

U.S. Representative

**ABIGAIL SPANBERGER**

Proudly Serving Virginia's 7th District



*Coronavirus Pandemic*

**Food Assistance Guide**

The ongoing coronavirus pandemic poses many challenges to our district’s workers, families, and community members. During this difficult time, I’m committed to doing everything I possibly can to keep you safe, prepared, and well-informed.

I’m working with federal, state, and local officials to coordinate assistance and connect you with the information you need.

I hope this guide is a helpful resource as we all navigate uncertain times. If your question or concern is not addressed here, please don’t hesitate to call us at (202) 225-2815 or (804) 401-4110.

Sincerely,



Abigail D. Spanberger  
Member of Congress

#### Reliable Resources

World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

National Institutes of Health: <https://www.nih.gov/health-information/coronavirus>

Virginia Department of Health: <http://www.vdh.virginia.gov/coronavirus/>

Rep. Spanberger’s Website: <https://spanberger.house.gov/services/coronavirus.htm>

## Supplemental Nutrition Assistance Program (SNAP)

### What is the Supplemental Nutrition Assistance Program (SNAP)?

SNAP is a federal assistance program administered in Virginia by the Virginia Department of Social Services that helps Virginia families buy food. SNAP participants receive an Electronic Benefit Transfer (EBT) Card that is used like a debit card to buy eligible food from authorized retailers.

### What has Congress done to strengthen SNAP in response to the COVID-19 public health emergency?

The *Families First Coronavirus Response Act*, signed into law by President Trump on March 18, provided the U.S. Department of Agriculture (USDA) with the authority to allow states to modify their procedures and requirements so families can continue participating in SNAP and can apply for SNAP without disruptions due to COVID-19. On March 27, the *Coronavirus Aid, Relief, and Economic Security (CARES) Act* was signed into law by President Trump and provided an additional \$15.5 billion to states to administer SNAP.

Virginia has been granted waivers to improve and continue SNAP during the COVID-19 emergency. The waivers that have been approved include:

- **Suspending Work Requirements:** Suspends SNAP's three-month limit on benefits for adults under age 50 without children in their home. Individuals who are between the ages of 18 and 50, do not have children in their home, and are unemployed were previously not eligible for SNAP benefits due to the three-month time limit. They may now reapply for SNAP.
- **Providing Additional Benefits for Many Current SNAP Participants:** The Virginia Department of Social Services has provided SNAP households with emergency supplementary benefits so all families will receive the maximum benefit for their household size for up to two months. SNAP participants can find the maximum amount for their household size [here](#).
- **Changing SNAP Administration and Operations:** SNAP participants who would have been required to submit their recertification paperwork and complete an interview with March, April, and May deadlines have had their deadlines extended to September, October, and November, respectively. Additionally, while new SNAP participants must normally be interviewed in person or over the phone when applying these interviews can now be delayed given the anticipated high volume of applications.

### Who can apply for SNAP?

To be eligible for SNAP, a household must meet income and resources tests that vary by a household's size and allowable deductions for expenses such as utilities and housing costs. To view the income limits, allowable deductions, and resource limits by household size, please view [this document prepared by the Virginia Department of Social Services](#).

Virginians can also see if they may be able to receive SNAP and other forms of assistance by entering their household's income and expenses information in CommonHelp's eligibility guide portal found [here](#).

### **If I receive unemployment insurance payments, can I still qualify for SNAP?**

Unemployment insurance payments, Social Security, and child support count as income when determining if you qualify for SNAP. To determine if your household still qualifies for SNAP, you should use the CommonHelp eligibility guide linked above and [here](#).

### **How do I apply for SNAP?**

You may apply online through CommonHelp at <https://commonhelp.virginia.gov/> or by phone at (855) 635-4370.

### **How do I use SNAP?**

SNAP recipients receive an Electronic Benefit Transfer (EBT) Card that is used like a debit card to buy eligible food from authorized retailers. The EBT card is credited with the household's SNAP allotment typically once a month, though the card may receive a second allotment in a month during the COVID-19 emergency.

