

# 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](https://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
- Garden Chats: Growing Resilience from the Ground Up
- Learn at Home: Educational Resources to Use During School Closures
  - Mainely Dish Monday
  - QuaranTEEN Virtual Science Cafés
  - Wednesday in the Woods- live
  - Growing Maine Gardeners
  - Learn at Home with 4-H Friday Fun!
  - 4-H BINGO
  - 4-H Volunteers Can Go Virtual Series

#### 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

# Washington County Resources

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

## 4-H Youth Development

- working with 4-H youth so they can participate in virtual 4-H State Public Speaking Tournament
- calling enrolled volunteers to offer support, resources and check in on them
- sending resources to school principals to share with their staff
- 4-H Camp and Learning Center staff are offering virtual “guest speaker” opportunities to give teachers a break- sessions can align with current curriculum needs or simply offer a chance to discover a new topic with encouragement to then get outside to try an activity
- 4-H teen co-facilitated a FaceBook live session for 20 teens entitled #EmpoweringMEandYou Stress Less

## Expanded Food and Nutrition Education Program (EFNEP)

- ***Eating Your Way*** – Self-paced, online nutrition series for adults with children living at home.
- ***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.
- ***Printable Youth Nutrition Education Materials*** – Available to schools and other organizations working with youth.
- ***One-on-one Basic Nutrition*** – One-on-one nutrition lessons for adults living with children by phone or video.

## Senior Companion Program (in partnership with UMaine Center on Aging)

- The Washington County Senior Companion Program volunteers are now conducting visits over the telephone on a daily basis to protect the health and safety of the volunteers and their clients.

## Staff

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 Washington County during the COVID-19 crisis.

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

**@UMaineExtWash, @WashingtonCountyMaine4H, @efnepwc and @greenlandpoint.**

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