15am-11:00am	Pre-packaged, free grocery pickup		
The Salvation Army	395 Main St.	Haverhill	978-420-4192 https://massachusetts.salvationarmy.org/ma/havneedhelp	M, W, F 9:30am-11:00am	Pre-packaged, free grocery pickup		Bring an ID and proof of address
The Salvation Army	395 Main St.	Haverhill	978-420-4192 https://massachusetts.salvationarmy.org/ma/havneedhelp	T, TH, F 12:00pm	Grab and go lunch		Bring an ID and proof of address
Somebody Cares New England	358 Washington St	Haverhill	978-912-7626 http://www.somebodycaresne.org/about-us/food-pantry.html	March 26, 8:00am-5:00pm. Usually on the last TH of the month	Pre-packaged, free grocery pickup	Residents of Haverhill	Bring an ID and proof of address
Our Neighbors' Table at the Merrimac Senior Center	Sweetsir School, 104 Church St.	Merrimac	978-388-1907, www.ourneighborstable.org/merrimacorder	SAT, 9:30am-10:30am	Curbside pickup of free groceries. Call or order online by 9:00am Friday		On their website, click on the, "COVID-19 page" for current offerings as schedule may change
First Parish Church of Newbury Community Food Pantry	20 High Rd.	Newbury	978-465-5597 https://firstparishofnewbury.org/	F, 3:00pm-5:00pm, 2:30 for Newbury residents and senior bus riders	Curbside pickup of free groceries		
First Parish Church of Newbury Community Food Pantry	20 High Rd.	Newbury	781-223-2669 call by Thursday afternoon to request delivery https://firstparishofnewbury.org/	F, 2:30pm-5:00pm	Free grocery delivery	Newbury, West Newbury and Newburyport.	Free delivery for those who can't drive to the food pantry. Call by Thursday afternoon to order
Central Congregational Church	14 Titcomb St.	Newburyport	978-465-0533 http://www.centralnewburyport.org/saturday-morning-free-community-breakfast/	SAT, 8:00am-10:00am	Grab and go breakfast		
Immaculate Conception Church	St. Louis Hall, 42 Green St.	Newburyport	978-462-2724 https://www.hricatholic.org/IC-St-Vincent-de-Paul	T, 5:00-6:00pm	Dinner to go		
Newburyport Public Schools	Nock Middle School Loading Dock, 70 Low St.	Newburyport		M, 10:00am-12:00pm	Grab and Go Breakfast, Lunch and Snack Items	Newburyport residents	
Newburyport Public Schools	Nock Middle School Loading Dock, 70 Low St.	Newburyport		TH, 10:00am-12:00pm	Grab and Go Breakfast, Lunch and Snack Items	Newburyport residents	
Old South Presbyterian Church	29 Federal Street, School St. side	Newburyport	978-465-9666 https://oldsouthnbpt.org/coming-up	SUN, 12:30pm-2:00pm	Grab and Go lunch		
Our Neighbors' Table at Community Services of Newburyport	35 Summer St.	Newburyport	978-465-7562 https://www.ourneighborstable.org/	TH, 11:00am-2:00pm. You may only pick up one time per week.	Curbside pickup of free groceries	Residents of Newburyport, Newbury, Byfield and West Newbury.	Pick up is at the Nock Middle School Loading Dock, 70 Low St.

Port Port Pizza and Subs	25 Storey Ave.	Newburyport	978-255-7988 https://www.portpizzaandsubs.com/		Curbside pickup of free small cheese pizza	Newburyport Public School students who are eligible to receive the district's free and reduced-price lunch.	Parents of students should call the shop and let them know of their situation. No questions will be asked.
Salvation Army	40 Water St.	Newburyport	978-465-0883 https://massachusetts.salvationarmy.org/MA/NBT_MeetUs	M, W, TH, 1:00pm-3:45pm You may only pick up two times a month	Curbside pickup of free groceries	Residents of Newburyport, Newbury, West Newbury, Amesbury, Salisbury, Byfield.	Phone ahead and basics will be bagged and brought outside to the car.
Salvation Army	40 Water St.	Newburyport	978-465-0883 https://massachusetts.salvationarmy.org/MA/NBT_MeetUs	W, 11:00am-11:30am	Grab and go lunch		
Salvation Army	40 Water St.	Newburyport	978-465-0883 https://massachusetts.salvationarmy.org/MA/NBT_MeetUs	TH, 5:00pm-5:30pm	Grab and go dinner		
St. Paul's Church	166 High St.	Newburyport	978-465-5351 https://www.stpauls-nbpt.org/events/	M, 5:00pm-6:00pm	Grab and go dinner		
St. Paul's Church	166 High St.	Newburyport	978-465-5351 https://www.stpauls-nbpt.org/events/	T, F 11:00am-12:00pm	Grab and go lunch		
Rowley Food Pantry	153 Main St., Rectory of The First Baptist Church, Rear Door	Rowley	978-238-6264 https://rowleyfoodpantry.org/	T, 10:00am-12:00pm, TH 5:30pm-7:00pm. You may pick up every other week.	Free groceries	Residents of Rowley	
Pettengill House Food Pantry	13 Lafayette Rd.	Salisbury	978-463-8801 http://www.pettengillhouse.org/home.aspx	T, 9:00am - 2:00pm and T, 4:00pm - 6:00pm by appointment only	Curbside pickup of free groceries	Residents of Amesbury, Groveland, Merrimac, Newburyport, Rowley, Salisbury, Byfield, Newbury and West Newbury.	You must call in advance to schedule an appointment. If you are in need of food, but are unable to leave your home, please contact us.
Pettengill House Food Pantry	13 Lafayette Rd.	Salisbury	978-463-8801 http://www.pettengillhouse.org/home.aspx	W, 9:00am-1:00pm by appointment only	Curbside pickup of free groceries	Residents of Amesbury, Groveland, Merrimac, Newburyport, Rowley, Salisbury, Byfield, Newbury and West Newbury.	You must call in advance to schedule an appointment. If you are in need of food, but are unable to leave your home, please contact us.

