

COVID-19
RESOURCE GUIDE
For Veterans, Service Members
and their Families



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PURPOSE

The purpose and intent of this resource guide is to provide guidance on resources available to individuals and businesses within the state of Minnesota that have been affected by the COVID-19 pandemic. All information is sourced with links to information as it is changing on a daily basis. To stay up-to-date recommendation to subscribe to any and all list serves in which you are wanting information.

Governor Walz, announced Executive Order [20-20](#), Stay at Home, directing Minnesotans to limit movement outside of their homes beyond essential needs from Friday, March 27th 11:59 p.m. to Friday, April 10th 5:00 p.m. By limiting social interactions, we decrease the transmission of COVID-19 and help ensure our health sector can prepare for increased demands. For up-to-date information and links to important information check out the [Minnesota COVID-19 Dashboard](#).

**The Stay at Home order has been extended to May 4, 2020. A Peacetime Emergency order is in place until May 13th. The Peacetime Emergency Order provides the Governor with certain tools to respond to the threat of COVID-19, such as providing economic relief to those impacted by the crisis.*



Everyone can work to reduce the spread of COVID-19

Cover your cough and sneezes with your elbow or sleeve, or a tissue and then throw the tissue in the trash and wash your hands afterwards.

Washing your hands often with soap and water for 20 seconds, especially after going to the bathroom or before eating. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains 60% alcohol.

Avoid touching your face – especially your eyes, nose and mouth with unwashed hands.

Stay home if you have a cold or flu-like symptoms, for seven days after your illness onset or three days after your fever resolves without fever reducing medicine and avoid close contact with people who are sick.

Up-to-date guidance from the Department of Health on recommended community mitigation strategies can be found [here](#).

BEYOND THE YELLOW RIBBON STATE CONTACTS

Rachel Johnson
Yellow Ribbon Outreach Coordinator
15000 Hwy 115
Little Falls, MN 56345
Rachel.d.johnson28.nfg@mail.mil
northernmnyrroc@gmail.com
(320) 249-0136

Captain Adam Gades
MN National Guard
Family Programs Director
600 Cedar Street
St. Paul, MN 55101
Adam.c.gades.mil@mail.mil
(651) 248-2912

Captain Ellyn Emde
MN National Guard
Yellow Ribbon Reintegration Program
Officer in Charge
600 Cedar Street
St. Paul, MN 55101
Ellyn.e.emde.mil@mail.mil
(651) 268-8538

INDIVIDUAL RESOURCES

Minnesota Unemployment Insurance

If your employment has been affected by COVID-19, you can apply for unemployment benefits. Minnesota Department of Employment and Economic Development (MN DEED) is aware of the stimulus package moving through Congress to respond to economic impact of COVID-19. They will implement that legislation when they receive further guidance from the US Department of Labor.

Given the high volume of applications, MN DEED is requesting all to utilize the online system to apply for benefits and request payments. There is now an application schedule due to the high volume based on your last digit of your social security number:

If the last digit of your Social Security number is	Day of Week	Time
0, 1, or 2	Monday	6:00 a.m. – 8:00 p.m.
3, 4, or 5	Tuesday	6:00 a.m. – 8:00 p.m.
6, 7, 8 or 9	Wednesday	6:00 a.m. – 8:00 p.m.
Any	Thursday	6:00 a.m. – 8:00 p.m.
Any	Friday	6:00 a.m. – 8:00 p.m.

If you already have an unemployment Insurance account you can still log in anytime to request payment.

Self-Employed

Benefits and relief programs are being made available to self-employed individuals for the first time through Minnesota Unemployment Insurance Program. It is recommended if you are self-employed to go online and fill out the questionnaire. This will assist representatives on what you are qualified for when funding comes available.

[Special Instructions for Self-Employed and Independent Contracts Guide](#)

CARES Act

Congress passed and was signed into law late March 2020. As of April 8, 2020, DEED authorized the first payments of temporary additional compensation of \$600/week for people receiving unemployment benefits. You do not need to contact DEED or do anything additional; if you receive unemployment you will automatically receive the additional funds. The first week for which you can get the additional \$600 is the week beginning March 29, 2020. You can request the week of March 29th on or after April 5th.

