

Resource Guide

Rental, Food, Medical & Housing Assistance Programs

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Disclaimer

This resource guide is provided for informational purposes only. While every effort has been made to include accurate and up-to-date information, availability of services, eligibility, and coverage may vary by location and over time. Please do your own research and verify details directly with each organization or program before applying or relying on their services. This guide does not guarantee approval, funding, or assistance outcomes.

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Resource Guide — Rental, Food, Medical & Housing Assistance (Complete)

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Housing & Rental Assistance Programs

The Healthy Housing Foundation – <https://www.healthyhousingfoundation.net/> A project of the AIDS Healthcare Foundation (AHF), HHF transforms historic buildings into affordable housing units for low-income individuals—including those with chronic health conditions or experiencing homelessness.

UpTogether – <https://www.uptogether.org/> A systems-change nonprofit that invests in people and communities by providing unrestricted capital, community support, and advocacy to help families break the cycle of poverty.

Rise Up Foundation – <https://riseupfoundation.org/> Founded by author Alane Adams, this nonprofit supports literacy initiatives by donating books, funding classrooms, and empowering underserved children through education.

Emergency Rental Assistance (ERA) – <https://www.consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/renter-protections/find-help-with-rent-and-utilities/> A federal program funded through the U.S. Department of the Treasury to help renters pay rent, utilities, and related housing costs during hardships. Over \$46 billion has been distributed, supporting more than 10 million renters.

211 (U.S. Nationwide Helpline) – <https://www.211.org/> Dial 211 or visit your local 211 website to connect—free and confidentially—to local nonprofits, government programs, and services offering rental, utility, and financial assistance in your area.

Contact Your Local Courthouse

Why call your courthouse? – Courts typically don't directly provide rental assistance funds, but they often connect people to local housing authorities, legal aid services, tenant resource programs, or eviction diversion programs that can pause or dismiss eviction cases if a tenant gets connected to rental assistance.

Quick script for calling – “Hi, my name is [Your Name]. I’m calling to ask if the courthouse has information on rental assistance programs or eviction diversion resources in [Your City/County]. Could you point me in the right direction?”

Faith-Based & Community Nonprofits

The Salvation Army – <https://www.salvationarmyusa.org/usn/> Provides emergency rent and utility assistance through local centers, often combined with case management to prevent homelessness.

Catholic Charities USA – <https://www.catholiccharitiesusa.org/> Offers emergency grants for rent, utilities, and other essential costs through its nationwide network.

Volunteers of America (VOA) – <https://www.voa.org/> Provides affordable housing, emergency services, and outreach to veterans, seniors, families, and individuals in need.

Family Promise – <https://familypromise.org/> Local coalitions provide temporary shelter, financial mentoring, and support for families with children who are homeless or at risk.

NeighborWorks America – <https://www.neighborworks.org/> Supports community organizations with grants, housing counseling, and foreclosure prevention programs.

Harvest of Hope Foundation – <https://www.harvestofhopefoundation.org/> Serves migrant farmworkers and their families, providing emergency financial assistance for rent, utilities, medical costs, and other critical needs.

Regional & Specialized Programs

Lend A Hand Society (Boston, MA) – <https://lendahandsoc.org/> Focused on the Greater Boston area, this nonprofit supports emergency needs such as rent or utility assistance through local partnerships and case managers.

HUD Emergency Solutions Grants (ESG) – <https://www.hudexchange.info/programs/esg/> Administered by HUD through state and local agencies, ESG programs offer rapid rehousing, homelessness prevention, case management, legal aid, rent and utility help, and deposits.

Buckhead Christian Ministry (Georgia) – <https://bcmgeorgia.org/> Provides emergency rent, mortgage, and utility assistance, eviction prevention, supportive housing, and financial education programs for Georgia residents.

Lease Guarantor & Deposit-Alternative Services

Liberty Rent – <https://libertyrent.com/service/second-chance-approval-for-applicants/> Liberty Rent offers a 'second-chance lease approval' program designed for renters who don't meet traditional financial screening criteria—such as credit score or income thresholds. Applicants submit through Liberty Rent after being denied or conditionally approved at their preferred property. After an application (typically with a \$35 fee, refundable if not approved), successful

applicants pay a one-month rent 'access fee' (non-refundable, not a deposit). Once approved, Liberty Rent guarantees their ability to sign the lease, and even offers property managers up to six months of rent reimbursement if the renter defaults. The service acts somewhat like a third-party guarantor—Liberty Rent essentially underwrites the renter's lease, allowing those with financial shortcomings to secure housing they'd otherwise be denied. Tenant stories reflect quick approval (often within 24–48 hours) and relief, though some note the high cost and limited flexibility as drawbacks. Availability appears to be regional and may not cover all 50 states; contact Liberty Rent directly to confirm availability in your area.

Rhino – <https://www.ospreyrentalmanagement.com/deposit-free-move-in> Rhino replaces costly upfront security deposits with low-cost insurance policies, helping renters move in without the burden of large deposits while protecting landlords.

Jetty – <https://www.jetty.com/> Jetty provides renters insurance, lease guaranty, and deposit alternatives to help tenants get approved and lower move-in costs.

OneApp Guarantee – <https://oneappguarantee.com/> OneApp acts as a co-signer for rental applications, helping people with limited or damaged credit, low income, or other barriers get approved for apartments.

Food Assistance & Nutrition Programs

Lasagna Love – <https://lasagnalove.org/> A national neighbor-to-neighbor nonprofit matching volunteer home cooks with individuals and families in need, delivering warm, lovingly prepared lasagnas to brighten spirits and strengthen community connections.

