

HEALTHY AT HOME

Navigating COVID-19 with Cooperative Extension

Accessing food during school closures

BY JACKIE WALTERS

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School closings and fewer options at the grocery might leave you worried about getting enough food. Luckily, communities are offering resources.

- Many schools are offering feeding programs such as grab-and-go breakfast items and lunches for students. The Kentucky Department of Education website, <https://education.ky.gov/federal/SCN/Pages/COVID-19FeedingSites.aspx>, can help you find a child nutrition program feeding site near you. You can also check your local school system's website or call your child's school for information.



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Keeping virtually connected to youth

BY CHUCK STAMPER, ED.D.

Extension Special Projects Coordinator

The last six weeks have been different to say the least. Our wonderful 4-H Extension Agents have responded in a proactive way. It is important for us to remember that distress can occur with prolonged change and there is no outlet for discussion. Below are tips on how to continue contact with 4-H'ers and their families.

Be mindful

As the pandemic spreads, the virus or news about it might trigger young people. Let your 4-H'ers know that you are here for them.

Be intentional about maintaining a strong relationship.

- Acknowledge what is going on and talk about it.
- Understand and honor your emotions and your 4-H'er's emotions, including the range of reactions they might express.
- Commit to self-care. It is OK to take a break from the news and discussions about the virus so you can manage anxiety or other responses.

Be in it together

Let your 4-H'er know that you are in this together and are here to help.

- Follow the latest on COVID-19 on the CDC's website, <https://www.cdc.gov/coronavirus/2019-ncov>
- Follow the guidelines of the 4-H program, the University of Kentucky, or the guardians of your 4-H'er about how to connect with and communicate virtually with your mentee if in-person connections are suspended.



Be communicative

Healthy and supportive relationships are crucial now.

- If your program remains open, continue to show up for them online. Young people need our support more than ever!
- If in-person meetings must pause, follow the appropriate path:
 - If you can communicate virtually with your 4-H'er, let them know you need to pause seeing them in person but are still available online. Create a plan with your 4-H'er about how you will stay in touch while continuing to follow the appropriate guidelines.
 - If you CANNOT communicate virtually, work with leadership to figure out a way to let your 4-H'ers know that you care, value the relationship, and will need to pause in-person meetings. Health and safety are the primary focuses now.

Adapted with permission from Mentoring.org, a partner of the National 4-H Mentoring Project.

OTHER RESOURCES

Managing stress during hard times (article):

<https://fcs-hes.ca.uky.edu/files/managing-stress-during-hard-times.pdf>

Staying physically distant and socially connected (video):

https://youtu.be/mVfK7q_5tXQ

Making your mental health a priority (video):

<https://youtu.be/dA6Ue7rD15o>

Your self-care menu (video):

<https://youtu.be/itWF1hxZnSQ>

“Properly dispose of wipes in trash cans, not toilets.”

AMANDA GUMBERT: Extension water specialist, UK College of Agriculture, Food and Environment

Think before you flush: Tips for protecting yourself and our water resources

BY CAROL LEA SPENCE

College of Agriculture Communications Specialist

The coronavirus has forced people to either retreat into their homes or get out and explore. Either way, water is a big part of everyone’s lives, and it’s important to protect our most valuable natural resource.

For many Kentuckians, sanitizing has become a regular practice. Keepers of municipal sanitary systems are urging people to think before they flush. Disinfectant wipes are not flushable, no matter what the package says. Wipes, paper towels, dental floss, and facial tissue do not disintegrate and can tangle up

pump station equipment and clog sewer lines and septic systems.

“With the current public health challenges the public faces, backed up sewerage is another health issue we need to avoid,” said Amanda Gumbert, extension water specialist in the UK College of Agriculture, Food and Environment. “Properly dispose of wipes in trash cans, not toilets.”

Personal care products, cleaning supplies, and other household waste should be disposed of properly. Place it in the trash or recycling bin if applicable or get rid of it at a local household hazardous waste disposal site.

OTHER RESOURCES

Full article:

<https://news.ca.uky.edu/article/think-you-flush-and-other-tips-protecting-yourself-and-kentucky's-water-resources>

KYH20 podcast:

<https://kyh20.podbean.com>

Backyard streams in Kentucky:

A free, online course for becoming a local Stream Steward in your neighborhood — <https://www.uky.edu/bae/backyardstreams>

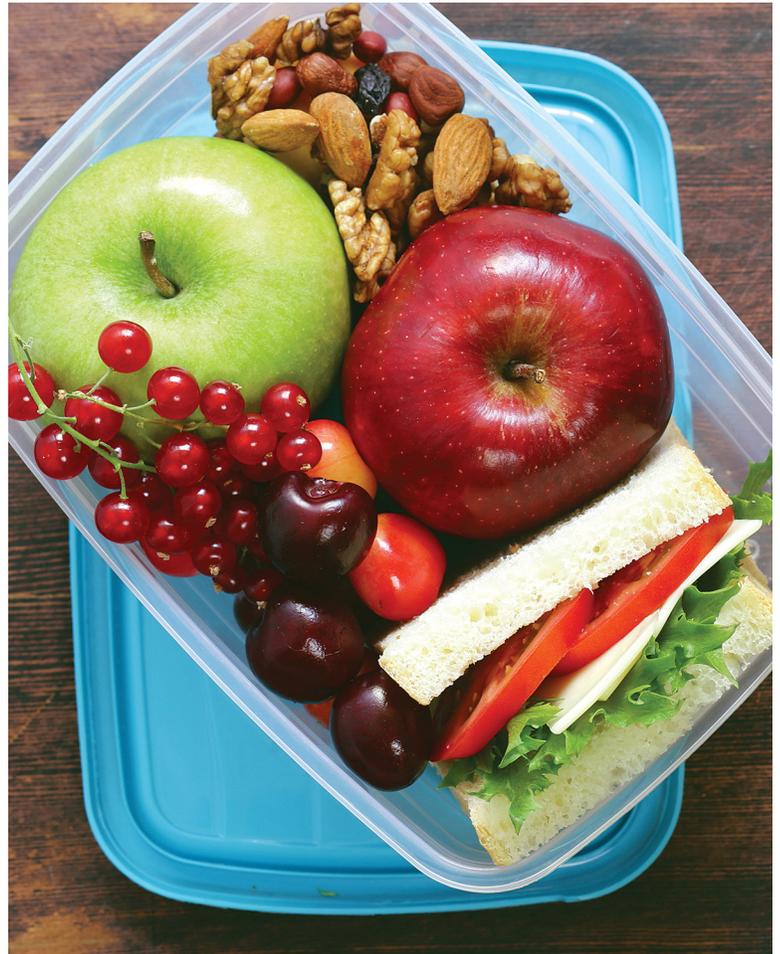
Cleaning versus disinfecting:

<https://fcs-hes.ca.uky.edu/files/cleaning-versus-disinfecting.pdf>



Accessing food during school closures

- To find a food pantry in your area, visit Feeding America's website at feedingamerica.org/find-your-local-foodbank. Call to learn about the options available other than food pickup like Senior Grocery Programs.
- You can find information on church-based food pantries on their websites, in newspapers, or on godspantry.org/help or whyhunger.org/find-food.
- You can find other food resources by dialing 211. 211 can also help beyond food resources.
- Many grocery stores are now offering delivery options. Some take EBT payment for delivery. Visit your store's website, or call them to see what is available.



OTHER RESOURCES

Full article:

https://fcs-hes.ca.uky.edu/files/accessing_food_during_school_closures.pdf

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