***The \$600 per week additional compensation will end on June 30, 2020 as of now.**

Veteran and/or Surviving Spouses Grant

Effective and Beginning Monday, April 6, 2020

The Minnesota State Legislature voted to fund a special appropriation to assist veterans and/or their surviving spouses who may be financially impacted by the COVID-19 pandemic. COVID-19 Specific Programs have been activated specifically in response to mitigate the economic effects COVID-19 is having on our Veterans and their families. These programs can close at any time without notice due to the exhaustion of approved funding. Status updates will be posted [here](#) regarding the status of these programs. All of the grants are awarded on a first come, first serve basis, and the amount of grants awarded is limited to the length of existing funding.

COVID-19 Disaster Relief Grant Overview- (financial relief grant in the amount of \$1,000)

The purpose of the COVID-19 Disaster Relief Grant is to mitigate the negative effects and economic impact COVID-19 has had on Veterans and their families by providing a one-time financial relief grant in the amount of \$1,000.

Eligible Applicants:

Veteran or the surviving spouse (who has not remarried) of a deceased veteran must be able to demonstrate a financial loss related to one of the situations.

HOW TO APPLY

1. Self-Submittal: Applications and supporting documentation can be uploaded through our [MN GI Bill](#) portal. (Note: the MN GI Bill Portal is not currently compatible with Internet Explorer). You will first need to create an account or login to an existing account. Then you will upload your application to the State Soldiers Assistance Program (SSAP) component.
2. County Veterans Service Officer (CVSO): any applicant may find their CVSO by going to the [Minnesota Association of County Veterans Service Officers](#) website.
3. If your County Veterans Service Office is unable to assist you during this State of Emergency, please contact MDVA's Field Operations Team who can assist you with your application by email at FO.MDVA@state.mn.us.

COVID-19 Special Needs Grant Overview- (financial grant, up to \$3,000)

The purpose of the COVID-19 Special Needs Grant is to provide one-time financial assistance to a Veteran or surviving spouse who needs assistance due to a COVID-19-related event. Any funding awarded from this grant would go directly to a vendor or creditor of the applicant, and no money awarded goes directly to an applicant or an applicant's family member.

The COVID-19 Special Needs Grant is to provide a one-time financial grant, up to \$3,000, to a Veteran or surviving spouse who needs assistance due to a COVID-19 related event.

****NOTE:** These "NEW" COVID-19 grants DO NOT matter even if you have previously used your "Once in a Lifetime"-Regular/normal Special Needs Grant

HOW TO APPLY

You will need to apply through your [County Veteran Service Officer](#)

Army Emergency Relief Fund (AER)

The Army has recently opened its AER to Reservists and Guardsmen. The AER Fund was normally reserved for Active Duty Soldiers only and took a Commanding Officer's signature to complete. The AER is a zero-interest loan to help Soldiers and their families during hard times. Repayment will be deducted from the Soldiers drill pay at a rate they decide is manageable. An AER loan can help with rent, temporary lodging, utilities, food, vehicle costs, healthcare (including mental health), and more. For more information [CLICK HERE](#).

PenFed Foundation

The COVID-19 Emergency Relief Program was created to provide financial assistance to all Veterans, Active Duty Service Members, National Guard and Reserves who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic. The grant amount will support 1-month up to \$1500 in the following areas: rent, mortgage, auto loan/lease and utilities. The other programs that the PenFed Foundation offers are 1) emergency financial assistance; 2) family and caregiver support grants; 3) Dream Makers Home Buying Grants; and 4) Veteran Entrepreneur Investment Program. For more information [CLICK HERE](#).

Minnesota Military Family Foundation

Offers Service Members emergency financial grants. To learn more about the application process, please connect with your [Family Assistance Center](#) or by calling (888) 234-1274.

