
MEETING BASIC NEEDS: CUSTOMIZABLE RESOURCE LIST

More than half of California Community College (CCC) students experience food or housing insecurity sometimes.¹ When our students can't meet their basic needs – such as having a stable place to live or enough food to eat – it becomes much harder for them to thrive academically.



CCC Health & Wellness created the [Supporting Community College Students in Meeting Basic Needs](#) (2018) infographic to provide examples of basic needs supports that some colleges have created. **This customizable resource list builds on the infographic.**

Purpose of the Resource List

The **Meeting Basic Needs: Customizable Resource List** is designed to help colleges raise awareness about basic needs resources that are available. If your college is still in the process of planning, developing, or expanding basic needs services, see **Meeting Basic Needs: Campus Planning Toolbox**.

How to Use the Resource List

Working with other key stakeholders in your college, use this document to **compile information about available resources** and share it with your students, faculty, and staff.

1. Go through this document and fill in the appropriate information for your college and community. See the text box below (“Tip 1”) for ideas about how to collaborate on this effort with members of your team.
2. As you fill in this resource list, delete or modify sections that are not applicable. Duplicate sections where you have additional resources.
3. Once the resource list is completed, **delete pages 1-2** (instructions).
4. Post your resource list online on your campus website and social media. Provide physical copies at locations around campus (Financial Aid office, health center, gymnasium, etc.).
5. Disseminate your resource list (e.g., email, physical copies) to faculty and staff. Encourage them to share it with students. **Here are some ways that faculty and staff can promote this resource:**
 - ✓ Print copies of this resource list to share with students (during class sessions, office hours, etc.).
 - ✓ Keep copies of this resource list at your desk for when students drop by.
 - ✓ Email this resource list to students. Let them know they can come to you if they have questions.
 - ✓ Post this resource list on your course or faculty webpage, your department webpage, or in your online course modules.
 - ✓ In your syllabus, let students know about the resource list and how to access it. ([Spreading the Word: Supporting students’ basic needs with a syllabus statement.](#))

¹ Goldrick-Rab, S., Baker-Smith, C., Coca, V., & Looker, E. (2019). California Community Colleges #RealCollege Survey. The Hope Center. <https://hope4college.com/wp-content/uploads/2019/03/RealCollege-CCCCO-Report.pdf>

BASIC NEEDS RESOURCES AT

Tip 1: Edit this Document Collaboratively with Your Team

This Customizable Resource List is designed for colleges to fill in with their own information. You can share this fillable PDF form with members of your team to provide edits. Or you can share the document through a program that allows you to make real-time edits to a shared document. Here are two options:

1. An online version of this document is available for **Google Docs**: <https://tinyurl.com/CCC-basicneeds-resourcelist>. Simply open the link; click “Open with Google Docs”; select “File”→“Make a Copy”; and save the copy to a folder in your Google Drive. Then you can edit and share the copy with your team.
2. Your college or team may have another preferred system for file-sharing and collaborative document editing. For example, other programs that you may use instead of Google Docs include: **Dropbox** (file sharing) or **Dropbox Paper** (collaborative document editing); **Bit.ai** (collaborative document editing); **Microsoft OneDrive** (file sharing).

Tip 2: Use Online Resources

Here are some websites that can help you find local **off-campus services** to include in the resource list:

- [CalFresh County Office Locator](#): search tool for CalFresh assistance
- [Find Food Assistance – California Association of Food Banks](#): search tool for food banks
- [HUD \(Housing and Urban Development\) Resource Locator](#): contact information county homeless services, low-income housing search tool
- [Find Health Centers & Mental Health Centers](#): local clinics and public health departments
- [Contact Your County Department of Social Services](#): find help applying for state and federal benefits
- [TAY \(Transition-Age Youth\) Drop-in Centers](#): directory of California drop-in centers
- [LawHelpCA](#): California’s legal aid organizations and referral services
- [State Bar Legal Services Trust Fund Program Grant Recipients](#): find organizations that offer free civil legal services for low-income Californians

Tip 3: Visit Wellness Central

[Wellness Central](#) is a free health and wellness online resource created especially for CCC students. Wellness topics are organized into modules under the “Six Dimensions of Wellness” to help students learn about self-care strategies and find support. For relevant resources, visit the [Homeless and Housing Support](#) and [Hunger](#) pages under the Financial Wellness domain.



**DELETE THESE INSTRUCTIONS (PAGES 1-2)
BEFORE DISSEMINATING THIS DOCUMENT TO STUDENTS**

BASIC NEEDS RESOURCES AT

FOOD RESOURCES – ON CAMPUS

Where can students find no-cost groceries or snacks **on campus**?