Triton Regional School District - Residents of Newbury, Rowley, or Salisbury

In order to participate in the Grab and Go Breakfast and Lunch program, you must complete a very brief survey (anonymous) to assist Triton Schools in planning for the meal program and the number of meals to prepare. If you are planning to pick up your breakfast/lunch at Salisbury Elementary School (SES), then the survey is very quick and easy. If you are a Salisbury resident and will get your breakfast/lunch from the delivery by bus routes, they need to know the route you live on. For Newbury or Rowley residents requesting delivery, you need to provide your email address so that they can communicate with you to arrange your meals from the Boys and Girls Club. Complete the survey as soon as possible if you would like to participate: <https://www.surveymonkey.com/r/TritonGrabandGo>

<p>Triton School District, residents of Newbury, Rowley, or Salisbury who can pick up at SES</p>	<p>Salisbury Elementary School, 100 Lafayette Rd.</p>		<p>https://www.tritonschools.org/#tab-id-2</p>	<p>M-F, 8am-9am</p>	<p>Breakfast and lunch – curbside pickup</p>	<p>Residents of Newbury, Rowley, or Salisbury ONLY</p>	<p>Drive up, say how many meals you need, and they will hand them to you. Complete the survey first. https://www.surveymonkey.com/r/TritonGrabandGo</p>
<p>Triton School District, Residents of Newbury and Rowley who are unable to pick up in Salisbury</p>	<p>The Boys & Girls Club will be coordinating deliveries.</p>		<p>Contact Boys & Girls Club, Jimkeenan@bgclmv.org to arrange home/bus stop delivery; 978-462-7003 x205</p>			<p>Residents of Newbury and Rowley</p>	<p>Contact Boys & Girls Club, Jimkeenan@bgclmv.org to arrange home/bus stop delivery; 978-462-7003 x205</p>
<p>Triton School District, residents of Salisbury ONLY</p>	<p>Triton will be running buses to all the routine bus stops in Salisbury. You can pick up your breakfast and lunch to go, at your stop. Bus routes will begin at about 8:00 AM each day.</p>		<p>https://www.tritonschools.org/#tab-id-2</p>				<p>Bus routes can be found here. Complete the survey first. https://www.tritonschools.org/transportation/#tab-id-4</p>
<p>West Newbury Pantry At Council on Aging</p>	<p>381 Main St.</p>	<p>West Newbury</p>	<p>978-363-1104</p>	<p>Mondays (1st, 3rd and 5th), 9:00am-10:30am, and by appointment,</p>	<p>Curbside pickup of free groceries</p>	<p>All welcome. New clients please call first.</p>	<p>Senior housing residents asked to provide a shopping list and groceries delivered to them.</p>
<p>Elder services of the Merrimack Valley Meals on Wheels</p>	<p>Senior Community Center, 331 High St.</p>	<p>All town</p>	<p>1-800-892-0890.</p>		<p>Meals on Wheels</p>	<p>Residents of Amesbury, Boxford, Georgetown, Groveland, Haverhill, Merrimac, Newbury, Newburyport, Rowley, Salisbury and West Newbury age 60 and older or qualified adults with disabilities</p>	<p>\$2.00 per meal donation is suggested. The donation is anonymous and voluntary. No eligible elder will be denied service based on their income or their ability to donate. Contact directly for more information</p>

Other Resources

The Disaster Distress Helpline: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

All Towns, Community Teamwork Resource Center <https://www.commteam.org/>

Support and resources are available for several different family needs due to the current covid-19 health crisis. Emergency referrals may be made by email or telephone, Monday through Friday, 8:30-5. All calls will be returned within 2 hours.