Minnesota Department of Employment and Economic Development (MN DEED)

Veteran Employment Services

MN DEED offers resources to help veterans transition into civilian life, get work-related training and more. To connect with your local Veteran Employment Representative:

*Local Veterans Employment Representative (LVER)

Location	Name	Phone	Email
Director	Ray Douha	651.259.7557	Raymond.douha@state.mn.us
Field Operations	Barry Platt	507.344.2609	Barry.platt@state.mn.us
Alexandria	LaDeen Schillinger	320.762.7800	Laden.schillinger@state.mn.us
Blain	Tim Labeau	763.279.4342	Tim.labeau@state.mn.us
Bemidji	Vacant		
Bloomington	Zach Johnson	952.703.7755	Zach.t.johnson@state.mn.us
Brainerd	Kyle O'Connor	218.825.6776	Kyle.oconnor@state.mn.us
Brooklyn Park	David Wold	763.279.4380	David.wold@state.mn.us
Brooklyn Park	Mark Mann (LVER)	763.279.4424	Mark.mann@state.mn.us
Burnsville	Shannon Sprouse (LVER)	952.703.3127	Shannon.sprouse@state.mn.us
Burnsville	Jeff Dexter	952.703.3124	Jeffery.dexter@state.mn.us
Duluth	Greg Mertzig	218.302.8432	Gregory.mertzig@state.mn.us
Duluth	Tim Trumbull (LVER)	218.302.8427	Timothy.trumbull@state.mn.us
Fort Snelling	Laurie Javorina	612.970.5611	Laurie.javorina@state.mn.us
Hibbing	Jane Kerntz	218.231.8587	Jane.kerntz@state.mn.us
Mankato	Katherine McNair	507.344.2619	Katherine.mcnair@state.mn.us
Mankato	Vacant (LVER)		
Minneapolis	Joe Green	612.299.7207	Joseph.green@state.mn.us
Minneapolis	Robert Willis (LVER)	651.539.4422	Robert.willis@state.mn.us
Minneapolis	Yogi (Terence) Montry	651.539.4414	Terence.montry@state.mn.us
Rochester	Josh Hessler	507.923.2825	Josh.hessler@state.mn.us
St. Cloud	Mike Eisenstadt (LVER)	320.308.5358	Michael.eisenstadt@state.mn.us
St. Cloud	Anthony Poff	320.308.2927	Anthony.poff@state.mn.us
St. Paul	Andrea Dunn	651.539.4118	Andrea.dunn@state.mn.us
St. Paul	Lee Okerstrom (LVER)	651.539.4119	Lee.okerstrom@state.mn.us

BUSINESS RESOURCES

MN DEED Small Business Guide

Minnesota small businesses who need help can now access all financial resources on [MN DEED](#). New state and federal programs have been built to assist small businesses struggling during the COVID-19 pandemic. The following programs (per MN DEED) available include:

Small Business Administration Injury Disaster Loan (EIDL)

****For all SBA loans please reach out to your local bank for assistance. They will be able to assist in the application process. Please keep in mind banks do have lending limits for certain loan types. Funding has been depleted for this program at this time. Please check with your local lender(s) for more questions.***

Summary of Program: Low interest, long term Economic Injury Disaster Loans for up to \$2 million: The first payment is deferred for 12 months. The application has been simplified and can be completed 100% online through our improved web portal at www.sba.gov/disaster. These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact. The interest rate is 3.75% for small businesses. The interest rate for non-profits is 2.75% and the loans can be extended over 30 years.

Why this might make sense for you: The SBA EIDL can be used to maintain payroll, provide paid sick leave, meet increased costs, make rent or mortgage payments, as well as repay unmet expenses and obligations.

SBA EIDL Grants - Businesses applying for an EIDL loan can request up to \$10,000 be disbursed immediately. The amount need not be repaid, regardless of the loan decision. The form to apply for an advance is part of the new EIDL application. If you have already applied for an EIDL Loan and wish to apply for the advance, please fill out the new, streamlined application. Why this might make sense to you: This advance may be available even if your EIDL application was declined or is still pending, and will be forgiven.

If you need assistance with applying for the SBA EIDL loan or requesting the related grant – see the SBA District website for trainings or call an SBDC center.

Small Business Paycheck Project Program (PPP)

****Funding is getting loan for this program. Please check with your local lender(s) for more information and questions.***

Summary of Program: The [SBA PPP](#) is a new federal \$350 billion loan program at SBA for small businesses, self-employed people, and gig workers to help them from going under due to the COVID-19 pandemic. If employers maintain payroll, the loans would be forgiven.

