

April 23, 2020

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 Face Mask Challenge** - Organized and funded the materials purchase and creation of 243 face masks made by 18 Cumberland County 4-H families to donate to Atlantic Health Systems, in response to a call to action by Johnson & Johnson.
- **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 do 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, to practice public speaking skills and engage with others.
- **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 normally held in-person at a woman's addiction and behavioral health treatment center 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

- [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](#)

## Cumberland County Led Statewide Resources & Activities Continued

- On-Going Survey of COVID-19 Impacts on Farms ([Results of March 18-27 Submissions Here](#))
- [Seedling Sales and Logistics Webinar for Farms and Nurseries](#)
- 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)

- [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 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](#)
- [Mainly Dish Monday Recipe Video Series](#)
- [Weekly Maine Farmer Zoom Meetings](#)
- [Wednesdays in the Woods 4-H Program](#)

### New Fact Sheets and Articles

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

- 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?](#)
- [Farmer's Response to Disease Outbreaks Like COVID-19](#)
- 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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