SNAP recipients can find authorized retailers near them [here](#).

Items that can be purchased with SNAP include:

- Food or food products meant to be eaten by people
- Vegetable seeds and food producing plants, roots, and trees for family consumption
- Baby formula, diabetic, and diet foods
- Edible items used in preparing or preserving food, such as spices and herbs, pectin, and shortening
- Water and ice labeled for human consumption
- Snack foods
- Meals delivered to elderly or disabled SNAP recipients if the organization providing the meal is authorized to accept EBT cards

Items that cannot be purchased with benefits include:

- Prepared hot foods in grocery stores
- Any prepared food (hot or cold) sold and meant to be eaten at the store
- Alcoholic beverages and tobacco
- Cleaning products, paper products, toiletries, and cooking utensils
- Pet foods
- Items for food preservation such as canning jars and lids, freezer containers, or food wrapping paper
- Medicines, vitamins, or minerals
- Items for gardening, such as fertilizer and peat moss

### **Where can I find more information about SNAP in Virginia?**

To learn more about SNAP eligibility, benefits, and processes, please visit the Virginia Department of Social Service's SNAP page, that can be found [here](#).

## Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

### What is the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)?

WIC is a supplemental nutrition program administered by the Virginia Department of Health for pregnant women, breastfeeding mothers, women who had a baby in the last six months, infants, and children under five years old. The WIC Program provides nutrition support in the form of nutrition education and nutritious foods for eligible participants. The WIC Program also provides breastfeeding support and referrals to appropriate health agencies.

### What has Congress done to strengthen WIC in response to the COVID-19 public health emergency?

The *Families First Coronavirus Response Act* provided an additional \$500 million to WIC state agencies and allows states to receive waivers to reduce in-person visits to WIC clinics and other modifications that may be necessary for WIC services to continue during this public health emergency.

### Who is eligible for WIC?

WIC eligibility is determined by the following requirements:

- **Categorical:** WIC serves pregnant women, breastfeeding mothers, women who had a baby in the last six months, infants, and children under five years old.
- **Income:** The maximum income for Virginia WIC participants is 185 percent of the Federal Poverty Line. For the maximum allowed income per household size, please reference [this page](#) prepared by the Virginia Department of Health. Some applicants are automatically eligible for WIC if they receive SNAP benefits, Medicaid, or Temporary Assistance for Needy Families (TANF).
- **Nutrition Risk:** Applicants must have a nutritional need. This need is typically determined through an appointment at a local WIC office, but due to COVID-19, the requirement that participants physically come into a clinic has been temporarily waived. To learn how your local WIC office is determining nutritional risk, contact them directly [here](#).

To see if you are eligible for WIC, select the “Am I Eligible?” option at <https://www.myvawic.org/>.

### How do I apply for WIC?

You may apply online through at <https://www.myvawic.org/>.

### What nutrition assistance can I receive through WIC?

In addition to nutrition education and counseling, WIC participants receive an eWIC card that operates similarly to a debit card and is loaded with benefits each month. WIC participants can then use their eWIC card to buy approved foods, fruits, and vegetables at authorized stores. The most updated list of foods that participants can purchase is available [here](#).

### **How can I learn more about WIC in Virginia?**

To learn more, please visit or view the [WIC Handbook](#) prepared by the Virginia Department of Health.

## **School Meals**

### **How has student meal service changed in Virginia given that schools are closed for the rest of the school year?**

Though all schools in Virginia are closed, school systems are working hard to ensure students can still access nutritious meals by offering free meals for pick-up at schools. Even if your child does not usually receive free or reduced-price meals at school, they can receive free meals while schools are closed for COVID-19. Each county in Virginia's Seventh District has set up meal pick-up sites and times at which meals are being distributed.

