

Federal Shutdown Resources

Food Resources:

To locate a food bank near you, enter your zip code at capitalareafoodbank.org/get-help or call Capital Area Food Bank Hunger Lifeline at 202.644.9807 (Mon-Fri 9 am – 5 pm.)

Rent and Utility Resources:

For utility and rent resources, view the links below:

- [Utility Support to Federal Government Employees Impacted by Shutdown](#)
- [Washington DC Financial Resources](#) is a clearinghouse of assistance for rent, utilities and food.
- [Need Help Paying Bills](#) has a lists assistance programs for rent, utilities, mortgage payment, debt, and medical bills.
- [Better Mortgage](#) is offering Shutdown Relief Emergency Mortgage Refinance
- [Verizon](#) is waiving late fees and are assisting federal government employees directly impacted by the shutdown to help them stay connected.

Referral Services:

2-1-1 is a free, confidential referral and information service that connects those in need to food pantries, health care services and utility and eviction prevention assistance. Callers also can receive information on mental health counseling, transportation, job training, substance use recovery services, child care and volunteer opportunities.

Note, not all cell phones are programmed for 2-1-1. Cell phones that are not programmed for 2-1-1 will produce either a “fast busy” or a “not in service” recording. If you cannot reach 2-1-1 from your cell phone, dial the 10-digit number in your jurisdiction:

- Dial 202-463-6211 in the District of Columbia.
- Dial 301-864-7161 in the state of Maryland.
- Dial 800-230-6977 in the Commonwealth of Virginia
- Dial 301-662-2255 (Western Maryland-Frederick)
- Dial 800-492-0618 (within Maryland)

Local Government:

To find resources in your jurisdiction, view the links below:

- [District of Columbia](#)
- [Montgomery County](#)
- [Prince George's County](#)
- [City of Alexandria](#)
- [Arlington County](#)
- [Fairfax County](#)
- [Loudoun County](#)
- [Prince William County](#)