

What's Up? Wednesday

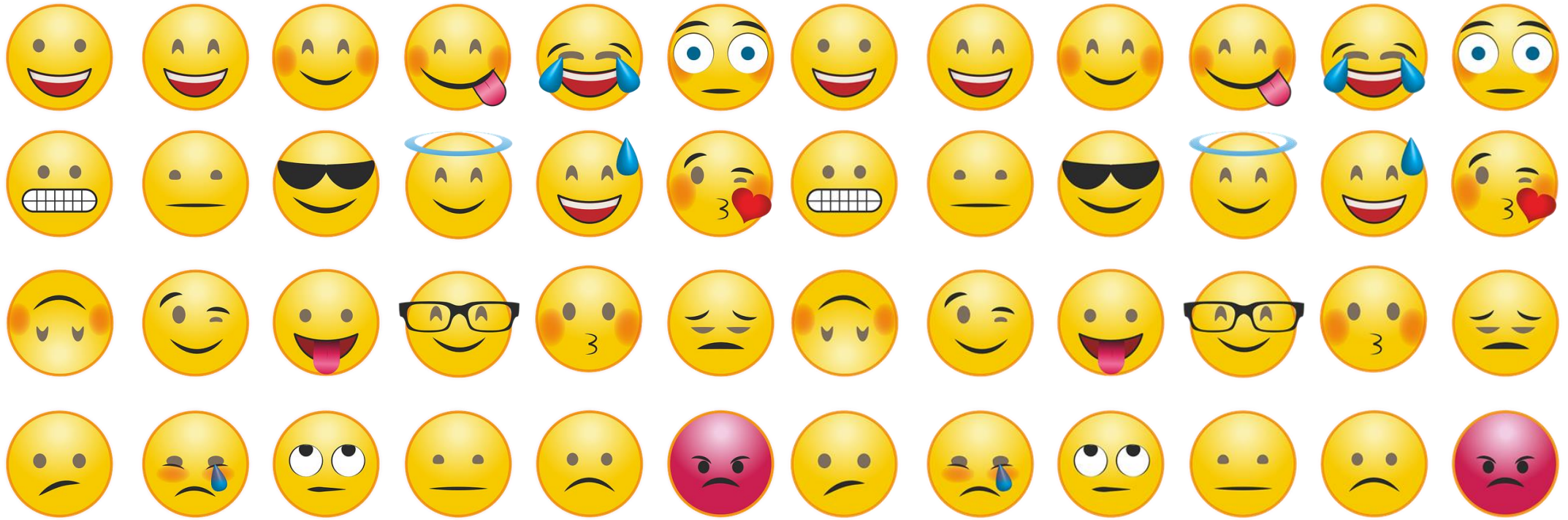
EFNEP and CFHL, UC Staff Check-In

March 25, 2020



Please Chat...

One word that describes how you feel right now...





Feeding Students While Schools Are Closed

Experience A School Meal Site: [See](https://www.healthyeating.org/Schools/School-Wellness/School-Feeding-Locations) how schools are nourishing kids at home while schools are closed. <https://youtu.be/4rYVliePCuU>

**Dairy Council of CA -
School Meal site finder**
<https://www.healthyeating.org/Schools/School-Wellness/School-Feeding-Locations>

Staff Wellness - Please chat...

What are you doing to promote personal wellness?

How are you supporting your colleagues?

How are your colleagues supporting you?