### **What has Congress done to strengthen school meals in response to the COVID-19 public health emergency?**

The *Families First Coronavirus Response Act*, signed into law by President Trump on March 18, provided USDA with the authority to allow states to distribute school meals using a modified model typically utilized during the summer months. This model also aims to comply with social distancing requirements by waiving requirements that children congregate to eat their meals and allows families to pick up multiple meals at once. The *CARES Act* provided an additional \$8.8 billion in funding for Child Nutrition Programs.

### **Where can I get meals for my child since schools are closed?**

Each county in Virginia's Seventh District has multiple pick-up locations for parents to pick up breakfasts and lunches for their children. Please find your county below to see pick-up locations, times, and specific requirements for each county.

You can also text the word "food" or "comida" to 877-877 or use the [school meal finder](#) and input your address to find free school meals closest to you.

### **How do I know if my child qualifies for a free meal at a school meal pick-up site?**

All children 18 years or younger, as well as special needs students under age 21, qualify for free breakfasts and lunches in the county in which they reside.

### **My child attends a private school or is home schooled. Are they still eligible for school meals at a pick-up site?**

Children 18 years or younger qualify for free and reduced breakfasts and lunches in the county in which they reside, regardless of whether they attend that school or are enrolled in the school system.

### **Will school meals be served during schools' scheduled spring breaks?**

Some counties will continue school meal service during spring breaks. You should visit the below link for the county in which you reside to see if meals will be served during your child's scheduled spring break.

**Amelia County**

<http://www.amelia.k12.va.us/>

**Amelia County Public Schools Emergency Closure Meal Service Information**

Fill out this Google form for information:

<https://docs.google.com/forms/d/e/1FAIpQLSfqJrj0GTMBD6oqcjmQ3KOBfi68eNNpPIYVC1GrRL0APPmNQ/viewform>

ACPS will not be serving meals during its scheduled spring break (April 6-10).

With questions, please contact:

804-561-2621

**Chesterfield County**

<https://mychesterfieldschools.com/>

**Chesterfield County Public Schools Emergency Closure Meal Service Information**

<https://mychesterfieldschools.com/coronavirus-information/>

With questions, please contact:

Pearl Taylor

Director, Food and Nutrition Services

804-743-3717

**Culpeper County**

<http://culpeperschools.org/>

**Culpeper County Public Schools Emergency Closure Meal Service Information**

From: <https://sites.google.com/ccpsweb.org/covid19response/homefaq>

With questions, please contact:

540-825-3677

**Goochland County**

<http://goochlandschools.org/>

**Goochland County Public Schools Emergency Closure Meal Service Information**

<http://goochlandschools.org/2020/03/17/meal-distribution-locations-expanded/>

With questions, please contact:

Randy Herman

[hermanrs@lcps.k12.va.us](mailto:hermanrs@lcps.k12.va.us)

804-556-5630

**Henrico County**

<https://henricoschools.us/>

**Henrico County Public Schools Emergency Closure Meal Service Information**

<https://henricoschools.us/covid19/grab-and-go-breakfasts-and-lunches/>

With questions, please contact:

804-652-3717

**Louisa County**

<https://lcps.k12.va.us/>

**Louisa County Public Schools Emergency Closure Meal Service Information**

[https://lcps.k12.va.us/news/what\\_s\\_new/lcps\\_launches\\_community\\_meals\\_effort](https://lcps.k12.va.us/news/what_s_new/lcps_launches_community_meals_effort)

With questions, please contact:

540-894-5115

**Nottoway County**

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

**Nottoway County Public Schools Emergency Closure Meal Service Information**

<http://nottowayschools.ss16.sharpschool.com/cms/One.aspx?portalId=320091&pageId=1759799>

With questions, please contact:

Charlyn Pierce

434-645-3536 ext. 7031

434-645-9596

**Orange County**

**Orange County Public Schools**

<http://www.ocss-va.org/>

**Orange County Public Schools Emergency Closure Meal Service Information**

From: <http://www.ocss-va.org/2020/03/16/school-meal-plan/>

<http://www.ocss-va.org/covid-19/>

With questions, please contact:

540-661-4550

**Powhatan County**

**Powhatan County Public Schools**

<http://www.powhatan.k12.va.us/>

**Powhatan County Public Schools Emergency Closure Meal Service Information**

<http://www.powhatan.k12.va.us/groups/79021/covid19/covid19>



With questions, please contact:  
804-598-5700

**Spotsylvania County**  
**Spotsylvania County Public Schools**  
<https://www.spotsylvania.k12.va.us/>

**Spotsylvania County Public Schools Emergency Closure Meal Service Information**  
<https://www.spotsylvania.k12.va.us/Page/5001>

With questions, please contact:  
540-834-2500

## **Food Pantries**

### **What has Congress done to support food banks and pantries that are responding to the COVID-19 public health emergency?**

Food banks and pantries are working tirelessly to serve members of our community who are struggling to access reliable nutrition. The *Families First Coronavirus Response Act*, signed into law on March 18, provided \$400 million to help food banks meet increased demand. On March 27, the *CARES Act* was signed into law and provided an additional \$450 million to states to distribute to food banks to meet increased demand.

### **Do I need to meet certain requirements to receive assistance at a food bank?**

Each food bank or food pantry has different requirements for the documents an individual must present or the income requirements they must meet in order to receive assistance. Please contact the location directly to learn about their requirements.

### **Where can I find the nearest food bank?**

Please select the county in which you reside to be directed to a food assistance locator that serves your county.

#### **Amelia County**

Feedmore Agency Locator: <https://feedmore.org/agency-network/agency-locator/>

#### **Chesterfield County**

Feedmore Agency Locator: <https://feedmore.org/agency-network/agency-locator/>

#### **Culpeper County**

Blue Ridge Area Food Bank Agency Finder: <https://www.brafb.org/find-help/pantry-locator/>

#### **Goochland County**

Feedmore Agency Locator: <https://feedmore.org/agency-network/agency-locator/>

### **Henrico County**

Feedmore Agency Locator: <https://feedmore.org/agency-network/agency-locator/>

### **Louisa County**

Feedmore Agency Locator: <https://feedmore.org/agency-network/agency-locator/>

### **Nottoway County**

Feedmore Agency Locator: <https://feedmore.org/agency-network/agency-locator/>

### **Orange County**

Blue Ridge Area Food Bank Agency Finder: <https://www.brafb.org/find-help/pantry-locator/>

### **Powhatan County**

Feedmore Agency Locator: <https://feedmore.org/agency-network/agency-locator/>

### **Spotsylvania County**

Fredericksburg Regional Food Bank Agency Locator: <https://www.fredfood.org/findapantry>

**In addition to using the above links to locate a food pantry near you, below is a list of food pantries in Virginia's Seventh District.**

### **Chesterfield Food Bank**

Website: <https://www.chesterfieldfoodbank.org/get-food/>

Phone: 804-414-8885

- Chester Location: Food Bank Headquarters  
12211 Iron Bridge Rd, Chester, VA 23831  
Every Friday: 4:00 pm – Sign In, 5:30 pm – Distribution
- Hopkins Location: Hopkins Road Elementary School  
6000 Hopkins Rd, North Chesterfield, VA 23234  
1st Saturday of Each Month: 9:00 am – Sign In, 10:00 am – Distribution
- Davis Location: AM Davis Elementary School  
415 S. Providence Rd, North Chesterfield, VA 23236  
2nd Saturday of Each Month: 9:00 am – Sign In, 10:00 am – Distribution
- Ettrick Matoaca Location: Ettrick Elementary School  
20910 Chesterfield Ave, Ettrick, VA 23803  
3rd Saturday of Each Month: 9:00 am – Sign In, 10:00 am – Distribution
- Chalkley Location: J. A. Chalkley Elementary School  
3301 Turner Road, Chesterfield, VA 23832  
4th Saturday of Each Month: 9:00 am – Sign In, 10:00 am – Distribution
- Jeff Davis Location: Kingsland Family Life Center  
8801 Perrymont Road, Richmond VA 23237  
1st and 3rd Monday of Each Month: 5:30 pm – Sign In, 6:15 pm – Distribution

### **Coalition of Powhatan Churches**

2500 Batterson Road, Powhatan VA

804-372-9526

Email: [powhatanvafoodpantry@gmail.com](mailto:powhatanvafoodpantry@gmail.com)

Hours: Tuesday, Thursday, Friday and Saturday from 10:00 am - 12:00 pm;  
Thursday nights from 5:00 pm -7:00 pm.

