



# IMPACT 2020

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

Extension is unique in the world as a trusted and unbiased source of science that benefits all. During this COVID-19 pandemic, Family and Consumer Science agents and educators have risen to the occasion and provided timely, trusted information to families. NEAFCS has reached out to members to share information from their various states in order to create a data base of material here: <https://www.neafcs.org/covid-19-resources>

## Educational First Responders

Family and Consumer Science continues to offer families what they need now, in real time, in many different ways. Extension agents/educators are Educational First Responders!

FCS is relevant, now more than ever. Extension has always been there for families in terms of healthy choices, family relationships, budget issues....etc.

Extension has responded to this crisis by creating relevant materials in print, video, radio, social media and television to reach people where they are when the need it most.

From **North Carolina**, “The good news: While stress is the new norm, there are several things we can do to reduce stress and anxiety.

The World Health Organization recommends the following recipe for homemade hand sanitizer as part of their COVID-19 response. These ingredients can typically be found at drugstores and some supermarkets. **North Carolina**



With everyone at home, there is more time for cooking—teaching your children to cook reduces their risk of obesity. **Illinois**

**Iowa** “Parenting in the midst of COVID.”

An abrupt reduction in family income can be a traumatic experience psychologically and financially. But you have ways you and your family can minimize the hardship. **North Dakota**

Raising kids, Eating right, Spending smart



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Proper nutrition is important when you are sick even if you do not feel like cooking. **Illinois**



In **Illinois** social media new users were up by 82% with many posts having over 20,000 views in the first few days of posting. Weekly page views were over 59,000!



Adding movement throughout your day is a great way to take care of yourself, and can help you cope with stress. **Kentucky**

Cleaning and disinfecting reusable bags: **Georgia**

In the United States, people throw away 30-40% of the food they buy. Are we throwing food away unnecessarily? Learn what those dates mean.

**Illinois**

**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)

As we protect ourselves from the virus, we must also be vigilant and protect ourselves from scammers. Be cautious of phone calls, emails, texts or social media posts that may be selling fake products or information. **Tennessee**

What steps can I take to minimize risk when shopping at the grocery store?  
How should I handle groceries when I get home?  
Can I bring them inside right away? **Georgia**

With so many of us practicing social distancing due to COVID-19, it may be difficult to make regular trips to the grocery store. Turning to nonperishable foods is a great option for keeping your kitchen well stocked. Learn how to use what you may already have, and how to shop from home first! **Pennsylvania**

Research clearly indicates the most effective and least expensive way to prevent the spread of illness, including foodborne illness, is proper hand washing. *High Speed Handwashing* **Oregon**



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How To Clean A Cell Phone: Laboratory studies have shown that our cell phones can be breeding grounds for bacteria and viruses — ick. As part of our efforts to control the spread of viruses, cleaning our cell phones is a good way to help. **Kentucky**