

COVID-19 Community Resources



Need help, but not sure where to turn? Call **2-1-1** or text your zip code to 898211 to get in touch with someone who can connect you to community resources if you are looking for assistance with food, utilities, housing, health care and more.

FINANCIAL ASSISTANCE

For help with Rent and/or Utilities, contact:

- Fremont Area United Way | (402) 721-4157
- LifeHouse | (402) 721-3125 | teresa.kelly@lifehouse.org
- Lutheran Family Services | (402) 941-0075, x5 (*Español available.*)
- Dodge County Head Start | (402) 721-9022
- Fremont Department of Utilities | (402) 727-2630

FOOD ASSISTANCE

Food is available at the following locations. *Call ahead as hours may change:*

- **LifeHouse's Food Pantry** | 549 N. "H" St. | (402) 721-3125
Hours: Tuesdays, 10 am–2 pm
Thursdays, 5–7 pm
Every other Saturday, 10 am–2 pm
**Additional dates may be added, and appointments may be scheduled. Bring photo ID and piece of mail with a current address. Food boxes are available year-round.*
- **Salvation Army** | 707 N. "I" St. | (402) 721-0930
Hours: Monday-Friday, 1:30–3:45 pm
Bring photo ID and piece of mail with a current address.
- **St. Patrick's Parish Office** | 422 E. 4th St. | (402) 721-6611
Hours: Monday-Friday, 8 am–4 pm (*Call ahead and a food box will be brought to your car.*)
- **First Lutheran Church** | 3200 E. Military | (402) 721-2959
Hours: Thursdays, 5:30–6:30 pm (*"Grab 'n Go" meal delivered to your vehicle*)
- **Fremont Public Schools "Grab 'n Go" Meals** (*For ages 1-18*)
Mondays & Thursdays, 11:30 am–1 pm at Bell, Linden and Washington Schools
(*Memorial Day week open on Tuesday & Thursday*)
Mondays & Thursdays, 11–Noon at Meadowbrook Mobile Park

HEALTH & OTHER RESOURCES

Contacts for:

- Meal delivery: Meals on Wheels (courtesy of ENOA) | (402) 721-8262
- Food & Household Supplies: Uniquely Yours Support Services | (402) 727-8977
- Emergency Shelter: LifeHouse | 723 N. Broad | (402) 721-3125
- Anyone: Methodist Emotional Support Line | (402) 815-8255 (*Free and confidential.*)
- Parents: Nebraska Family Helpline | (888) 866-8660
- Students: Boys Town National Hotline | (800) 448-3000
- Domestic Abuse Intervention: The Bridge 24-Hour Hotline | (402) 727-7777
- Child Abuse/Neglect Hotline | (800) 652-1999
- Help with Internet Access: Spectrum | (855) 243-8892
- Legal Aid: COVID-19 Hotline | (844) 268-5627
- Unemployment: NE Department of Labor | (402) 471-9000
- SNAP, LIHEAP Assistance | (402) 595-1258
- Non-Emergency Police Assistance | (402) 727-2677

COVID-19 Community Needs



Want to help but don't know what help is needed?

Area healthcare workers need:

- Isolation gowns, bouffant scrub hats, pillowcases, blankets, N95 masks, ear guards, goggles and 3D-printed masks. Contact Jacki at (402) 721-4157 for more information.
- Find sewing templates on Facebook at *Fremont Volunteer Connection* or contact Jacki at (402) 721-4157 or Jacki@fremontunitedway.org.

Fremont Health Foundation needs:

- Cash donations to purchase iPads to be used for mental tele-health services, for new moms to connect with other children and family members at home, for end-of-life family facetime, and for seniors to connect with loved ones who can't visit due to COVID-19. Contact Shawn at (402) 727-3566 or Shawn.Shanahan@nmhs.org for more information.

Area nursing care facilities need:

- Enrichment aids for residents, like Dot-to-Dot books, word search puzzle books, commercially prepared snacks, and friendly notes to brighten their day. Contact Jacki at (402) 721-4157 for more information.

The American Red Cross needs:

- Blood and platelet donations and volunteers. The ARC has implemented enhanced blood donation protocols, to ensure blood donor safety, and needs volunteer Blood Donor Screeners to support these new protocols. These volunteers will help pre-screen donors entering drives or donation centers. Call (402) 803-8430 for more information.

Food Pantry Delivery:

- Area food box providers need help from time to time delivering food to area residents who cannot access providers. If you are willing to donate your time and travel expense to make deliveries, please call (402) 721-4157 or email Jacki@fremontunitedway.org.

For more information about evolving needs and opportunities to help, visit the Fremont Volunteer Connection on Facebook or contact: Jacki Trujillo at Jacki@fremontunitedway.org or (402) 721-4157.