



**CELEBRATION CHURCH**

*COVID-19 RESOURCE GUIDE*

# Celebration Church COVID-19 Resource Guide

## Fort Lauderdale Utilities Information:

- “For customers experiencing hardship as a result of COVID-19, we have resources from FPL available to help, and to the extent they are available, we’ll continue to connect customers with resources from federal, state and local authorities. A good place to learn more is [FPL.com/Help](https://www.fpl.com/help). For now, we also are suspending disconnections at least through the end of March”.

## Food Bank

- Feeding South Florida- this link provides info if you need help with food or want to help.  
<https://feedingsouthflorida.org>

## Public Schools

Several public school districts have committed to providing free breakfast and lunch meals for its students 18 years old and younger during the extended school closure. The meals won't be available at every school, but districts will distribute the meals via drive-thru service:

### Broward County

The following school sites will have meals served for breakfast between 8am-10am and Lunch from 11pm-1pm.

- Boyd Anderson High School
- Blanche Ely High School
- Dillard High School
- Flanagan High School
- Hallandale High School
- Miramar High School
- Nova High School
- Sunrise Middle School

- Taravella High School
- South Broward High School (Wednesday and Thursday only)
- \*All Miami Dade schools will be serving breakfast and lunch daily.

## Kids Resources

- **Free resources to help with kids at home while schools are shut down.** It's a comprehensive list of free subscriptions and resources from educated companies that have been created as a reference for parents to view to help with their kids during their extended period of time at home.  
<https://www.clickorlando.com/features/2020/03/16/need-free-resources-to-help-with-kids-at-home-while-schools-are-shut-down-check-out-this-incredible-list/>
- **Olaf voice actor is reading books to children online each night.** So far, he has read *The Giving Tree*, *The Day the Crayons Quit*, and *Olivia Goes to Venice*.  
<https://bungalower.com/2020/03/16/olaf-voice-actor-reading-books-to-kids-online-every-night/>

## Health Tips Upper Body Work Outs

- **Push-ups:** <https://www.youtube.com/watch?v=IODxDxX7oi4>
- **Planks:** [https://www.youtube.com/watch?v=ASdvN\\_XEI\\_c](https://www.youtube.com/watch?v=ASdvN_XEI_c)

### Lower Body Work Outs

- **Squats:** <https://www.youtube.com/watch?v=acIHkVaku9U>
- **Lunges:** <https://www.youtube.com/watch?v=QOVaHwm-Q6U>

### Cardio Exercises

- **High knees:** <https://www.youtube.com/watch?v=D0GwAezTvtg>
- **Jog in place**
- **Jump rope**
- **Jumping jacks**