### **Commonwealth of Catholic Charities**

Dibert Food Pantry Richmond

1601 Rolling Hills Drive, Richmond, VA

(804) 285-5986

Hours: Tuesday, Wednesday, Thursday, 9:00 am - 12:00 pm

ID required

Note: Recipients may receive food once within a 30-day period

### **Empowering Culpeper**

Culpeper United Methodist Church

1233 Oaklawn Drive, Culpeper VA

540-727-0372 ext. 385

Email: [empoweringculpeper@gmail.com](mailto:empoweringculpeper@gmail.com)

Hours: Third Saturday of each month, 9:00 am – 11:00 am

Note: The Culpeper Connector provides drop-off and pick-up transportation to the church. For transportation information, call 540-829-5300.

### **Fredericksburg Regional Food Bank**

3631 Lee Hill Dr, Fredericksburg, VA 22408

Hours: For SENIORS ONLY (60 years of age and older) on Tuesdays from 11:00 am to 3:00 pm

Hours: For Families and individuals on Thursdays from 11:00 am to 3:00 pm

Mobile app: FredFoodVA

### **Goochland Cares**

2999 River Road West, Goochland, VA 23063

804-556-6260

Email: [tebright@GoochlandCares.org](mailto:tebright@GoochlandCares.org).

Hours: Monday from 9:00 am - 3:30pm; Tuesday from 9:00 am - 6:30 pm; Wednesday from 9:00 am - 3:30 pm; Thursday from 9:00am - 3:30 pm; Friday from 9:00 am - 2:30 pm

Note: Pre-packed bags are available curbside outside Goochland Cares. Clients may pick up pre-packed bags, place an order by [clicking here](#) and submitting their online order form, or order by calling 804-556-6260.

Note: Orders are filled based on what is in stock, and food may be picked up once per week. For USDA TEFAP distribution – inquire at Goochland Cares for dates and times.

### **Louisa Resource Council**

147 Resource Lane, Louisa, VA 23093

540-967-1510

Email: [LouisaResource@gmail.com](mailto:LouisaResource@gmail.com)

## **Additional Statewide Resources**

### **Governor's Office**

For general information, call 804-786-2211 or go online at <https://www.governor.virginia.gov/>.

- For up-to-date information on the Governor's executive orders as they relate to COVID-19, please visit: <https://www.governor.virginia.gov/executive-actions/>

### **Virginia Department of Agriculture and Consumer Services**

- The Virginia Department of Agriculture and Consumer Services is loosening income eligibility requirements for the Emergency Food Assistance Program to increase access during the COVID-19 outbreak.
- VDACS is also reducing the threat of exposure for seniors in the Commodity Supplemental Food Program by changing delivery schedules—while maintaining the quantity of food—and removing certain delivery signing requirements.
- The Federation of Virginia Food Banks, representing seven regional food banks, is standardizing low- and no-touch distribution, pre-boxed items, and drive-through distribution mechanisms.

### **Supplemental Nutrition Assistance Program (SNAP)**

To apply for benefits, visit <https://commonhelp.virginia.gov/> or call 1-855-635-4370.

### **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**

To apply for benefits, visit <https://www.myvawic.org/>.

### **School Meal Finder**

Information is provided by Virginia Department of Education at [https://schoolmealfinder.hoonuit.com/?filter\\_state=va](https://schoolmealfinder.hoonuit.com/?filter_state=va)