Wellness Concepts

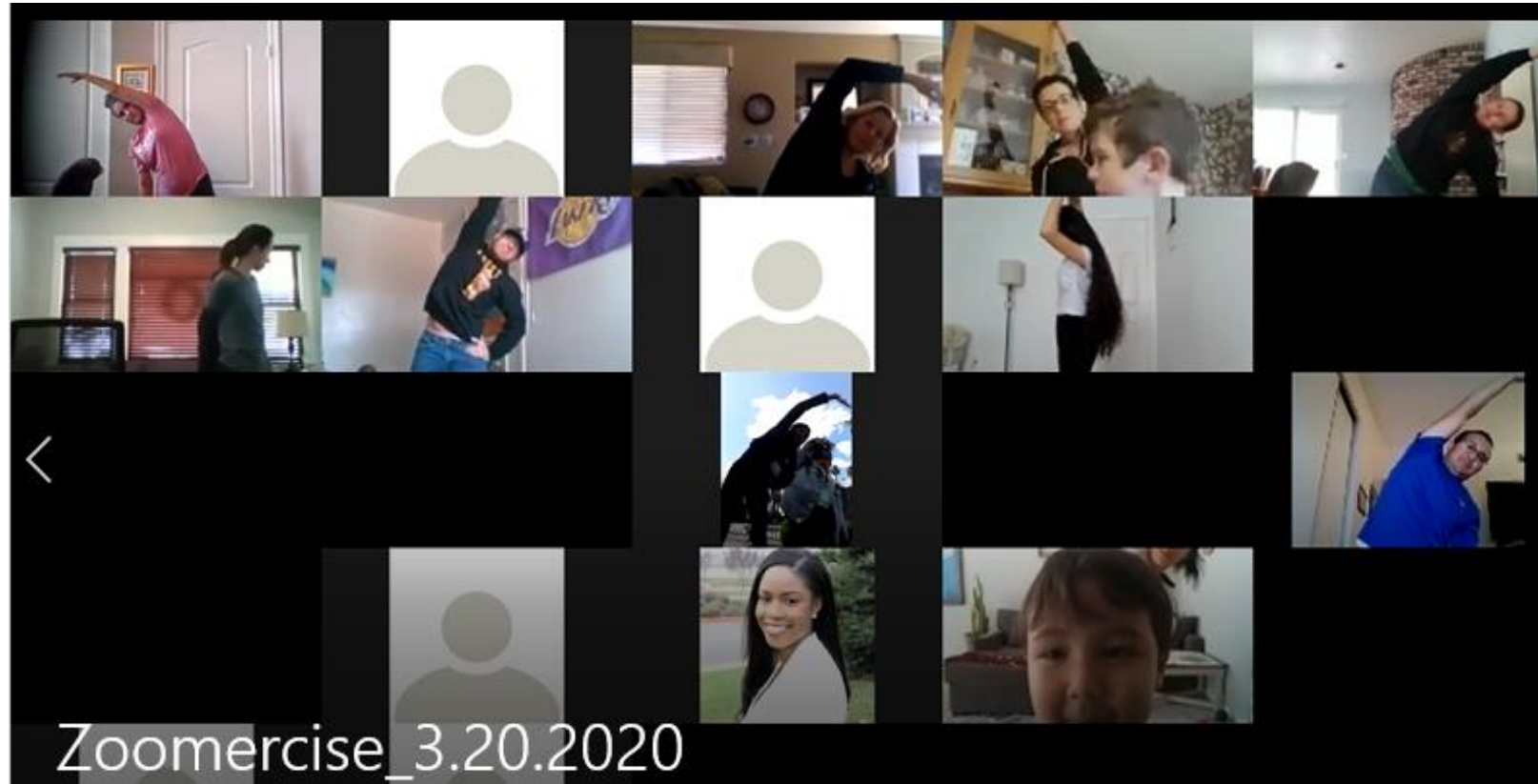
- *Separate what is in your control from what is not.*
- *Do what helps you feel a sense of safety.*
- *Get outside in nature—while practicing social distancing.*
- *Challenge yourself to stay in the present...*
- *Monitor your coping strategies.*
- *Stay connected and reach out if you need more support.*



Wellness Resources

- Mental Health First Aid: [How to Care for Yourself While Practicing Physical Distancing](#)
- Search Institute:
 - [Pardon this Interruption: Flexibility for Families During the COVID-19 Pandemic](#)
 - [Building Developmental Relationships During the COVID-19 Crisis](#)
- UC Berkeley Greater Good Science Center's [Guide to Well-Being During Coronavirus](#)
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- UC Davis Academic and Staff Assistance Program (ASAP) [Coping with the Stress and Anxiety Brought on by COVID-19](#)

Zoomercise!



