

For over 100 years, the University of Maine Cooperative Extension has been providing research-based knowledge to the people of Maine. During the COVID-19 crisis, we have become a state-wide leader in providing practical, useful and trusted resources and information for families, industries, and communities coping with the effects and impacts of COVID-19. Without the support of our local counties, our efforts would not be possible. Thank you for the difference you make in your communities, counties, and across this great state.

— *Hannah Carter, Dean University of Maine Cooperative Extension*

**UMaine Extension**  
Connecting with Maine Communities During COVID-19

## Cumberland County Resources & Activities

[extension.umaine.edu/cumberland/](https://extension.umaine.edu/cumberland/)

- **4-H Virtual Maker Monday Summer Edition** - Free supply kits are provided to any youth ages 5-18 in Cumberland County to participate in three hands-on activities while receiving online instruction from 4-H staff.
- **4-H Virtual Summer Special Interest Clubs** - Explore the Night Sky and #EmpoweringMEandYou Teen Wellness are two, free, five-part, online programs offered to youth in Cumberland County throughout the Summer.
- **4-H Virtual Summer of Science & Teen Teachers** - 4-H is utilizing four college interns to help 12 area teens create four videos to teach hands-on engineering activities. Activity supplies will be distributed to 400, 3rd-6th graders in July through our community partners (Boys & Girls Clubs, Portland Housing, Learning Works, and more).
- **4-H Face Mask Challenge** - 243 face masks were made by 18 Cumberland County 4-H families to donate to Atlantic Health Systems.
- **4-H Family Support Project** - 4-H helped the New England American Arab Organization distribute gift cards (provided by Harvard Pilgrim) to 33 4-H families that did not qualify for the Tax Relief Act.
- **4-H Meet & Greet Mondays** - A new initiative to connect 4-H youth, volunteers, and their families to one another virtually.
- **4-H Pledge Project 2020** - A new initiative to engage teen 4-H'ers to produce videos of the 4-H Pledge in French, Portuguese, Arabic, and Somali.
- **Cooking for Crowds: Food Safety Training for Volunteers** - Three-hour workshop offered via Zoom to provide education to volunteers to improve their food handling skills to reduce the risk of foodborne illnesses.
- **Expanded Food Nutrition Education Program (EFNEP) Virtual Lessons** - Weekly lessons have been successfully transferred online via Zoom to provide continuity of services in nutrition education for these women.
- **Food Safety Q&A Sessions for Good Shepherd Food Bank and their Statewide Partners** - Over 60 partners joined Zoom sessions to learn the latest information on food safety related to COVID-19 to improve food handling at their food pantries.

## Cumberland County Led Statewide Resources & Activities

- [Best Management Practices for U-Pick Farms During COVID-19](#)
- [Community Garden Guidelines in the Time of Social Distancing](#)
- [Food Preservation Webinar Series](#)
- [Growing Maine Gardeners Initiative](#)

- [Garden Mentorship Program](#)
- [Invasive Plant Webinars](#)
- [Webinar Overview of USDA Financial Assistance Programs for Maple Producers](#)
- [COVID-19 Food Safety Information for Maine Consumers](#)
- [#EmpoweringMEandYou Social-Emotional Health Online Workshops for Teens](#)
- [Garden Chats: Growing Resilience from the Ground Up](#)
- [Gardening for Wildlife Online Short Course](#)
- [Maine Farm and Seafood Products Directory](#)
- On-Going Survey of COVID-19 Impacts on Farms ([Second round survey results](#)- April 21-May 7)
- [Seedling Sales Resources During COVID-19](#)
- Weekly Zoom Check-in Sessions with Cut Flower Farmers from the Northeastern U.S.

## Statewide Resources & Activities

[extension.umaine.edu/serving-maine](https://extension.umaine.edu/serving-maine)

- [Online EFNEP Nutrition Programs](#)
- [Victory Garden for ME Series](#)
- [Virtual Office Hours](#) for the months of May and June
- [COVID-19 Information and Support for Maine Farmers](#)
- [COVID-19 Information and Support for Maine Livestock Producers](#)
- [COVID-19 and Maine Agriculture FAQ](#)
- [COVID-19 and Food Safety Information and Support for Maine Food Producers and Produce Growers](#)
- [Learn at Home: Educational Resources to Use During School Closures](#)
- [Learn at Home with 4-H Friday Fun Videos!](#)
- [4-H QuarantEEN Virtual Science Cafés](#)
- [Mainely Dish Monday Recipe Video Series](#)
- [Weekly Maine Farmer Zoom Meetings](#)
- [Wednesdays in the Woods 4-H Program](#)

## Fact Sheets and Articles

[extension.umaine.edu/publications/](https://extension.umaine.edu/publications/)

- [Farmer's Response to Disease Outbreaks Like COVID-19](#)
- Bulletin #2515, [Managing Garden Center and On-Farm Seedling Sales Safely in Maine: Best Practices and Recommendations for Marketing During COVID-19\\*](#)
- Bulletin #2516, [Managing Farmers Market Seedling Sales Safely in Maine: Best Practices and Recommendations for Marketing During COVID-19\\*](#)
- Bulletin #1064, [Standard Operating Procedures and Their Use on Farms, with Prioritized Farm Chore Checklist](#)
- Bulletin #1065, [How Can Livestock Farmers Prepare for the Coronavirus Outbreak?](#)
- Bulletin #4103, [Social Distancing: What is it? Why do it? And How to Make the Time at Home with Your Kids Fun](#)

*\*with significant contributions from Cumberland County Extension Staff*

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