

caring & sharing

COVID-19 RESOURCES

FOOD:

1. Tuscaloosa County & City Schools Child Nutrition Programs

Any child 18 or younger gets a free breakfast and lunch. The child must be in the vehicle to receive the meal. The child does not have to be a current student in the school system.

**West Alabama Food Bank will begin a rotating schedule at the school sites on 3/30 with dinner meal boxes. More details to come.*

Tuscaloosa County School System Service Time: 11:00 am – 1:00 pm

Schools: Brookwood Elementary, Crestmont Elementary, Faucett-Vestavia Elementary, Flatwoods Elementary, Holt High, Maxwell Elementary, Northside High, Sipsey Valley Middle, Taylorville Primary, Vance Elementary

Tuscaloosa City Schools Service Time: 11:00 am – 1:00 pm

Alberta School of Performing Arts, Central High School, Northridge Middle, Skyland Elementary, Westlawn Middle, Woodland Forrest Elementary

Mobile Service Sites Time: 11:00 am – 1:00 pm

Buddy's Food Mart on Rice Mine Rd., Haycourt Apartments, Rosedale Apartments, Southview Elementary

2. Vowell's Fresh Market

a.) Food assistance: Offering a morning snack from 7am-8am; Offering a lunch sack from 1pm-2pm

b.) Child must be present at pickup

c) K-6th grade

d) Available at Cottdonale and Bear Creek locations

3. West Alabama Food Bank

a) Families can receive food assistance from 9-11:00 am, Monday-Friday

b) Must present identification

4. Christian Ministry Center (205) 752-8399, 3880 Watermelon Rd, Northport, AL 35473

a) Food Assistance: Monday, Wednesday & Thursdays, 8-10:00am

b) Maximum assistance: every 3 months-MUST HAVE: referral, photo ID, and social security card

5. Grace Presbyterian Church (205) 758-1193, 113 Hargrove Rd, Tuscaloosa, AL 35401

a) Food Assistance: 2nd Tuesday of each month, 1:30pm-3:30pm

- b) Maximum assistance: once every 6 months-MUST HAVE: photo ID and referral
6. **Community Soup Bowl** (205) 752-2421, 1711 23rd Ave, Tuscaloosa, AL 35401 (Located behind Piggly Wiggly)
 - a) Food Assistance: FREE Daily lunches: 11:00 am-12:50 pm
 - b) Individuals may pick up to-go plates outside the facility
 7. **East Tuscaloosa Soup Bowl** (205) 553-4588, 3004 Hargrove E, Tuscaloosa, AL 35401 (Located at Hargrove Memorial United Methodist Church)
 - a) Food Assistance: FREE lunch every Wednesday and Friday, 11:45 am-1:00 pm
 - b) Maximum assistance: N/A
 8. **Salvation Army** (205) 632-3691, 1035 29th St, Tuscaloosa, AL 35401
 - a) Food Assistance: Monday-Wednesday, 8:00 am-12:00 pm & 1-3:00pm
 - b) Maximum assistance: every 4 months-MUST BRING: Proof of Income, Proof of Residence, Photo ID, and Social Security Cards for all household members required
 9. **Meals on Wheels** (205) 752-5429
 - a) Food Assistance: Mid-day meals delivered on a continuous basis
 - b) Telephone application required for approval
 - c) Minimum payment required for assistance-MUST HAVE: Photo ID, Social Security Card, & Proof of Residence Required-MUST BE: Unable to Prepare Meals Independently
 10. **Vineyard Community Church** (Near Wright's restaurant), 3800 University Blvd E, Tuscaloosa, AL
 - a) Food Assistance: 1st and 3rd Saturday of each month from 9-10:00am
 - b) No requirements
 - c) Drive-thru food pantry
 11. **Tracy Dent Foundation** Family Resource Center, 15591 Thomas Chapel Road, Tuscaloosa, AL
Provides food through the Pantry each Monday, 9-11:00 am

GROCERY DELIVERY:

1. **Scuttle Shuttle** 205-832-9910
 - a) Seniors 60+ or those immunocompromised
 - b) No delivery fee
 - c) Publix & Walmart Neighborhood Market (limited locations) over-the-phone payment at checkout
 - d) Limit of 10-12 items
2. **TES Grocery Stops**
 - a) There is a delivery schedule with certain guidelines by date
 - b) Call 205-758-5535 to be added for food distribution

PHARMACY DELIVERY:

Compassion Coalition (205) 561-4048

- a) Seniors 65+ or those without transportation
- b) Payment due upon delivery.

MEDICATION/PRESCRIPTION ASSISTANCE:

Walgreens Senior Hour/Day

- a) Tuesdays Seniors 55+ can enjoy up to 30% off
- b) Tuesdays 8-9am is a dedicated Seniors 55+ shopping hour
- c) Drive-thru pick up

Familywise Prescription and Delivery Discount

- a) Anyone can use: BIN 610194 / Card ID: FW100 / Group ID: FW100 / PCN: FW
- b) Give above details when filling or refilling prescriptions at any pharmacy to see available discounts
- c) At Walgreens and CVS stores that offer delivery, you can request free delivery with Familywise

CHILDCARE:

Boys & Girls Club and YMCA

- a) M-F, 6:45 am – 7:15 pm
- b) Children of essential workers only, ages 6-14
- c) Three locations:
 - YMCA, Downtown Branch – 2300, 13th Street, Tuscaloosa, AL 35401
 - YMCA, Benjamin Barnes Branch – 2939 18th Street, Tuscaloosa, AL 35401
 - Boys and Girls Club of West Alabama – 2201 Alberta Pkwy, Tuscaloosa 35404
- d) Reservations & Registration required through either organization
- e) \$80/wk or \$16/day

EDUCATION:

Tuscaloosa City Schools Home Academic Packets

Academic Resources: <https://www.tuscaloosacityschools.com/AtHome>

Text to get resources: [\(205\) 564-9727](tel:2055649727)

MENTAL HEALTH:

Family Counseling Services

Offering counseling sessions (including new clients) through teletherapy capabilities

To schedule an appointment and fill out the intake package, go online:

<https://www.counselingservice.org/teletherapy-scheduling>

LEGAL SERVICES:

Legal Services Alabama, (205) 758-7503, 2315 9th St, Tuscaloosa, AL 35401

Provide assistance in many types of Civil Cases to low income Alabamians. We are statewide covering all counties with our office in Tuscaloosa covering eight-ten of these counties with a four person staff. Currently our physical office is close to walk-ins due to the COVID-19 but we are working remotely and handing cases by phone if possible. We are seeing clients in person only when absolutely necessary.

MEDICAL TRANSPORTATION:

FOCUS 50+

Providing critical medical transportation for seniors.

UTILITY ASSISTANCE:

Utility/rent/mortgage assistance currently on hold

OTHER GENERAL SERVICES:

Free Showers: TES

Free Do-It-Yourself Laundry: TES

SHELTER / EMERGENCY HOUSING

BABY NEEDS/FORMULA DIAPERS