Monday – Wednesday – Friday 12:30 PM

https://docs.google.com/spreadsheets/d/1fMmHcy_BV-2EEAcYM73x2iat7eCbw2oxWzAq0r3_3hE/edit#gid=0

Work at Home Resources

The screenshot shows the top navigation bar of the University of California Agriculture and Natural Resources website. The header includes the university name, a search bar with the text "Learn more about UC ANR", and buttons for "SHARE" and "Give". Below the header is the main content area titled "ANR Learning and Development". A secondary navigation bar contains links for "L&D Home", "Extension & Delivery", "Office & Team Management", "Building Support", "Gurus", "Contact Us", and "More". The main content area features a section titled "Working Remotely" with several links: "Tips to work remotely (Fact Sheet)", "Getting ready in the counties and RECs (Fact Sheet)", "Safety Note 155 Home Office Safety", "Computer Ergonomics at Home", and "For more". Under "For more", there are two additional links: "Using Information Technology (UC ANR L&D)" and "Working remotely (eXtension resources)".

UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Learn more about UC ANR Search

SHARE Give

ANR Learning and Development

L&D Home Extension & Delivery Office & Team Management Building Support Gurus Contact Us More

Working Remotely

[Tips to work remotely \(Fact Sheet\)](#)

[Getting ready in the counties and RECs \(Fact Sheet\)](#)

[Safety Note 155 Home Office Safety](#)

[Computer Ergonomics at Home](#)

For more

[Using Information Technology \(UC ANR L&D\)](#)

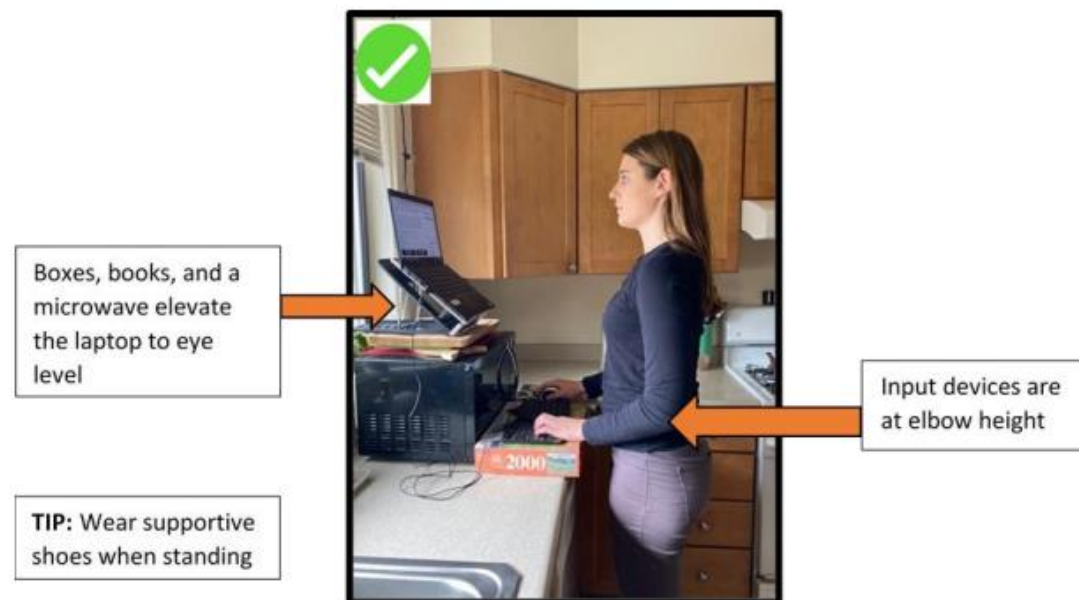
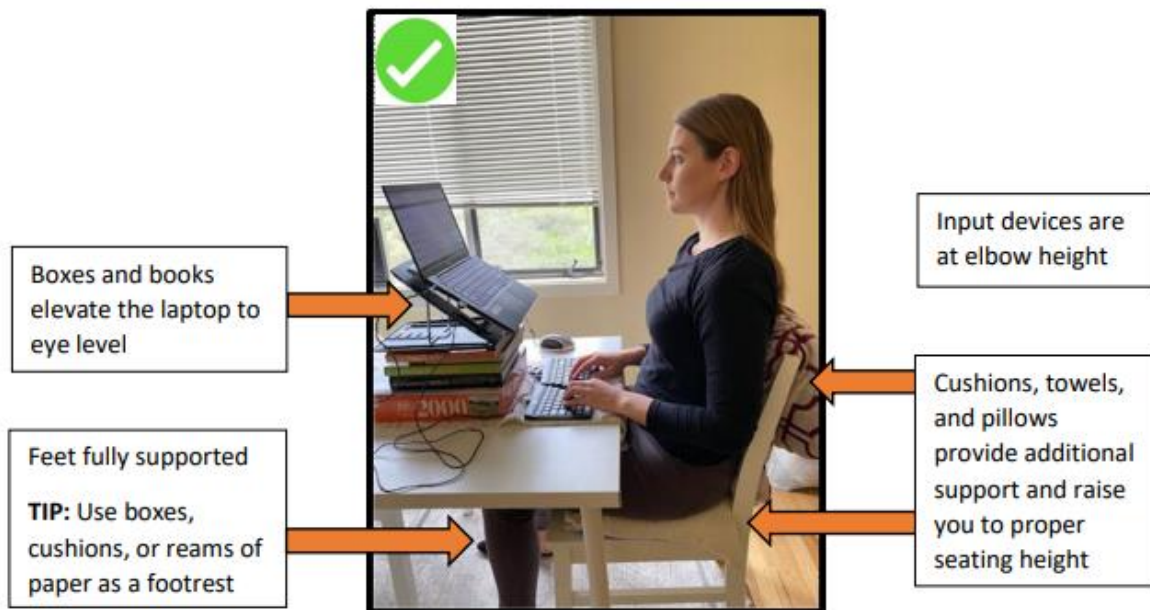
[Working remotely \(eXtension resources\)](#)

