

Navigating a Government Shutdown

INFO & RESOURCES FOR MILITARY AND FEDERAL EMPLOYEES:

Updated January 30, 2026

February 1st paychecks are expected. Mid-month pay is at risk.

Back Pay will be paid out once normal pay has resumed.

Services expected to remain available:

- Tricare
- CHILDCARE - Military Childcare in Your Neighborhood (MYCCYN), Child Care in Your Home, Army, DLA, Navy, and Marine Corps Child Development Centers (CDCs) & School Age Care (SACs). note: Air Force centers will operate but may alter hours of operation and reduce capacity.
- Military OneSource
- Military and Family Life Counseling (MFLC)
- Family Advocacy Program
- Spouse Education Career Opportunities (SECO)
- Commissaries
- Exchanges, Lodges and MWR Fitness Facilities
- MYCAA - Spouses with approved funding can continue taking classes.

FOOD DISTRIBUTIONS & BASIC NEEDS (San Diego Area):

Support the Enlisted Project(STEP) - Food and Basic Needs Distributions for Active duty and Veteran Families: <https://www.teamstepusa.org/supplemental/wow#distros>

SD MOM -food distributions for military families: <https://sandiegomom.org/services/>
<https://www.facebook.com/profile.php?id=100066715779729>

Armed Services YMCA (ASYMCA) - Food Distributions:
<https://sandiego.asymca.org/services/food-assistance/>

Feeding San Diego: Food distributions, many locations(open to all):
<https://feedingsandiego.org/find-food/>

Jewish Family Services- food distributions(open to all):
<https://www.jfssd.org/our-services/food-meals/community-distributions/>

San Diego Food Bank - Food Distributions, multiple locations (Open to All):
<https://www.sandiegofoodbank.org/>

US For Warriors - food assistance for military and veterans
<https://www.us4warriors.org/food4warriors>

The Salvation Army - Food Distributions, multiple locations (open to all):
https://sandiego.salvationarmy.org/san_diego2/food-pantries#food

Community Pet Pantry - pet food & supplies(Open to All):
<https://sdhumane.org/services/community-pet-pantry/>

San Diego Diaper Bank Distribution List - Multiple locations (open to all)
<https://www.sandiegofoodbank.org/wp-content/uploads/2026/01/Diaper-Bank-Distribution-Site-List-English-Updated-2026.pdf>

Have a resource to share? Email us at mfrc@saysandiego.org



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FINANCIAL RESOURCES FOR MILITARY AND FEDERAL EMPLOYEES:

Updated January 30, 2026

Navy Marine Corps Relief Society

<https://www.nmcrs.org/>

Coast Guard Mutual Assistance

<https://mycgma.org/>

Operation Homefront

<https://operationhomefront.org/>

American Legion

Temporary Financial Assistance

<https://www.legion.org/get-involved/community-programs/temporary-financial-assistance>

Foundation For Women Warriors

<https://foundationforwomenwarriors.org/>

National Guard Relief Foundation:

<https://eangus.org/national-guard-relief-foundation/>

Army Emergency Relief:

<https://www.armyemergencyrelief.org/>

Air Force Aid Society:

<https://afas.org/>

Navy Federal Credit Union Customers:

Active Duty or Reserve Servicemembers, Federal Employees and federal government contractors paid directly by the federal government who have previously established direct deposit are eligible. No credit check is required.

Program Registration REQUIRED. For funds to be available on your scheduled pay date, you must register by the day before your scheduled pay date. NFCU will continue accepting registrations until 1 day after your scheduled pay date. Register below:

<https://www.navyfederal.org/about/government-shutdown.html>



USAA Customers:

USAA Government Shutdown Program Guidelines and registration can be found here:

https://www.usaa.com/support/government-shutdown-program/?vurl=vurl_relief&

First Command Financial Customers:

First Command Financial Customers: Government Shutdown Program information can be found here: <https://www.firstcommand.com/government-shutdown-assistance/>

Furlough Guidance for Federal Workers:

<https://www.opm.gov/policy-data-oversight/pay-leave/furlough-guidance/>

FUTURE PLANNING:

Personal Financial Management Workshops through Fleet and Family Support Center

<https://ffr.cnrc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Personal-Finances/>

Financial Wellness with Support The Enlisted Project

<https://www.teamstepusa.org/financialwellness>

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MFRC
Military Family
Resource Center



S.D.M.F.C.
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FAMILY COLLABORATIVE