

Resources for Children & Families in Boston to Stay Healthy During the COVID-19 Pandemic

Although we are all practicing universal social distancing, we can still laugh, play, learn, and grow closer outside of class and work. As such, it's important to adhere to local government, department of public health, and CDC guidance in order to slow the spread of the novel coronavirus. Refer to the [CDC's main coronavirus website](#) for timely updates regarding this situation.

It's important for children and their families to eat nutritiously and be physically active. The best place to look first for information on keeping you and your family healthy is the [Daily Life & Coping section](#) on CDC.gov, and particularly the section on [Caring for Children](#).

In addition, below is some useful information for those in Boston, MA to stay healthy.

For the Boston community

For those living in Boston, MA, there is specific guidance and information for families and children to stay safe and healthy. Here are some resources from the City of Boston and the Boston Public Health Commission:

- [Coronavirus Disease \(COVID-19\) in Boston](#)
Information is rapidly changing — this page will be updated as soon as new and relevant information becomes available for those in the City of Boston
- [Massachusetts Public Health Association: Emergency Task Force on Coronavirus & Equity](#)
Rapidly developing policy recommendations to ensure that equity is at the center of the state's response
- [Boston Counts 2020: U.S. Census](#)
Make sure you've filled out the census - Boston Counts 2020 is the City's effort to support an equitable and complete count in the next U.S. Census
- [Boston Public Schools: Resources for Students & Families](#)
Resources and activities to learn at home during this school closure
- [Boston Public Schools: Taking Care of Your Health](#)
Simple steps to take care of our bodies and our emotions during this time when our lives and routines are changing
- [Boston Public Schools: Staying Active Outside During COVID-19](#)
Ideas for staying active outdoors, along with resources for helping children stay safe while walking and biking
- [Food Resources in Boston During COVID-19](#)
A resource for residents to find open food locations and delivery options during the coronavirus (COVID-19) pandemic
- [Map of Meal Sites for Children and Youth](#)
With Boston Public Schools closed to students starting on Tuesday, March 17, free breakfast and lunch meals will continue to be provided to all Boston students

- [The Greater Boston Food Bank: Need Food](#)
If seeking food for yourself, your family, a neighbor, coworker or friend, use The Greater Boston Food Bank's Partner Agency Locator [here](#) to find help in your community
- [Project Bread: FoodSource Hotline](#)
Project Bread's toll-free FoodSource Hotline is the only comprehensive statewide information and referral service in Massachusetts for people facing hunger
- [Massachusetts Food Trust Program](#)
Loans, grants, and business assistance for increasing access to healthy, affordable food in low-income, underserved areas
- [Massachusetts Food Security Infrastructure Grant Program](#)
Ensuring that individuals and families throughout the Commonwealth have access to food, with a special focus on food that is produced locally and equitable access to food; also seeks to ensure that farmers, fisherman, and other local food producers are better connected to a strong, resilient food system