https://ucanr.edu/sites/Professional_Development/Office_-_Team_Management/#PersonalDev

Ergonomic Tips for Telecommuters



Using a table or counter with your equipment at the right height for you will place the least amount of strain on your body. Risk of injury decreases, and you can work longer and more efficiently.



https://ucanr.edu/sites/Professional_Development/files/322065.pdf

Poll question

For class series that were in progress prior to school closures/stay-at-home – Did you:

- Cancel the class series
- Postpone the remaining classes
- Use adult make-up lessons (e-mail, phone follow-up)
- Something else? Please chat...

Poll Question

How are you providing information and resources to your community, partners, participants?

- Social media – please chat which platform(s)
- Website
- Email
- Texting
- Newsletter
- Not currently providing

Resources

- **Online Nutrition and PA Education Resources:** use as appropriate and/or share with teachers you work with.
- **Youth and Family Resources:** physical activity, cooking and food activities, family meals, handwashing activities, other activities for kids at home.
- **Adult and Older Adult Resources:** food access, cooking at home, physical activity, food safety, handwashing, cleaning/sanitizing/disinfecting.
- **Staff Resources:** work-at-home, wellness, websites with additional information for participants and staff.
- **Training Resources**

Poll Question

Are the schools you work with offering distance learning to their students?

- Yes – all are
- Yes – some are
- No
- Not yet
- I'm not sure

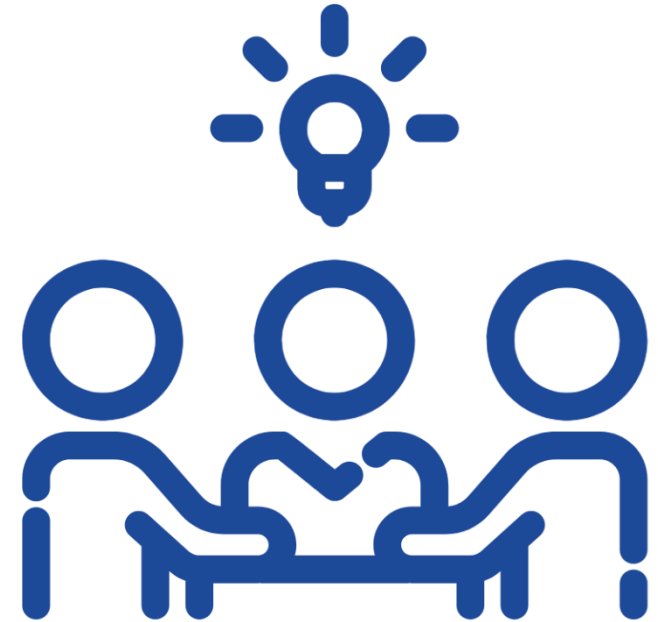
Poll Question

Have you been contacted by the schools you work with to provide nutrition and/or PA resources for distance learning?