Why this might make sense for you: If a self-employed person needs compensation or a business or nonprofit needs funds for employee compensation, including: salaries, wages, commissions, or similar compensation; cash tips or equivalents; vacation, parental, family, medical, or sick leave; payment required for providing group health care benefits (including insurance premiums); payment of retirement benefits; and payroll taxes. Funding may also be used for payment of interest on mortgage obligations, rent, utilities, and interest on pre-existing debt obligations.

Pandemic Unemployment Assistance Program

Summary of Program: Congress authorized a new Pandemic Unemployment Assistance program that covers those **who do not qualify** for regular Unemployment Insurance benefits, such as independent contractors and self-employed people. The program was authorized but must be created by the states, so Minnesota must build out this program before it can be implemented. More information will be available

soon; however, it could be several weeks before payments begin.

Why this might make sense for you: If you are an independent contractor or self-employed person who would not typically be eligible for unemployment benefits, but you have lost income due to the COVID-19 pandemic.

Minnesota Small Business Emergency Loan Program

****Funding has been depleted for this program at this time. Please check with your local lender(s) for more questions.***

Summary of Program: Minnesota Small Business Emergency Loans are made through an approved lender – you can find [FAQs, application materials and lenders](#) on the DEED website. These loans are for \$2,500 to \$35,000 and at a 0% interest rate. There is a total of \$30 million available for this program.

Why this might make sense for you: If you are affected by Executive Orders 20-04 and 20-08, this program could provide a 0% loan to help you meet expenses.

Minnesota Small Business Loan Guarantee Program

Summary of Program: This program provides an 80% loan guarantee for loans up to \$250,000 made by a qualified economic development lender within this program. This program is intended to incent the private market to make loans to small businesses and provides the guarantee for those loan dollars. The state is providing a loan guarantee of \$10 million which is likely to leverage between \$20 and \$25 million in lending by private banks. You can find details for this program on [DEED's website](#).

Why this might make sense for you: Your lender will consider your situation and may require this guarantee in order to lend money to your business.

Unemployment Insurance Shared Work Program

Summary of Program: The Shared Work program offers an alternative to layoffs for employers facing a temporary downturn in business. Administered by DEED's Unemployment Insurance Division, the program allows employers to divide available hours of work among a group of employees instead of implementing a full layoff. These employees may then receive partial unemployment insurance benefits while working reduced hours. The purpose of Shared Work is to avoid a layoff, not to subsidize wages.

Why this might make sense for you: Shared Work can help employers avoid the difficulties that can go along with a layoff. If employees keep working during a temporary slowdown, employers can more quickly gear up when business conditions improve. Learn more about the [Shared Work Program](#) on our Unemployment Insurance Division's website

So given these options, where should you start?

1. First, MN DEED recommends contacting your insurance company. You may have access to benefits you've paid into through your policy that could be helpful during this time.
2. Next, call your bank. Your banker will have advice for you on:
 - Their own resources
 - Any SBA programs they have access to
 - They may refer you to local lending programs such as those available through non-profits (like the Small Business Emergency Loan Program) or loan programs available in certain cities or counties across Minnesota
3. If you've been denied credit by a bank or the SBA, you should call any of the [approved lenders for the Small Business Emergency Loan Program](#) that serve your geography.
4. If you do not use a bank and/or do not have insurance on your business:

- You can call any of DEED [approved lenders for the Small Business Emergency Loan Program](#) for possible access to the program and other resources available through our lending partners.
- You may also call a lender in the Small Business Loan Guarantee program, when those lenders are identified. Please note that these lenders are likely banks or local development organizations who have underwriting criteria.
- You could call your city or county to see if they have a revolving loan fund that is available to your business. Please note that not many cities in the metro area have these revolving loan funds and those that do will have underwriting criteria.

Visit the [COVID-19 Information for Employers and Businesses](#) page on the DEED website for more resources related to business assistance, Unemployment Insurance and FAQs.

