



First Nations Health Authority  
Health through wellness

## FREQUENTLY ASKED QUESTIONS

# COVID-19 Meal Support

### Who can apply for COVID-19 meal support funding?

- Meal support is available for status First Nations who are required to self-isolate between Jan. 12 2021 and March 31, 2022 due to COVID-19, as advised by their health care provider
- There are two application pathways:
  - **Communities** can apply on behalf of their members using the [Community Meal Support Calculator](#) (Excel file)
  - **Individuals** can apply for themselves and their households using the [Individual Meal Support Calculator](#) (Excel file)

### Can I apply through the individual pathway if my community has applied for me through the community pathway?

- If your community has already applied for meal support for your self-isolation dates on your behalf, you will not be eligible for support through the individual pathway for the same dates

### What if I need immediate support to coordinate access to no-contact meal and grocery delivery while in isolation?

- It is recommended that you connect with your community to see if they can support by advancing funds or providing meals. Alternatively, please contact your regional FNHA Isolation Lead [COVID19needs@fnha.ca](mailto:COVID19needs@fnha.ca) if you need support to make arrangements

### Can my partner and I both apply for meal support for our family?

- Any status First Nation individual who is required to self-isolate due to COVID-19 as advised by a health care provider is eligible to apply for meal support. This may include multiple members of one household/family

### What is the application deadline?

- Submissions for meal support will be accepted until April 15, 2022
- Meal support is currently only available for self-isolation dates between Jan. 12, 2021 and March 31, 2022

### What information is needed to apply?

- Status number, last name, first name, date of birth, start date of isolation, end date of isolation, mailing address and a contact phone number/email are required to process your application

### **What happens after the meal support application is submitted?**

- The meal support team will review your application and will reach out if any additional information is needed
- Community requests will be sent through to the FNHA Regional team for review
- It may take up to 45 days to process a meal support application, if you have any questions about the status of your application please email [COVID19@fnha.ca](mailto:COVID19@fnha.ca) or contact 1-888-305-1505 (press 2 for the 'other' option, and then 1 for enrolment)

### **What is the application process for COVID-19 meal supports?**

- Here are the steps to request meal support for status First Nations individuals in BC:
  - Complete the [Individual Meal Support Funding Calculator](#) or the [Community Meal Support Funding Calculator](#)
  - Email your completed calculator to [COVID19@fnha.ca](mailto:COVID19@fnha.ca)

Or, call Health Benefits at 1-888-305-1505 (press 2 for the 'other' option, and then 1 for enrolment). The number is supported Monday to Friday from 8:30 a.m. - 4:30 p.m. and from 12:00 p.m. - 4:00 p.m. on weekends and statutory holidays. If you are unable to open the funding calculator, email [COVID19needs@fnha.ca](mailto:COVID19needs@fnha.ca)

### **If my community asks me to self-isolate, but I am not required to self-isolate by a health care provider, am I still eligible for meal support?**

- Meal support is available to status First Nations who have been advised to self-isolate by a health care provider due to being positive for COVID-19 or identified as a close contact of someone who has tested positive for COVID-19
- The FNHA is unable to support requests where self-isolation has not been advised by a health care provider

### **I am not able to safely isolate at home. Are there other supports available to me?**

- If you are unable to safely isolate at home, please contact the Health Benefits medical transportation team for assistance with alternative accommodation, meals and transportation. Call Health Benefits at 1-888-305-1505 (press 2 for the 'other' option, then 3 for patient travel, and 3 for benefit exceptions). This number is supported Monday to Friday from 8:30 a.m. - 4:30 p.m. and from 12:00 p.m. - 4:00 p.m. on weekends and statutory holidays

### **More information on self-isolation:**

[A Guide to COVID-19: Caring for Yourself and Loved Ones](#) (FNHA guide)

[How to isolate: For those who have COVID-19 or respiratory symptoms](#) (BCCDC fact sheet)

[Self-isolation after a COVID-19 test](#) (BC Centre for Disease fact sheet)

[Mental Health and Wellness Support](#) (FNHA web page)

**For more information on what items the FNHA is able to support,  
please see the [COVID-19 Community Support Guide](#)**