Resource Center: 978-654-5607 or email covidresponseCTI@commteam.org.
Fuel Assistance and Heating System Repair: 978-459-6161 or email FuelAssistance@commteam.org
Rental Assistance (Includes Section 8, MRVP): 978-654-5726 or email CTIRentalAssistance@commteam.org
WIC: 978-454-6397 or email WICCovidresponseCTI@commteam.org
Youth Services: 978-905-7385 or email CTIYouthServices@commteam.org

Massachusetts 2-1-1: <https://mass211.org/>

Informational and referral hotline 211, Available 24 hours a day, 7 days a week.

Mass 211 responds immediately during times of crisis, to field calls regarding the crisis and to direct callers to services most appropriate for their needs including essential community services, a food bank, or where to secure care for an aging parent. If you are unable to reach 2-1-1 due to your telephone or cell phone carrier, a toll-free number is available 1-877-211-MASS (6277)

<https://mass211.org>

Also, through Massachusetts 2-1-1: The United Way is offering “one-time grants of up to \$2000 to help families impacted by COVID-19 meet their basic food, child-care or housing needs.” Dial 2-1-1 for information on where you can access flexible funds through the United Way of Massachusetts Bay COVID-19 Family Support Fund.

Internet: Comcast is offering free WiFi for everyone, with hotspots available to all, including non-Xfinity subscribers. To access the service, look for the “xfinitywifi” network name in a list of hotspots. For more information, go to www.xfinity.com/wifi. You can also receive free internet services for 60 days and then it’s \$9.95 per month after that if you qualify. In order to qualify to pay just \$9.95 per month, you must be eligible for public assistance programs such as National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI, and others. Please read more at this link:

<https://www.internetessentials.com/>

Resources Around Social-Emotional/Mental Health Support

Riverside Community Care: Information on how to manage anxiety due to the Coronavirus and how to talk to kids about stressful events.

<https://www.riversidecc.org/uncategorized/managing-coronavirus-anxiety/>

The Parental Stress Line: “parents helping parents” Available 24/7 in all languages: 1-800-632-8188

SafeLink: Massachusetts statewide domestic violence support and resources: 24/7 helpline: 877-785-2020

National Suicide Prevention Lifeline: 1-800-273-8255

Substance Abuse and Mental Health Services Administration (SAMHSA): Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak. <https://store.samhsa.gov/system/files/sma14-4894.pdf>

Resources to Support Children of All Abilities

Harvard Medical School: Information on how to talk to children about the coronavirus. <https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>

Autism Speaks: “Flu Picture Story” designed to teach children with Autism Spectrum Disorders understand viral illness and good hygiene. https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf

Autism Society of North Carolina: “Don’t Share Your Germs! A Social Story About Staying Healthy” <https://www.autismsociety-nc.org/wp-content/uploads/Germs-Social-Story.pdf>

Illinois Autism Partnership: My Coronavirus Story

A social story for children to help them understand what the Coronavirus is <https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

National Association of the Deaf: A Roundup of Information About Coronavirus presented in ASL <https://www.nad.org/2020/03/12/coronavirus/>

The National Child Traumatic Stress Network: Caregiver Guide to Helping Families Cope with the Coronavirus Disease, English or Spanish <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-sp>

NPR: Offers a 3-minute-long podcast called, “Just For Kids: A Comic Exploring The New Coronavirus”. The information is presented in an informative and lighthearted manner that is geared more towards school-age children. They also offer a “Zine” comic book that can be printed. You can find both at <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Resources for Refugee or Immigrant Families

USAHello.org: <https://usahello.org/coronavirus-information/>
Information available in multiple languages. Orange bar on the top right screen lets you choose in which language you want the information presented.

CDC: Coronavirus Resources Available to print in a variety of languages. Topics Include:
What to do if you are sick
What you need to know

Stay Healthy Wash Your Hands

<https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

Switchboard.org: Multilingual Resources from the Refugee Resettlement TA Agency Provides A Round-Up of Multilingual Resources on COVID-19

<https://switchboardta.org/blog/a-round-up-of-multilingual-resources-on-covid-19/>

Coronavirus: What You Need to Know (how virus is spread and symptoms) available in Spanish <https://www.orangecountync.gov/ImageRepository/Document?documentId=10188>

Coronavirus: Stop the Spread of Germs

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs-sp.pdf>

CDC: General Information about the Coronavirus in Spanish

<https://www.cdc.gov/coronavirus/2019-ncov/index-sp.html>

CDC: Share the Facts About Covid-19, in Spanish

https://www.cdc.gov/coronavirus/2019-ncov/downloads/315446-B_FS_ShareFactsAboutCOVID-19.pdf

CDC: Coronavirus: What You Need to Know, in Spanish

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-sp.pdf>

CDC: What to Do If You Are Sick, in Spanish

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-sp.pdf>