Tax Information

Income Taxes

The Minnesota Department of Revenue is providing additional time until July 15, 2020 for taxpayers to file and pay 2019 Minnesota Individual Income Tax without any penalty and interest. This includes all estimated and other tax payments for tax year 2019 that would otherwise be due April 15, 2020. It does NOT include:

- Estimated payments for Minnesota income taxes due April 15 for the 2020 tax year
- Corporation Franchise, S Corporation, Partnership, or Fiduciary taxes, though these taxpayers can receive an automatic filing extension. See Business Taxes (below) for details.

If you cannot file or pay by July 15, 2020 you can ask the Minnesota Department of Revenue to cancel or reduce penalties, additional tax, and interest for late filing or payment if you have a reasonable cause, including emergency declarations by the president and governor due to COVID-19. Requests can be made after you are notified of a penalty. Please visit <https://www.revenue.state.mn.us/penalty-abatement-information-individuals> for more information.

The IRS extended the deadline for 2019 federal income tax returns, payments, and 2020 estimated payments to July 15, 2020, for individuals and businesses.

Military OneSource

Offers MilTax to all currently serving service members free of charge. MilTax consultants can assist with military tax situations. For more information [CLICK HERE](#)

FOUNDATION RESOURCES

Minnesota Initiative Foundations

The Minnesota Initiative Foundations have created disaster relief funds and some still are open for current grants to general operations and have loosened loan requirements. For more information please contact your local foundation.

Minnesota Child Care Grants

At the request from Governor Walz the Initiative Foundations have launched the Emergency Child Care Grant Program. The program is to provide immediate financial relief to licensed child care providers in Greater Minnesota that care for children whose parents or guardians qualify as emergency workers as defined by the Governor's order. Grants range from \$300 - \$3,000.

***Some of the foundations have now closed there granting period for this grant as all funds have been allocated. Foundations are working on raising more funds to keep this grant intact for further funding. Please check periodically.**

Foundation	Email	Phone	Counties Served
Northland Foundation	info@northlandfdn.org	218.723.4040	Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, St. Louis
Northwest Minnesota Foundation	info@nwmf.org	218.759.2057	Beltrami, Clearwater, Hubbard, Kittson, Lake of the Woods, Mahnommen, Marshall, Norman, Pennington, Polk, Red Lake, Roseau
West Central Initiative	info@wcif.org	218.739.2239	Becker, Clay, Douglas, Grant, Otter Tail, Pope, Stevens, Traverse, Wilkin
Initiative Foundation	info@ifound.org	320.632.9255	Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena, Wright
Southwest Initiative Foundation	info@swifoundation.org	320.587.4848	Big Stone, Chippewa, Cottonwood, Jackson, Kandiyohi, Lac qui Parle, Lincoln, Lyon, McLeod, Meeker, Murray, Nobles, Pipestone, Redwood, Renville, Rock, Swift, Yellow Medicine
Southern Minnesota Foundation	inquiry@smifoundation.org	507.455.3215	Blue Earth, Brown, Dodge, Faribault, Fillmore, Freeborn, Goodhue, Houston, Le Sueur, Martin, Mower, Nicollet, Olmstead, Rice, Sibley, Steele, Wabasha, Waseca, Watonwan, Winona

Minnesota Council of Nonprofits (MCN)

The MCN has put together a Minnesota Grants Director with over 40 state and national funding opportunities responding to the impacts of COVID-19 and disaster relief. [CLICK HERE](#) to download the directory.

Saint Paul & Minnesota Foundation

In response to grantees, donors and community partners the following grant funds have been established:

Minnesota Disaster Recovery Fund

In collaboration with the Minnesota Council on Foundations the [Minnesota Disaster Recovery Fund](#) (MDRF) for Coronavirus was developed. The MDRF advisory committee made up of leaders from across the state, made its first round of grants awarding \$2 million to 11 organizations throughout the state. The advisory committee meets weekly to advise and recommend additional grants to address ongoing needs statewide.

Saint Paul Bridge Fund

This fund was created to support Saint Paul and was partnered with the City of Saint Paul. The fund provides emergency relief for the small businesses and families in the community who need it most.

