

UMaine Extension

Connecting with Maine Communities During COVID-19



For over 100 years, 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

Statewide Resources

extension.umaine.edu/serving-maine

- Maine Farm and Seafood Products Directory
- 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
- COVID-19 Food Safety Information for Maine Consumers
- Weekly Maine Farmer ZOOM Meetings

- Learn at Home: Educational Resources to Use During School Closures
- Learn at Home with 4-H Friday Fun!
- QuarantEEN Virtual Science Cafés
- Mainely Dish Monday
- Garden Chats: Growing Resilience from the Ground Up

New fact sheets and articles:

- #1064, *Standard Operating Procedures and Their Use on Farms, with Prioritized Farm Chore Checklist*
- #1065, *How Can Livestock Farmers Prepare for the Coronavirus Outbreak?*
- #4103, *Social Distancing: What is it? Why do it? And How to Make the Time at Home with Your Kids Fun!*
- Farmer's Response to Disease Outbreaks Like COVID-19

Hancock County Resources

<https://extension.umaine.edu/hancock/>

Hancock County Home Horticulture Programs adapt and continue heartily through COVID-19:

- **Master Gardener Volunteer training** continues to be taught weekly via ZOOM video conferencing.
- **Garden Chats: Growing Resilience from the Ground Up.** These 1-hour sessions are held every Monday at 9:00 AM, Wednesday at 12:00 PM, and Thursday at 6:00 PM via ZOOM.
- **Victory Gardens for ME**, an 8-part YouTube Video Series has been launched, especially for the Beginning Gardener. <https://www.youtube.com/watch?v=CcjH4BwseZg>
- **Gardening for Wildlife** ~ UMaine Cooperative Extension and Maine Audubon are offering a free online course on making your landscape more beautiful as well as beneficial to wildlife.
- **Home and Commercial Horticulture Questions** are being answered, and **Soil Testing** services provided.
- **Beginning Gardener Mentorships**, one-on-one phone/email/Zoom mentorships are now available!

Hancock County Food Security Programs

- Distributing hundreds of donated vegetable seed packets to local food pantries in Hancock County.
- Providing seeds and guidance to Master Gardener Volunteers to plant vegetables at home for donation to those in need.
- Growing over 1,000 vegetable seedlings to produce food for clients of food pantries and soup kitchens.

Hancock County 4-H Youth Development Programs are continuing through COVID-19 and are more important than ever:

- 4-H Public Speaking (virtual - completed on April 25 and was a huge success)
- 4-H Egg Business Project (virtual - ongoing through fall)
- 4-H June Jamboree (at-home, hands-on projects and virtual Animal Science programs)
- Kids Can Grow (providing seeds & support to youth home gardeners in collaboration with Master Gardener Volunteers - ongoing through fall)
- 4-H Aquaculture: redesigning this program to support at-home aquaponics projects (expected to launch July 2020)
- 4-H Aquaponics: supporting local teachers in transitioning the project from their physical to remote classrooms
- Style Revue, our annual 4-H sewing contest, is postponed to October

Hancock County Extension Homemakers are:

- Sewing facemasks for the group, *Sewing Masks for Maine*, a statewide volunteer effort that provides homemade face masks to health care providers. The University of Maine Cooperative Extension Office in Hancock County is a registered drop-off location.
- Connecting with local 4-H youth through written letters.
- The MEHC Board Meeting is moved to June 22nd due to ongoing COVID 19 recommendations and concerns.

Eat Well Nutrition Education:

- **Eat Well by Mail** – 10 Steps to a Healthier You: 10 mailings that cover basic nutrition and healthy eating practices available for adults with children living at home



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Please reach out to the following staff if you have ideas on how the University of Maine Cooperative Extension can provide assistance to the residents of Hancock County during the COVID-19 crisis.

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We encourage you to visit our **Facebook** pages for up-to-date information:

@HancockCountyExtension, @hancock4h

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