

COVID-19 Strafford County Resource Guide

Food:

Rochester Schools Meal Program: 8 Rochester School Sites (Nancy Loud and East Rochester not included) will be sanitized and set up as pick up locations for both breakfast and lunch meals. Packed Breakfast Meal (1 daily option) and Lunch Meal (1 daily option) will be available for pick up between 7:00am-10:00am Monday-Friday. You may pick up both Breakfast and Lunch meals at the same time to alleviate multiple trips to pick up locations. Meals can only be picked up for your family and for one day at a time. A table will be set up at the front entrance of each school in order for ease of drive up and pick up.

Contact: Rochester Food Service Department, 603-332-0757 X2130.

Oyster River School District Meal Program: Oyster River schools will be delivering breakfast and lunch for district students at no cost to parents. This is being offered to all students, not just those receiving free or reduced meals. Breakfast will consist of grains, fruit or juice, and milk. Lunch will consist of protein, grains, fruit, vegetables, and milk. Meal order forms have been emailed to parents, and must be returned for each week of meals. Someone must be at the home location to receive meals when they are delivered between the hours of 11am and 1pm.

Contact: Doris Demers, ddemers@orcsd.org

Dover School District Meal Distribution: Food distribution for all students will begin on Thursday, March 19. Each day two meals will be provided. Participants will receive a lunch for the day that will include breakfast for the following day. STUDENTS IN ALL GRADE LEVELS IN THE DOVER SCHOOL DISTRICT, REGARDLESS OF WHETHER OR NOT THEY ARE QUALIFIED FOR FREE AND REDUCED MEALS, MAY PARTICIPATE IN THE PROGRAM. A Dover School Bus will be parked in the designated locations below from 10:00 - 10:30 a.m. to distribute the meals. Please pick-up from the location closest to your home address and use it consistently, as this will allow Café Services to have an accurate count for the number of meals needed each day.

- South Dover Area:
 - Garrison School – 50 Garrison Road
 - Park and Ride - Spur Road -Just After Deborah Lane
 - Henry Law Park – 1 Washington Street
 - Cleary Cleaners Care Pharmacy Parking Lot - 120 Central Avenue
- North Dover Area:
 - Horne Street School - 70 Horne Street
 - Strafford Farms - 58 New Rochester Road
 - Dover Ice Arena - 110 Portland Avenue

- Strafford Court Parking Lot -259 County Farm Road
- Granite Village- 6 Olde English Village Road
- Janetos Parking Lot - 77 Main Street
- Federal Savings Bank Parking Lot - 633 Central Avenue
- Central Dover Area:
 - Woodman Park School - 11 Towle Avenue
 - Adelle Drive - Redden Gardens
 - Lilac Lane -1 Lilac Lane
 - SOCC-40 Hampshire Circle
 - Industrial Park Drive- 115 Industrial Park Drive
 - Rutland Manor - Abby Lane
 - Citizens Bank- 140 Washington Street Next to Belknap Street

For those families that participate in End 68-Hours of Hunger, food will be distributed on Tuesdays and Fridays. Please see below for the locations and times:

- Seymour Osman Community Center - 40 Hampshire Circle 11:00-3:00
- Dover Public Library - 73 Locust Street Open Hours
- Waypoint - 279 Locust Street, Suite B 10:00-4:30
- CAP Offices - 577 Central Avenue, #10 10:00-4:30
- Dover Fire & Rescue Station South End - 25 Durham Road Open Hours
- Community Partners -50 Chestnut Street PENDING CONFIRMATION

Farmington School District Meal Program: Breakfast and lunch will be provided for students free of charge during the remote learning period on Mondays (3 days' worth) and Thursdays (two days' worth). A participation form has been emailed to parents and must be completed to receive meals. For meals on Thursday the 19th, please return the form by 8am on Wednesday the 18th. For meals beginning on Monday the 23rd, return the form by 8am on Friday the 20th. Call (603) 834-0062 to be added to the list at any time during the remote learning period. Further information about pick-up and delivery times will be provided on Wednesday night.

Milton School District Meal Program: All Milton children under the age of 18 are eligible for free breakfast and lunch during the period of remote learning. These meals will be available on Mondays, Wednesdays, and Fridays and will be dropped off at school bus route stops, or can be picked up at Nute between 1-2pm. A survey has been emailed to parents to indicate the need for these meals.