United Way

United Way Worldwide's COVID-19 Community Response and Recovery Fund supports communities by helping local United Ways respond and by ensuring people get accurate information. [211](#), the go-to information resource in the United States is fielding 200-400% more calls than normal, mostly for food, financial assistance and housing. The following Minnesota United Ways are supporting those impacted by the COVID-19 pandemic.

Foundation	Email	Phone
United Way of Bemidji Area	director@unitedwaybemidji.org	218.44.8929
United Way of Northeastern Minnesota	info@unitedwaynemn.org	218.254.3329
United Way of Carlton County	uwcarltonco@gmail.com	218.279.8404
United Way of Hastings	info@unitedwayofhastings.org	651.438.3337
Greater Twin Cities United Way		612.340.7400
Rice County Area United Way	info@ricecountyunitedway.org	507.664.3510
United Way of Goodhue Wabasha & Pierce Counties		651.388.6309
United Way of Olmstead County	https://www.uwolmsted.org/contactus	507.287.2000
United Way of Central Minnesota	https://www.unitedwayhelps.org/contact-us	320.252.0227

Can't find your local United Way in the list above? [Search Here](#). You can also donate to the [United Way Worldwide COVID-19 Community Response and Recovery Fund](#) and help families and people in need access critical information and services like food, shelter, and more through our United Way network

HEALTH AND WELNESS RESOURCES

United Way 211

Connects individuals and families directly to organizations that can help. This is free and confidential.

Veterans Crisis Line (800) 600-2670 Press 1
MN Farm and Rural Helpline (833) 600-2670

Wellness in the Woods

Offers a warmline if you need someone to talk with, are feeling isolated, depression or anxious.
(844) 739-6369
5:00 p.m. – 9:00 a.m. every night

PsychArmor Institute

PsychArmor is a 501(c)(3) nonprofit that offers critical resources to Americans so they can effectively engage with and support military service members, Veterans, and their families. Education is the most effective way to initiate conversations and empowers us to collectively support service members, Veterans, and their families so they can thrive in their real life and online communities.

By leveraging industry experts and trainers, PyschArmor develop educational content designed to support the unique needs associated with military culture. Thanks to the generosity of sponsors and supporters, PsychArmor is able to provide online training courses at no cost to the you. For more information or to take a course <https://psycharmor.org/courses/s-a-v-e/>.

Military OneSource

Is a 24/7 connection to information, answers and support to help military service members and their families reach goals, overcome challenges and thrive. Military OneSource offers Health and Wellness Coaching, Digital Resources for adults and children with their Digital Library, Financial Counseling, MilTax and have specialty consultations for spouse education and career opportunity, special need, caregiver and adult elder care. [CLICK HERE](#) for more information.

National Crisis Lines

Organization	Phone	Text
National Suicide Prevention Lifeline	800.273.8255	
Crisis Text Line	741-741	“HOME”
Disaster Distress Hotline	800.985.5990 66-746	“TALKWITHUS”
The Trevor Project (for LGBTQ Youth)	866.488.7386 678-678	“START”
National Domestic Violence Hotline	800.799.7233 22-522	“LOVEIS”

Lutheran Social Services (LSS)

Home style meals delivered to your door. LSS is offering a convenient and affordable meal shipment option, available statewide. Meals are prepared at the Hilltop Regional Kitchen in Eagle Bend, Minnesota and then shipped frozen throughout the state. There are over (35) meal options with special dietary needs available (i.e. diabetic, low sodium or vegetarian). For more information [CLICK HERE](#) or email meals@lssmn.org or call (800) 488-4146 Monday – Friday 8:00 a.m. – 4:30 p.m.

Fare For All

[Fare For All](#) is a great way to save money on quality, nutritious food. They buy fresh fruits, vegetables and frozen meat in bulk to save the consumer up to 40% off typical grocery prices. Food packages range from \$10-\$30 they accept cash, credit, debit and EBT cards. No personal checks. There are no qualifications to participate. Fare for All has (38) locations throughout Minnesota where food packages are sold once a month.

Sale Locations

They are now piloting a drive-thru model at the following sites:

St. Joseph

April 20th

3:30 – 5:30 p.m.

Resurrection Lutheran Church

610 County Road 2

Mankato

April 27th

3:30 – 5:30 p.m.

