



IMPACT 2021

Through Extension programs across the nation, Family and Consumer Sciences Extension Educators provide a multitude of Educational opportunities to meet the needs of diverse audiences.

COVID-19 Response

Extension professionals strive to create relevant, community-focused programming to meet local needs, and Extension programs are often viewed as a trusted source of information. In 2020, community needs rapidly changed because of the spread of the novel coronavirus disease and a global pandemic. Extension organizations and institutions quickly adjusted their delivery methods to address educational, food access and resource needs.

*"This resource will ensure Alabama is ready to quickly share information about local food resources in emergency and non-emergency times. SNAP-Ed continues to ensure that **Alabama** residents have what they need to access healthy food and maintain healthy lives."*

Addressing Mental Health and Stress

In **Michigan**, WiMSU Extension began offering *virtual family yoga*. Family yoga included mindfulness, breathing and gentle movement to help families learn strategies for stress management.

Maryland provided workers in helping professions (medical, education, etc.) the #MDWellness text messaging service, to promote self-care activities that assist in maintaining professional's wellbeing.



Indiana programs offered 11 webinars on stress, anxiety, depression, finances, and health reaching over 700 individuals. 100% of participants reported learning how to improve mental health, understand difficult situations happen and how to reduce stress for themselves and family. **Utah** created a *Safety and Mental Health*

Awareness Campaign to reduce the spread and mitigate the potential isolating effects of physically distancing guidelines on mental and emotional health, reaching over 2 million individuals. **Kentucky's** program aimed to reduce increased stress around the holidays. Programs included financial saving and spending tips, recipes and easy crafts to do together. Program evaluations showed 1180 crafts were made, 303 recipes were tried, while 91% of participants implemented one money saving strategy.

Connecting Communities to Resources

Alabama SNAP-Ed partnered with End Child Hunger in Alabama to create the *County Food Guides* (aub.ie/foodguides), an online map showing available food resources, when keeping track of where and when food was available during the pandemic.

Oklahoma Home and Community Education members sewed and donated 52,860 cloth masks to Veterans centers, medical facilities, childcare facilities, nursing homes, government offices, grocery stores, fire departments, and the U.S. Coast Guard, when mask requirements began but supplies were low.



"I keep masks in my car to hand out. While I was shopping, someone asked where I got mine because the childcare center where she works didn't have any. I gave her four masks; she was so grateful she cried." - Oklahoma

Raising kids. Eating right. Spending smart



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Arizona partnered with a local mutual aid organization to provide emergency food boxes for Thanksgiving and Christmas, reaching over 300 low-income families. Boxes were funded with grant money, Extension fundraising, and community donations. **California** educators connected seniors with bi weekly email blasts to 33 housing facilities with recipes, nutrition information, at-home exercises, and deliveries. **Maine EFNEP** expanded online resources, a 40-part video series was created highlighting cooking skills and EFNEP recipes. The most popular video was viewed 1,273 times.

North Carolina started a public health initiative to educate local businesses on safe COVID-19 practices. *Count On Me NC* certified 7,493 businesses and 81 NC Cooperative Extension County Centers. Similarly, **West Virginia** offered a *virtual CEO certification course*.

Minnesota offered live webinars and resources to assist cottage food producers write and implement a *COVID-19 Preparedness Response Plan* to keep customers safe to comply with pandemic Governor Executive Orders.

"What a fabulous time to become a Cottage Food Producer to supplement my loss income from a layoff. The support and resources from these experts are extremely helpful and so needed!" - **Minnesota Training for Cottage Food Producers Participant**

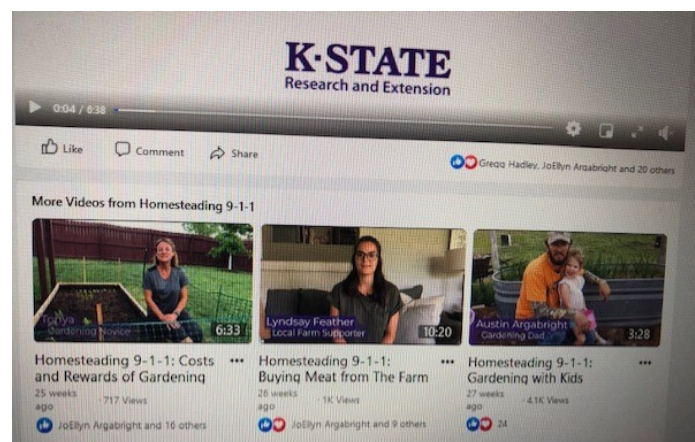
Oregon worked with farmers to developed and distribute personal hygiene bilingual materials to educate and protect orchard harvest workers from COVID-19 transmission. Approximately 8000 farm workers were trained in *High-Speed Handwashing*.



Kansas created *Pandemic Homesteading* videos on gardening, food preservation/freezing, buying meat from farmers, and Farmers Markets. Videos Reached 132,810.

Illinois quickly created a *COVID-19 response webpage* with the Family and Consumer Science subject matter being the most popular garnering 91.6% of all traffic to the website!

"Before the coffee connection, I and many of my Extension colleagues felt adrift. Now, at least to some degree we can sail to new challenges and ride out the rough water." - **Montana Coffee Connections participant**



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National Extension Association of Family and Consumer Sciences (NEAFCS) provides professional development for Extension professionals who improve the quality of life for individuals, families, and communities and provide education in the areas of: Childhood Obesity Prevention; Community Health and Wellness; Diabetes Prevention and Management; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children's Lives; and Protecting our Resources – Family Life. NEAFCS is an equal opportunity/affirmative action association. NEAFCS values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of race, color, gender, age, religion, national origin, disability, veteran status, or sexual orientation. Membership is not by invitation. (Strategic Plan 1993-97)