Contact: 603-652-0262

Barrington School District Meal Program: The school district will be paying for all meal orders during this time at no cost to families of Barrington students. Parents should complete the breakfast and lunch order by 9am the previous day to allow time prior to the following day for all meal orders to be processed. Meal orders placed for Monday, need to be placed on Friday. A member of the household

must be available when the food is delivered. A phone call will be made in the morning notifying the family of the meals being delivered as the buses leave the middle school.

Contact: Shelly LaClair, Food Service Director, 603-664-2127 ext 168, www.cafeservices@sau74.org

Farmington House of Pizza Meals: Farmington House of Pizza is offering daily free lunches for kids of all ages in Farmington.

Gather Meals 4 Kids: Gather is coming to Rochester on Tuesdays to offer free meals for families with kids 18 and under. They will be at two locations in Rochester each Tuesday:

- Cold Spring Manor, 31 Emerson Avenue – 12-1:30pm
- Rochester Recreation Department, 150 Wakefield Street – 2-4pm

Katz's Deli & Market Food Bags: Katz's Deli in Dover is offering a free grocery bag of food for families with children who are unable to get food from their schools at this time.

Fallen Leaf Bistro: Fallen Leaf Bistro in Rochester is offering free pancakes for kids ages 12 and under from 7am-12pm daily until April 6th.

First Church Congregational Meal Program: Free meals will be distributed at the First Church Congregational at 63 South Main Street in Rochester from 6-7:30pm daily.

Internet & phone:

Atlantic Broadband will not terminate service to any residential or small business customers because of their inability to pay their bills due to coronavirus disruptions. They will waive any late fees that any residential or small business customers might incur, until further notice.

Eversource NH has suspended all customer disconnections for nonpayment until further notice.

Comcast is providing new customers in Comcast service areas 60 days of complimentary internet services. They are also agreeing that they will not terminate services to anyone unable to pay their bills due to coronavirus disruptions, and they will waive any late fees of residential or small business owners caused by the pandemic.

Verizon will not terminate services to anyone unable to pay their bills due to coronavirus disruptions, and they will waive any late fees of residential or small business owners caused by the pandemic. They are also agreeing that they will not terminate services to anyone unable to pay their bills due to coronavirus disruptions, and they will waive any late fees of residential or small business owners caused by the pandemic.

AT&T is offering unlimited internet data to all AT&T consumer home internet wireline customers.

Sprint is providing customers with an additional 20GB of mobile hotspot data per month for 60 days, and is providing unlimited data for 60 days to customers with metered data plans, both at no additional cost. They are also agreeing that they will not terminate services to anyone unable to pay their bills due to coronavirus disruptions, and they will waive any late fees of residential or small business owners caused by the pandemic.

T-Mobile is removing smartphone data caps for all customers, giving 20GB of additional mobile hotspot data, and making it free to call severely impacted countries. They are also agreeing that they will not terminate services to anyone unable to pay their bills due to coronavirus disruptions, and they will waive any late fees of residential or small business owners caused by the pandemic.

Web-Based Resources:

“Neighbors Helping Neighbors: Milton, NH School District”: This Facebook group is a place where Milton parents can post childcare or transportation needs while the school is closed down for quarantine. If people are able to help they can comment on that post and then private message as necessary. It is also a place where people can post availability to help and those in need can comment.

<https://www.facebook.com/groups/2764417730261937/>

Headspace Plus: This mindfulness app is being offered for free to all US healthcare professionals who work in public health settings through 2020.

<https://www.Headspace.com/health-covid-19>

Scholastic: Scholastic has launched a “Learn at Home” website that has free daily courses for students from pre-K to grades 6 and up.

<https://www.scholastic.com/learnathome>

Other Supports & Resources:

Market Basket is initiating senior shopping hours to meet the needs of customers 60+ years of age. These hours are each Tuesday, Wednesday, and Thursday from 5:30-7am and will serve seniors only.

Crowley’s Variety & Grill in Farmington is offering a free cup of coffee to all local law enforcement, first responders, and anyone in the medical field. (Medical ID required)