**National Resources: COVID 19 Guidance for Consumers and Nutrition programs**

**Academy of Nutrition and Dietetics** (for consumers)

Offers nutrition articles, tips, video and activities for families managing the challenging conditions of the COVID-19 outbreak.

[**https://www.eatright.org/coronavirus**](https://www.eatright.org/coronavirus)

**Administration on Community Living** (for consumers and nutrition programs)
<https://acl.gov/COVID-19>

**National Resource Center on Nutrition and Aging** (for nutrition programs)
Resources and Tools to Support COVID-19 Emergency Preparedness and Response
<https://nutritionandaging.org/covid-19/>

**Meals on Wheels Association of America** (for nutrition programs)
KEEPING SENIORS SAFE AMID COVID-19
<https://www.mealsonwheelsamerica.org/take-action/covid-19-response>

**National Association of Nutrition and Aging Services Programs** (for nutrition programs)
<https://www.nanasp.org/covid-19>

**MA Food Resources**

**Food Assistance Decision Tree:** to help MA residents in need determine which programs they might be eligible for.
<http://www.mass.gov/findfoodhelp>

**Project Bread**:  information and referral service designed to connect people in need with a variety of food resources in their local community.
<http://www.projectbread.org/get-help/>

**Greater Boston Food Bank**<https://www.gbfb.org/>

**The Food Bank of Western MA**
<https://www.foodbankwma.org/>

**Find a Local Food Bank**
<https://www.mass.gov/how-to/find-a-local-food-bank>
 **SNAP: SNAP provides a monthly benefit to buy nutritious foods.**<https://www.mass.gov/snap-benefits-formerly-food-stamps>

**USDA commodity supplemental food program:**Supplements the diet of low-income elderly persons with nutritious USDA Foods.
<https://www.fns.usda.gov/csfp/commodity-supplemental-food-program>

**MA Senior Nutrition Program**Includes home delivered meals and congregate meal sites for individuals 60 and older
<https://www.mass.gov/nutrition-program-for-seniors>

**Salvation Army Find Food Programs (soup kitchens and food pantries)**<https://massachusetts.salvationarmy.org/MA/Feeding>

**Fair Foods**
Each week, participants enjoy a wide selection of fresh fruits, vegetables and breads for a donation of $2 a bag.
<http://www.fairfoods.org/>

**Daily Table**
https://dailytable.org/
A not-for-profit grocery store intended to provide nutritious and affordable meals for low-income families in the Dorchester and Boston community.

**USDA Local Food Directories**
USDA's Local Food Directories help you locate farmers markets, on-farm markets, CSAs, and food hubs
<https://www.ams.usda.gov/services/local-regional/food-directories>

**MA Department of Agriculture**

Ways to safely buy locally grown food during COVID-19 epidemic

<https://www.mass.gov/service-details/covid-19-how-where-to-buy-local>

**Caregiver Resources**

**MA Caregiver Coalition Employer Toolkit**

Best practices for employers to support family caregivers

<http://maroundtable.com/caregiving/MAEmployersToolkit.pdf>

**Abbott Nutrition Health Institute**

Maximizing the Caregivers Role

<https://anhi.org/resources/printable/maximizing-the-caregivers-role>​

**Alzheimer's Association**

Nutrition tips for helping those living with dementia

<https://www.alz.org/help-support/caregiving/daily-care/food-eating>

**Family Caregiver Alliance**

Feeding and Nutrition

<https://www.caregiver.org/feeding-and-nutrition-dementia>

**AARP**

Family Caregiving

<https://www.aarp.org/caregiving/>