Too Good To Go – <https://toogoodtogo.com/en-us> A mobile app combating food waste by letting users purchase 'surprise bags' of surplus food from local restaurants, bakeries, and grocery stores at steep discounts.

Double Up Food Bucks – <https://doubleupamerica.org/> A SNAP-matching program that doubles users' dollars on fresh produce purchases at participating markets and stores, improving access to healthy foods for low-income families.

Feeding America – <https://www.feedingamerica.org/> The nation's largest hunger-relief organization, connecting people with local food banks and meal programs.

SUN Meals (Summer meals) – <https://www.fns.usda.gov/summer/sunmeals> A USDA program offering free meals and snacks to children and teens (18 and under) at schools, parks, and other community sites during school breaks.

Meals on Wheels – <https://www.mealsonwheelsamerica.org/> Delivers nutritious meals and social connection to seniors who are homebound or food-insecure.

American Community Garden Association – <https://www.communitygarden.org/about> A grassroots nonprofit advocating for and supporting community gardens across the U.S., helping neighbors grow and share fresh produce.

Big Green – <https://biggreen.org/> An organization that brings learning gardens to schools and communities nationwide, empowering children to grow food and learn about nutrition.

Food Not Bombs – https://foodnotbombs.net/new_site/ Community volunteers share free vegetarian meals in public spaces to support people in need and raise awareness about hunger and poverty.

Study Smart Resource Area

I provide a curated collection of online resources specifically designed for high school and college students. These resources include websites that offer homework assistance, quiz preparation, essay-writing tips, and study guides across various subjects. By connecting students with reliable platforms and tools, I aim to enhance their learning experience and help them excel in their academic endeavors.

Quizlet – an educational platform that enables students to create digital flashcards and study sets to help them learn and memorize information effectively. With a variety of study modes, including games and practice tests, Quizlet offers a dynamic way for students to prepare for exams and reinforce their knowledge. It also has AI tools you can use.

<https://www.quizlet.com>

Socratic – an online learning platform that helps students with their homework by providing step-by-step explanations and solutions. Users can take pictures of problems and receive instant assistance, making studying more interactive. <https://www.socratic.org>

Mathway – an online math problem solver that provides instant solutions and explanations for problems from basic arithmetic to advanced calculus. <https://www.mathway.com>

Essay Typer – an online tool that helps students generate essays quickly by providing prompts and suggestions based on the topic they input. Useful for brainstorming and overcoming writer's block. <https://www.essaytyper.info>

Brainly – an interactive online learning platform where students can ask questions and receive answers from peers and experts across subjects. <https://www.brainly.com>

QuillBot – an online paraphrasing tool that helps users improve writing by rephrasing sentences and enhancing vocabulary. <https://www.quillbot.com>

Course Hero – a platform offering access to study materials, textbook solutions, and expert Q&A; across various subjects. <https://www.coursehero.com>

Library Genesis (LibGen) – a shadow library providing free access to academic books, articles, and literature. Despite copyright issues, it remains popular for research. <https://libgenesis.net/>

Symbolab – an online math solver offering step-by-step solutions in algebra, calculus, trigonometry, and more, with graphing tools included. <https://www.symbolab.com>

Edubirdie – a writing service offering academic help, including essays, editing, and tutoring. Should be used responsibly to maintain academic integrity. <https://www.edubirdie.com>

Free & Low-Cost Medical Assistance Programs

Medicaid & CHIP – <https://www.healthcare.gov/medicaid-chip/> Federally supported programs that provide free or low-cost health insurance to eligible low-income individuals, families, children, pregnant women, the elderly, and those with disabilities.

Federally Qualified Health Centers (FQHCs) – <https://findahealthcenter.hrsa.gov/> Community-based health centers offering comprehensive primary care services on a sliding-fee scale, regardless of insurance or ability to pay.

HRSA Health Centers – <https://www.hrsa.gov/> Health Resources & Services Administration-supported clinics offering medical, dental, and mental health services for underserved populations.

NeedyMeds – <https://www.needymeds.org/> Helps patients find assistance programs, low-cost clinics, and medication savings options.

Partnership for Prescription Assistance – <https://www.pparx.org/> Connects patients with programs that provide free or low-cost prescription medications.

RxAssist – <http://www.rxassist.org/> A database of patient assistance programs from pharmaceutical manufacturers and nonprofits.

HealthWell Foundation – <https://www.healthwellfoundation.org/> Provides financial assistance for copays, premiums, and other medical expenses for underinsured patients.

National Association of Free & Charitable Clinics – <https://nafcclinics.org/> Supports community clinics offering free or low-cost services to uninsured and underserved patients.

Additional Useful & Hard-to-Find Resources

The Fuller Center for Housing – <https://fullercenter.org/> A Christian nonprofit repairing and building affordable homes for low-income families using no-profit, no-interest loan models.

How to use the living/auto-updating Google Doc (short guide) – Host the master doc in Google Drive, set 'Anyone with link → Viewer' for public live access or use manual sharing/Google Groups/Zapier automation to grant buyers restricted access. Include 'Last updated' date and use Version history for records.

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Thank You for Purchasing!

We hope this guide connects you with the resources you need. For updates, future editions, and more tools, please stay connected. ■ Support my work: ko-fi.com/shonlaquan

■ Blog: tinyurl.com/PeepersBlog

■ Join my Facebook Group for more resources: tinyurl.com/Moneymaker-group

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