

HEALTHY AT HOME

Navigating COVID-19 with Cooperative Extension

Managing time when working from home

BY KELLY MAY

Senior Extension Associate for Family Finance
 and Resource Management

Everyone has the same 24 hours in a day. The work hours in that day can be productive whether you work in an office or at home.

- **Keep a routine.** Structure your day with time to get ready and set “office” hours. Have a dedicated workspace.
- **List daily tasks.** Prioritize urgent and important items. Schedule blocks of time to complete similar tasks. Checking email or answering calls in a block allows you to focus on the task.
- **Schedule breaks.** When working from home you may miss cues from your workplace, such as

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Managing time when working from home

lunch breaks. If you normally walk during your commute, you may want to work that into a break.

- **Manage distractions.** Use noise-canceling headphones, or close the door to your workspace. Don't be distracted by phone calls, clutter, or people around you.
- **Avoid isolation.** Use technology to stay in touch with colleagues. Consider a phone call instead of an email.

OTHER RESOURCES

Related video:

<https://www.youtube.com/watch?v=oB9h6srgyGM>

Full article:

<https://fcs-hes.ca.uky.edu/files/managing-time-when-working-remotely.pdf>



Boredom busters for young people

BY ASHLEY OSBORNE

4-H Youth Development Specialist

COVID-19 has caused most of us to make dramatic changes to our everyday lives. Most young Kentuckians are out of school and nearly all extracurricular activities and events, like 4-H, have been canceled, postponed, rescheduled, or delivered online.

As young people adjust to this extended break from their daily routines, chances are parents and caregivers will hear a lot of “I’m bored” in the coming weeks. Here are some ideas to get young people active and engaged.

Take a break from electronics and get outdoors. Here are some outdoor activities to break up the monotony:

- **Go on a nature scavenger hunt.** Numerous outdoor

scavenger hunts are available free online, or create your own.

- **Plan a backyard picnic lunch.**
- **Build a fairy house** using only natural items, such as leaves, sticks, flowers, seeds, grasses, and rocks. Have a contest



amongst siblings to see who can build the most creative house.

- **Listen and look for wildlife and signs of wildlife,** such as feathers, nests and tracks, in your backyard.

For more ideas on how to beat boredom both outdoors and indoors, visit <https://exclusives.ca.uky.edu/2020/4-h/boredom-busters-young-people>

OTHER RESOURCES

Related podcast:

<https://ukfcsext.podbean.com/p/boredom-busters>

Full article:

<https://exclusives.ca.uky.edu/2020/4-h/boredom-busters-young-people>

Always look at the included image of the nutrition facts label and ingredients list before deciding which item to buy.

Online grocery shopping

BY HEATHER NORMAN-BURGDOLF

Extension Specialist for Nutrition and Health

Online grocery shopping and grocery deliveries are becoming more popular, and now they are more necessary. Consider the following when buying your groceries online.

- **Avoid processed foods:** People who shop online are less likely to buy fresh produce. Although there are healthy shelf-stable options, online purchasers bought more processed, packaged foods.
- **Impulse buying:** Studies show that impulse buying is lower online. Shoppers are less likely to put items that aren't on their list in their "virtual cart." Online

grocery shopping may help you stick to a grocery list and budget.

- **Nutrition:** Studies have shown that people who shop online do not look at nutrition information. Always look at the included image of the nutrition facts label and ingredients list before deciding which item to buy.
- **Payment options:** Check to see if your online grocer accepts federal nutrition assistance programs.

OTHER RESOURCES

Full article:

<https://fcs-hes.ca.uky.edu/files/online-grocery-shopping.pdf>



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