At FIU, we understand that the COVID-19 pandemic has introduced new challenges and opportunities. The Office of Employee Assistance is here to assist you in your time of need. Below are local resources and food pantries available to you. Follow the links below to find your nearest food pantry today.

**UNITED WAY OF MIAMI-DADE**
The Community Cupboard helps families that do not receive regular food assistance by providing them with, on average, 28 lbs. of food monthly. Find the nearest Community Cupboard near you. Visit [go.fiu.edu/communitycupboard](http://go.fiu.edu/communitycupboard).

**FEEDING AMERICA**
Feeding America has food banks nationwide that distributes over 4 billion meals each year! Visit [go.fiu.edu/feedingamerica](http://go.fiu.edu/feedingamerica) to find your nearest food bank.

**FOODPANTRIES.ORG**
Find your nearest food pantry today. Visit [go.fiu.edu/foodpantry](http://go.fiu.edu/foodpantry) to discover more information on food banks, soup kitchens, food boxes and vouchers.

Questions? Contact the Office of Employee Assistance at oea@fiu.edu or 305-348-2469.