<p>Campus Food Pantry Name Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Is it open to all students? Do you use your student ID card? Etc.</i></p>	
<p>CalFresh Enrollment Outreach Office Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Do you need documentation? Etc.</i></p>	
<p>Other Food Resource <i>(e.g., vouchers for cafeteria)</i> Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Is it open to all students? Do you use your student ID card? Etc.</i></p>	
<p>Other Food Resource <i>(e.g., farmers market)</i> Location: Hours of Operation: Website and/or Phone Number: More Information:</p>	
<p>Other Food Resource <i>(e.g., snacks at Financial Aid)</i> Location: Hours of Operation: Website and/or Phone Number: More Information:</p>	

BASIC NEEDS RESOURCES AT

FOOD RESOURCES – OFF CAMPUS

Where can students find no-cost groceries or snacks **off campus**?

<p>County CalFresh Office Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Do you need documentation? Etc.</i></p>	
<p>Local Food Bank or Org. Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need to bring your own bag? Do you need ID? Etc.</i></p>	
<p>Local Food Bank or Org. Location: Hours of Operation: Website and/or Phone Number: More Information:</p>	
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BASIC NEEDS RESOURCES AT

OTHER ESSENTIAL ITEMS – ON CAMPUS

Where can students get other essential items they may need **on campus**?

<p>Transit Pass, Transportation Assistance Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need a special pass or voucher? How do you qualify or apply? Etc.</i></p>	
<p>Over-the-Counter Medicines Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What medicine(s) are available for free or low cost? Etc.</i></p>	
<p>Toiletries or Hygiene Items Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What kinds of items are available? For men, women, both? Etc.</i></p>	
<p>Clothing Pantry Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Is there a limit to the number of items you can take? Are the clothes good for interviews? Etc.</i></p>	
<p>Textbook Loans Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need to apply? Is there a limit to how many you can check out? Etc.</i></p>	

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<p>Other Essential Item</p> <p>Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What items are available?</i></p>	
<p>Other Essential Item</p> <p>Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What items are available?</i></p>	
<p>Other Essential Item</p> <p>Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What items are available?</i></p>	

OTHER ESSENTIAL ITEMS – OFF CAMPUS

Where can students get other essential items they may need **off campus**?

<p>Transit Pass, Transportation</p> <p>Location: Hours of Operation: Website and/or Phone Number: More Information: <i>How do you qualify or apply? Etc.</i></p>	
<p>Medicine, Toiletries</p> <p>Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What items are available? Etc.</i></p>	
<p>Clothing Items</p> <p>Location: Hours of Operation: Website and/or Phone Number:</p>	

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<p>More Information: <i>Is there a limit or fee? Etc.</i></p>	
<p>Other Essential Item Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What items are available?</i></p>	
<p>Other Essential Item Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What items are available?</i></p>	

HOUSING ASSISTANCE – ON CAMPUS

Where can students get housing and housing-related support **on campus**?

<p>Homeless Student Services Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What services are offered? How do you qualify? Etc.</i></p>	
<p>Alumni Housing, Co-Housing, On-Campus Housing Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Is there a waitlist? How do you qualify? What is the cost? Etc.</i></p>	
<p>Help with Low-Cost Housing Location: Hours of Operation: Website and/or Phone Number:</p>	

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<p>More Information: <i>Is there a waitlist? What kind of help do they offer? Etc.</i></p>	
<p>Referrals to Shelters Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Is it a warm hand-off to a shelter? Is it a student shelter? Etc.</i></p>	
<p>Emergency Motel Voucher Location: Hours of Operation: Website and/or Phone Number: More Information: <i>How do you qualify? What information do you need? Etc.</i></p>	
<p>Protected Park & Sleep Area Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do I need a special permit? Are there any requirements? Etc.</i></p>	

HOUSING ASSISTANCE – OFF CAMPUS

Where can students get housing and housing-related support **off campus**?

<p>Shelter, Low Income Housing, Transitional Housing Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Is it for a certain population only (e.g., men, women, LGBTQ.)? Etc.</i></p>	
<p>Shelter, Low Income or Transitional Housing Location:</p>	

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Hours of Operation: Website and/or Phone Number: More Information:	
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HEALTH SERVICES – ON CAMPUS

Where can students get low-cost and no-cost health services **on campus**?

