



## Crawford County Extension Staff

September 15, 2020

Dear Parents:

Your local Extension Crawford County Office would like to assist families during this time of need, by providing some useful information and resources. This letter includes several helpful links regarding parenting, finances, scam awareness, and food safety and resources.

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**FACEBOOK** – your local Extension office has created a public group specifically for the COVID-19 pandemic. It will be used to keep local information upfront and current for our residents. Our goal is to act as a reference for you and your family that will allow everyone to stay as healthy as possible. The group page is called “Extension Crawford County, WI COVID-19 Community Information.”

Join at <https://www.facebook.com/groups/161077604952502/>

**Workplace Flexibilities** – Guidance for parents with childcare needs worksheet. <https://crawford.extension.wisc.edu/2020/09/03/guidance-for-parents-with-childcare-needs/>

**Home Alone** – As your family is facing *unexpected childcare decisions and potentially needing children to care for themselves all or part of the day*. Here is a resource for you as a parent to best Prepare Children for Self-Care during this period. These videos are developed for parents and their children who stay home alone. Parents and children are encouraged to watch the videos together and use the short activities after each video to discuss their plans to stay safe home alone. <https://fyi.extension.wisc.edu/homealone/>

**Youth Development** – Positive Youth Development opportunities are being created to keep youth active in learning and enriching their lives with “out-of-school time” opportunities. Opportunities this fall will include project-based kits to do at home, after school programs and programs on days when there is no school due to cleaning. Check out the Extension Facebook page, email [amy.mitchell@wisc.edu](mailto:amy.mitchell@wisc.edu) or call 608-326-0223 to learn more about how to enroll in any of these opportunities.

**Financial Resources** – The coronavirus, also known as COVID-19, is impacting households, communities, and businesses. A new national survey shows that 1 in 5 households in the United States have already had their income cut or stopped altogether. The frequently asking questions at this site highlight some common financial challenges as a result of the COVID-19 pandemic. <https://fyi.extension.wisc.edu/toughtimes/>

**Scams** – In other disasters that have taken place, scammers are taking advantage of people’s vulnerability. The FTC is on the alert and recently issued [warnings to companies selling scam coronavirus treatments](#).

**Food Safety** – COVID19, commonly known as coronavirus, is a **respiratory virus**. While COVID19 is **not considered to be a foodborne** illness by the **Centers for Disease Control**, it is contagious. Actions that you can take to prevent foodborne illness can be taken to mitigate coronavirus.

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## Extension County Board Members

Wade Dull, Chairman

David Olson

Mary Kuhn

Donald Stirling

Wayne Jerrett

Of the food safety steps in helping to mitigate coronavirus, **cleaning** is the most important; **cleaning hands** and **cleaning surfaces**. **Avoiding contact** with others while sick is also important. **WASH YOUR HANDS FREQUENTLY AND THOROUGHLY WITH SOAP AND WATER**. More information visit <https://crawford.extension.wisc.edu/>.

**Food Options** – There are several websites for parents and children to guide you as you plan meals and snacks that can stretch your budget. Eating a variety of healthy foods from all the food groups can contribute to your family’s well-being.

- This website will help you plan healthy meals, snacks and even some treats that work with your budget <https://spendsmart.extension.iastate.edu/>
- This website offers an opportunity to introduce some new recipes and get the whole family in on the meal preparation. <https://eatfresh.org/recipe/filter-cuisine/kid-friendly-1644>
- My plate kitchen is user friendly website with several different search options. The site is also child friendly offering age appropriate information. <https://www.choosemyplate.gov/myplatekitchen>

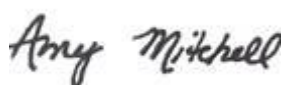
**Extension Crawford County Newsletter**– Our newsletters will be a great opportunity for you to learn about the varied resources we offer covering Agriculture, 4-H Youth Development, Community Development, FoodWise, Human Development & Relationships and Master Gardeners programming. You will also find factual information during COVID – 19. <https://crawford.extension.wisc.edu/extension-crawford-county-newsletter/>

It is critical to seek factual information regarding our current situation. Here are some recognized good sources to gain better understand of the COVID-19 circumstances.

- Center for Disease Control and Prevention—CDC 24/7: Saving Lives, Protecting People™ <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Wisconsin Department of Health Services <https://www.dhs.wisconsin.gov/covid-19/index.htm>
- Johns Hopkins University & Medicine <https://coronavirus.jhu.edu/>
- Extension Crawford County Fall Newsletter <https://sites.google.com/wisc.edu/fall-2020/home>

Feel free to contact Extension Crawford County if you have any questions regarding topic areas above. Additionally, check our Extension Crawford County website for more helpful websites during this time and in the future.

Stay Healthy,



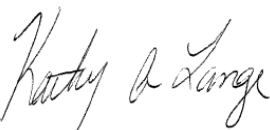
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