

If you cannot locate resources please contact 2-1-1:

1. CALL: 2-1-1, If you need assistance finding food, paying household bills, accessing free childcare, or other essential services, dial [United Way's 2-1-1](#) to speak to someone who can help.
2. TEXT: Text your zip code to 898211* Espanol: **TEXTO** Envía tu código postal al 898211

Babies/Diapers/Wipes:

1. Positive Solutions Informed Choices (PSIC) located at 330 Lovell St in Ionia is distributing free diapers, wipes, formula and other essential products (feminine hygiene & cleaning products as available) this **Thursday, April 9 from 10:00-5:00** to anyone in need. **Registration is required** as items will be placed in vehicles upon drive up. Register by going to their website: <https://psicionia.org/essentials-distribution> or by calling & leaving a message or texting **616-755-6077**, as there have been some challenges with the online registration.
2. **Enfamil Neuro Pro Family Beginnings®**
Join Enfamil Family Beginnings for up to \$400 in gifts* and a chance to win **free formula for a year!** <https://www.enfamil.com/enrollment/neur1>
3. Free Formula Samples, Coupons/ Valuable Checks, Belly Badges, Expert Tips, Family Beginnings App. They also have a Feeding expert line
4. **Ask your OB/Doc** for Formula samples
5. **Similac Strong Moms** – sign up online https://similac.com/strongmoms?gclid=CjwKCAjwsMzzBRACEiwAx4ILG2Y0Gr2vknhihaDK9a8y_cKzNqR0NHFsIIDnOCIClawLdGBMjbgZDxoCMdkQAvD_BwE&gclid=aw.ds– they send a package depending on the due date you give. They also have a Feeding expert line for help with Breast feeding
6. *How to get tons of free baby stuff (you Tube)* –you may have to pay shipping.
 - First thing that was recommended to make a new email address through Gmail because they send you a lot of Spam
 - a. Welcome Boxes – Amazon – <https://www.amazon.com/baby-reg/homepage> sign up for free trial with *Amazon Mom*. Must cancel after 30 Days or be charged
 - b. *Baby list* <https://www.babylist.com/>
 - c. Walmart Welcome box. <https://www.walmart.com/cp/baby-registry/1229485> You will need to create a new subscription they will give you a welcome box.
 - d. Baby bag – create a registry or ask at the customer service desk
 - e. *Target* <https://www.target.com/gift-registry/baby-registry> and
 - f. *Buy, Buy Baby* <https://www.buybuybaby.com/store/static/registrybenefits>
 - g. Doctor's Office – ask for a consultation to see a doctor without insurance. Usually they have a *Similac sample pack* and maybe a *Sisterhood or Mother pack*. Additionally, they have all kinds of samples. Don't be afraid to ask if they have any. Ask a nurse
 - h. Look for different websites that have items in your area:
Buy Nothing <https://www.facebook.com/BuyNothingProject/>
 - i. freecycle <https://my.freecycle.org/>
 - j. craigslist free section <https://grandrapids.craigslist.org/search/sss?query=free&sort=rel>
 - k. Baby box University - <https://www.babyboxco.com/baby-box-university/>
 - l. Search for "Baby give away" on you tube. Watch some video's – one she recommended was "FourieFam Cam" on you tube
 - m. Free Breast pump with insurance

- i. Yummy Mummy website
<https://yummymummystore.com/insurance/insurance-pumps.html>
- ii. Medela https://aeroflowbreastpumps.com/qualify-through-insurance?dynid=medela&gclid=CjwKCAjwsMzzBRACEiwAx4ILG-0eh2sl81DOYIcUfxGU4oh6hZjEhFjyex98emrXFkg1GsKGIL1mDRoC-MoQAvD_BwE
- iii. Lansinoh - https://aeroflowbreastpumps.com/qualify-through-insurance?dynid=lansinoh&gclid=CjwKCAjwsMzzBRACEiwAx4ILG2DcoQWKDvuANQvxy5FiyOtZGfTCFlwuE7sKReSJ6_xehVptCLASuxoCoQkQAvD_BwE
- n. **Local WIC office** has a nutrition program and also have free breast pumps. They are located in the Ionia Health Department.
- o. Save Money on Groceries – Grocery Shopping Tips that save you money
https://www.youtube.com/watch?v=d4DIsWQfH_A
- p. Community Services for infant/youth: Local resource finder
<https://www.childcareaware.org/resources/other-helpful-resources/resources-families/>

Childcare:

1. There is a website specifically to connect essential workers with childcare options during this time. Families have to fill out a short form and then they will be contacted about connecting with an available provider. www.helpmegrow-mi.org

COVID SCREENING – FREE: Spectrum Health:

- website is offering COVID-19 screenings via chat: <https://www.spectrumhealth.org/covid19>
- Call: 1.833.559.0659

Education:

1. [“Adulthood 101” for 11th and 12th graders online at no cost.](#)
2. GoNoodle: App or Website. <https://family.gonoodle.com/> (ages 4-10)
3. [Nature Lessons from the DNR](#)
4. [HOMES at Home \(MSU Extension\), April 9, Herpetology](#) 10:30 – 11AM (Fun for the whole family)
5. @mistrongerfamily on Facebook – MSU Extension – tons of fun family friendly events, Yoga recordings, etc.
6. Fun Ways to get kids moving: <https://www.popsugar.com/family/exercise-dance-movement-youtube-channels-for-kids-47316017#photo-47316119>
7. Scholastic Learn at Home:
<https://classroommagazines.scholastic.com/support/learnathome.html>

Electric:

Consumer’s Energy: We encourage any customer who needs help paying their energy bill to call us at 1-800-477-5050 to discuss their assistance options.

We are ensuring our most vulnerable residential customers have the services they need by:

- Suspending shutoffs for non-pay for low-income and senior customers beginning March 16, 2020 through May 3, 2020.*
- Extending Winter Protection Plan end dates for senior citizens and qualified low-income customers through May 3, 2020, without any additional actions required on their part.
- Supporting two statewide organizations with a \$500,000 contribution to Michigan children, vulnerable seniors and those who may need assistance. The Food Bank Council of Michigan and the Michigan Association of United Ways will each receive \$250,000 from the Consumers Energy Foundation.
- Matching any employee donations to food banks/pantries, homeless shelters, community foundations and the United Way through May 31, 2020. [Click here to learn more.](#)

Exercise:

1. Peloton is offering a free 90-day trial with a variety of workouts:
<https://www.onepeloton.com/digital/checkout/digital-90d>
2. Daily Burn is also offering a free 60 day premium membership via Groupon:
<https://www.groupon.com/deals/n-daily-burn-60-day-trial-premium-membership>
3. Core Power Yoga. Sixteen hour-long yoga classes, plus four meditations, [on its website](#).
4. **Barre3** and **The Bar Method**. The ballet-meets-yoga-meets-Pilates classes are free for 15 days.
5. **Daily Burn** and **Gold's Gym**. Miss gym classes? Try a [60-day free trial of the Daily Burn's sleek at-home classes](#), with a variety of specialties such as postnatal. Or hit the 600 audio and video classes on the [Gold's Amp app](#), which is free until May 31.
6. **Planet Fitness**. Planet Fitness has a [free daily class at 7 p.m. ET](#) on its Facebook Live page.
7. Revelation Wellness (faith based) FREE 24 Workouts:
<https://www.revelationwellness.org/revwell-tv-gift/>

Food:

1. Feeding America Food Truck: Food usually runs out with 45-50 minutes of start time so please make sure to arrive on time. You will stay in your car throughout the process. Please look at the Mobile Food Pantry Expectations before going to the pantry. (WHEN PICKING UP, DO NOT GET OUT OF YOUR CAR)
 - a. April Calendar: <https://www.liveunitedm-i.org/sites/liveunitedm-i.org/files/April%20Food%20Truck%20Schedule%208.png>
2. See other word document all on food in Ionia County
3. 60+: Individuals 60+ are eligible for meal delivery and daily check ins via phone. <https://www.mlive.com/public-interest/2020/04/michigan-seniors-can-get-free-meal-delivery-daily-wellness-checks-during-coronavirus-outbreak.html>

- a. The form to sign up is linked in the story and also linked below:
https://newmibridges.michigan.gov/s/request-meal-delivery-reassurance?language=en_US

Mental Health:

1. The Right Door for Hope, Recovery and Wellness – 1.888.527.1790
2. myStrength.com: <https://appv2.mystrength.com/go/rightdoor/RightDoorCommunity> (ages 12 and up) FREE mental health resources for anxiety, depression, addiction, chronic pain, sleep issues, and SO MUCH MORE!
3. [Book Oyster & Butterfly.pdf \(ages 3-8\)](#)
4. [Online Stress Less with Mindfulness Series April](#)
5. [Navigating Money Challenges: Tools to Manage Finances through the COVID-19 Crisis](#)

Parenting:

FREE ONLINE LOVE & LOGIC CLASSES:

1. ENGLISH: <https://www.loveandlogic.com/collections/spr20/products/love-and-logic-parenting-online>
2. SPANISH: <https://www.loveandlogic.com/collections/spr20/products/love-and-logic-parenting-online-spanish-workbook>

Other:

1. **Ionia Correctional Facilities** are providing free telephone calls and stamps to their inmates at this time due to them not being able to have visitors.

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