Medical Treatment/Doctor Location: Hours of Operation: Website and/or Phone Number:	
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<p>More Information: <i>Do you need an appointment? Can you visit for any illness or injury, or only certain types? Etc.</i></p>	
<p>Personal Counseling Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Is there a limit on the number of visits you can receive? Etc.</i></p>	
<p>Group or Peer Counseling Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Are there multiple groups for different needs or populations? Etc.</i></p>	
<p>Over-the-Counter Medicines Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What medicine(s) are available for free or low cost? Cold medicine, birth control, etc.</i></p>	

HEALTH SERVICES – OFF CAMPUS

Where can students get low-cost and no-cost health services **off campus**?

<p>Free or Low-Cost Clinic Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Is there a fee or insurance requirement? Etc.</i></p>	
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<p>Free or Low-Cost Clinic Location: Hours of Operation: Website and/or Phone Number: More Information:</p>	
<p>Free or Low-Cost Clinic Location: Hours of Operation: Website and/or Phone Number: More Information:</p>	
<p>Community Mental Health Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Is there a fee or insurance requirement? Etc.</i></p>	
<p>Community Mental Health Location: Hours of Operation: Website and/or Phone Number: More Information:</p>	
<p>Substance Abuse Treatment Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Is there a fee or insurance requirement? Etc.</i></p>	
<p>Substance Abuse Treatment Location: Hours of Operation: Website and/or Phone Number: More Information:</p>	

BASIC NEEDS RESOURCES AT

OTHER ESSENTIAL SERVICES – ON CAMPUS

Where can students get low-cost and no-cost essential services **on campus**?

<p>24-Hour Study Area Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need your student ID? Is it heated and lighted? Etc.</i></p>	
<p>Campus Showers Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Are the showers closed during breaks? Are there fees? Etc.</i></p>	
<p>Laundry Facilities Location: Hours of Operation: Website and/or Phone Number: More Information: <i>When are the laundry services available? What is the cost? Etc.</i></p>	
<p>Day Care, Preschool Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Can all student parents apply? What ages are eligible? Etc.</i></p>	
<p>Other Essential Service Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What services? How do you qualify? Etc.</i></p>	
<p>Other Essential Service Location: Hours of Operation: Website and/or Phone Number:</p>	

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<p>More Information: <i>What services? How do you qualify? Etc.</i></p>	
<p>Other Essential Service Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What services? How do you qualify? Etc.</i></p>	

OTHER ESSENTIAL SERVICES – OFF CAMPUS

Where can students get low-cost and no-cost essential services **off campus**?

<p>Legal Help and Services Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Is there a fee? Etc.</i></p>	
<p>Legal Help and Services Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Is there a fee? Etc.</i></p>	
<p>Showers Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Are there fees to use them? Etc.</i></p>	
<p>Showers Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Are there fees to use them? Etc.</i></p>	

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<p>Laundry Facilities Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What is the cost? How do you qualify? Etc.</i></p>	
<p>Laundry Facilities Location: Hours of Operation: Website and/or Phone Number: More Information: <i>What is the cost? How do you qualify? Etc.</i></p>	
<p>Youth Drop-In Center Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Who is eligible? Do you need to apply or enroll? Etc.</i></p>	
<p>Youth Drop-In Center Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Who is eligible? Do you need to apply or enroll? Etc.</i></p>	

FINANCIAL ASSISTANCE – ON CAMPUS

Where can students get help receiving aid **on campus**?

<p>Emergency Loans or Funds for Students Location: Hours of Operation: Website and/or Phone Number: More Information: <i>How do you qualify? What documentation do you need? Etc.</i></p>	
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<p>Financial Coaching/Education Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Can they help with other aspects of money management? Etc.</i></p>	
<p>Homeless Youth Fee Waiver Location: Hours of Operation: Website and/or Phone Number: More Information: <i>How do you qualify? How much does the waiver cover? Etc.</i></p>	
<p>Nonresident Fee Exemption (undocumented students) Location: Hours of Operation: Website and/or Phone Number: More Information: <i>How do you qualify? How much does the exemption cover? Etc.</i></p>	
<p>Job Training or Assistance Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? How do you qualify? Etc.</i></p>	
<p>Help Applying to CalWORKs (aid for parents) Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Do you need proof of income? Etc.</i></p>	

BASIC NEEDS RESOURCES AT

FINANCIAL ASSISTANCE – OFF CAMPUS

Where can students get help receiving aid **off campus**?

<p>Financial Coaching Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Is there a fee? Etc.</i></p>	
<p>Job Training or Assistance Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Is there a fee? Etc.</i></p>	
<p>Help Applying to Medi-Cal Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Do you need documentation? Etc.</i></p>	
<p>Help Applying to CalWORKs (aid for parents) Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Do you need documentation? Etc.</i></p>	
<p>Women, Infants, & Children (WIC) Benefits Location: Hours of Operation: Website and/or Phone Number: More Information: <i>Do you need an appointment? Who is eligible? Etc.</i></p>	