New Creation Church

1124 N. River Drive

Ruby's Pantry

Distributes food at Pop-Up pantry locations across Minnesota and Wisconsin. There is no income or residency requirement and for a \$20 bundle donation you will receive an abundance of groceries. [Ruby's Pantry](#) is for anyone that is looking to extend their monthly grocery budget. Guest can attend as many locations each month as wanted or needed. For a list of all [Pop-Up Pantry Locations](#).

University of Minnesota Extension

The University of Minnesota Extension offers resources and advice for all Minnesotans to help you through this difficult time. Services include 1) Dealing with Stress; 2) Supporting Food Security; 3) Managing Income Loss; 4) Helping Farmers; 5) Resources for Businesses and Communities; 6) COVID-19: Stories, Insights, Expertise.

Adjusting to Income Loss <https://www.irs.gov/help/ita/do-i-need-to-file-a-tax-return> Living on a reduced income may be temporary or last longer. Getting the most from family income during this time requires careful planning and wise spending decisions. The following provides more information on specific areas:

[Prioritizing Spending](#)

[Tips and Resources for Deciding Which Bills to Pay First](#)

[How to Talk with Creditors](#)

[Strategies for Spending Less](#)

[Working Together and Sharing Resources](#)

[Keeping your Housing](#)

Taking Care of Yourself

Managing stress begins with self-care. Fortunately, there are many things you can do at home and on your own schedule to support your mental health, maintain healthy communication and prevent isolation.

Parenting

Give “grace” to yourself and your family. Some children will seize the opportunity to work on a project right away, but other children need time to adjust to the changes in their lives. You know your kids, so think about their temperament, and trust yourself even if how you parent right now looks different than usual.

PARENT RESOURCES

Minnesota National Guard Child & Youth Program

Offers activities and events for Military youth and adolescents to network and foster resilience. April is Month of the Military Child activities include photo and art contest and a letter from Governor Walz. To stay up-to-date on all activities go to [MN National Guard Programs Facebook](#) page.

Our Military Kids

Due to the on-going COVID-19 pandemic and related quarantine measures, increasing numbers of extracurricular activities for which Our Military issues grants are either cancelled, postponed or are of uncertain status. [Our Military Kids](#) is temporarily accepting grant applications for participation in online enrichment activities, including those sponsored by educational institutions, individual online tutoring with qualified instructors, fine arts lessons and fitness and sports classes.

Operation Purple Camp

Offers military kids a free week of camp where they connect with other kids. Children from all uniformed services, including National Guard, Reserve, Space Force and the Commissioned Corps of the National Oceanic and Atmospheric Administration and United States Public Health Service may apply. For the most up-to-date information [CLICK HERE](#).

ADDITIONAL RESOURCES

Beyond the Yellow Ribbon

<https://mnbtyr.ng.mil/>

Family Assistance Centers

<https://minnesotanationalguard.ng.mil/family-assistance-centers/>

Military OneSource

<https://www.militaryonesource.mil/>

Minnesota Alliance of YMCA's

<https://www.mn-y.org/locations>

Minnesota Assistance Council for Veterans (MAC-V)

<https://www.mac-v.org/covid19>

Minnesota Association County Veteran Service Officers

<https://www.macvso.org/>

Minnesota Council of Nonprofits

<https://www.minnesotanonprofits.org/covid-19-what-nonprofits-should-know>

Minnesota COVID-19

<https://mn.gov/covid19/>

Minnesota Department of Health

<https://www.health.state.mn.us/diseases/coronavirus/index.html>

Minnesota Department of Employment and Economic Development

COVID-19: <https://mn.gov/deed/newscenter/covid/>

Guide for Minnesota Small Businesses <https://mn.gov/deed/newscenter/covid/>

Minnesota Governor's Office

<https://mn.gov/governor/>

Minnesota Initiative Foundations

<https://www.greaterminnesota.net/>

Minnesota Legislature COVID-19 Resources

<https://www.house.leg.state.mn.us/Caucus/Resources/GOP>

Saint Paul & Minnesota Foundation

<https://www.spmcf.org/blog/covid-19-response>