



# 2026 Food, Rent, Utility & Free Medical Care Quick-Reference Checklist

## **EMERGENCY RENT (funds disappear fast)**

- Local Salvation Army → Google “[city] Salvation Army Homelessness Prevention”
- Modest Needs (up to \$1,500 grant) → [modestneeds.org](http://modestneeds.org)
- St. Vincent de Paul → Google “[city] SVDP”
- Your state emergency rent program → Search “[state] rental assistance 2026”

## **UTILITY & HEATING BILLS**

- Dollar Energy Fund (23 states) → [dollarenergy.org](http://dollarenergy.org)
- Call your utility company → Ask for “Share the Warmth” or neighbor fund
- Crisis LIHEAP (most states year-round) → Same number you use for regular LIHEAP

## **FOOD THAT COMES TO YOU**

- Meals on Wheels (now taking under-60 disabled) → [mealsonwheelsamerica.org/findmeals](http://mealsonwheelsamerica.org/findmeals)
- Local food-bank delivery → Google “[county] food bank delivery”
- Mom’s Meals (Medicaid/VA often 100%) → [momsmeals.com](http://momsmeals.com) • 1-877-508-6667

## **FREE OR SLIDING-SCALE MEDICAL & DENTAL CLINICS**

- HRSA Federally Qualified Health Centers (FQHCs) – accept everyone → [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov)
- Free dental clinics nationwide → [freeclinics.com](http://freeclinics.com) or [dental.lifelines.org](http://dental.lifelines.org)
- NeedyMeds clinic finder → [needymeds.org/clinics](http://needymeds.org/clinics)
- National Association of Free & Charitable Clinics → [nafcclinics.org](http://nafcclinics.org) → “Find a Clinic”
- Vision USA (free eye exams/glasses) → [aoa.org](http://aoa.org) → Vision USA
- Hearing aids (some free) → [hear-now.org](http://hear-now.org) (Starkey Foundation)

## **ONE CALL FOR ALMOST EVERYTHING**

2-1-1 – still the fastest way to see what’s left in your county

## **NEED SSDI, SSI, OR VA HELP RIGHT NOW?**

Aaria Consulting – Free case review, no fee unless you win

Call 888-8MY-SSDI • [aprilroberts.org/contact](http://aprilroberts.org/contact)

### **Disclaimer**

This resource list is for informational purposes only and is not legal or financial advice. Availability of programs, funding, and contact information can change at any time. Aaria Consulting and April Roberts make no guarantee that any listed organization will provide assistance. Always verify current eligibility and contact details directly with each program.