- Yes
- No
- Not yet
- I'm not sure

Youth Nutrition and PA Education

- Ideas for providing youth lessons
- Central Sierra – Katie Johnson
- Imperial – Paul Tabarez
- Other ideas?
- Creating a ‘bank’ of video lessons for all to use



Please Chat...

Are you interested in participating in a separate Zoom meeting to discuss details of providing youth lessons – such as video recording?

Adult Nutrition and PA Education

- Complete class series in progress before stay-at-home
- Zoom?
 - Familiar to us, easy to use
 - Interactive and maintains privacy
 - Free phone app available to participants
- Facebook Live?
 - Familiar to participants
 - Not easy to use (??)
 - Not interactive



Coming Soon! UCCE Connects to You

UCCE Connects to You!
Making nutrition education available to all Californians

Lesson One – Get Moving!

Congratulations – You have taken the first step to learn more about nutrition and good health. This learn-at-home program has 8 lessons. We hope it helps you take positive steps to keep you and your family healthy.

Let's Get Moving!
Being physically active is important for everyone. It helps our bodies, our minds and it is fun. We can be active in many different ways - all we have to do is move our bodies.

Healthy Habit Focus:
Move your body more. Find ways to be active with your family.

Why should I be active?
Being physically active has many benefits. It helps our health and it is a great way to spend time with family.

Being Active:

- Reduces risk of heart disease, high blood pressure and diabetes.
- Helps maintain a healthy weight.
- Keeps bones strong.
- Increases energy.

Tip
Men over 40 and women over 50 should check with their doctor or health care provider before being active.

What type of physical activity do I need?
You need **two** types of physical activity.

1) Aerobic Activity makes you breathe harder and makes your heart beat faster.

Hiking	Dancing	Playing Ball
Riding a bike	Walking	Running
Swimming	Gardening	

2) Muscle Strength Training makes your muscles and bones stronger.

Weight lifting	Yoga	Resistance work (heel raises, carrying a child, push-ups and more)
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¡UCCE se conecta contigo!
Brindando educación sobre nutrición a todos en California

Lección dos – ¡Planee, compre, ahorre!

¡Ahorra tiempo y dinero!
¿Alguna vez ha estado a punto de cocinar la cena sólo para darse cuenta que no tiene lo que necesita? ¿Alguna vez se le ha acabado la comida antes de que termine la semana? ¿Sus hijos se quejan de que no hay nada de comer en la casa? Tome tiempo para planear el menú y hacer una lista de compras para ahorrar tiempo y dinero a la larga.

Enfoque en un hábito saludable:
Planee a menú y haga su lista del mandado cada semana.

Prepárese para las compras
El primer paso es decidir qué van a comer durante la próxima semana. Para preparar un menú:

1. Vea en su refrigerador qué alimentos se deben consumir antes de que se echen a perder. Anote estos alimentos.
2. Revise las ofertas semanales de alimentos. Escriba los productos que le interesan y los precios de venta.
3. Ahora ya está preparada para planear sus comidas. Escriba lo que planea servir a su familia cada día de la semana para el desayuno, almuerzo, cena y bocadillos. Trate de incluir los alimentos que ya tiene en su refrigerador y los que están en oferta.

La lista del mandado

4. Luego, haga una lista de lo que necesita comprar. Por ejemplo, si planea servir huevos revueltos en el desayuno, va a necesitar huevos, leche y cualquier otro condimento que use normalmente.
5. Revise si ya tiene alguno de los productos en casa. Si ya los tiene, táchelos en la lista.
6. Escriba la cantidad que necesita comprar de cada artículo. No compre más de lo que necesita si se trata de un alimento que no dura mucho tiempo.

Recuerde: los alimentos ya preparados, como platillos congelados y ensaladas del deli, cuestan más que si los prepara en casa.

Consejos

- No haga su compras cuando tenga hambre. El hambre puede provocar que compre productos costosos.
- Vaya de compras sola para que pueda seguir su lista y comparar precios. Los niños pueden distraerla y hacerle comprar cosas que no necesita.

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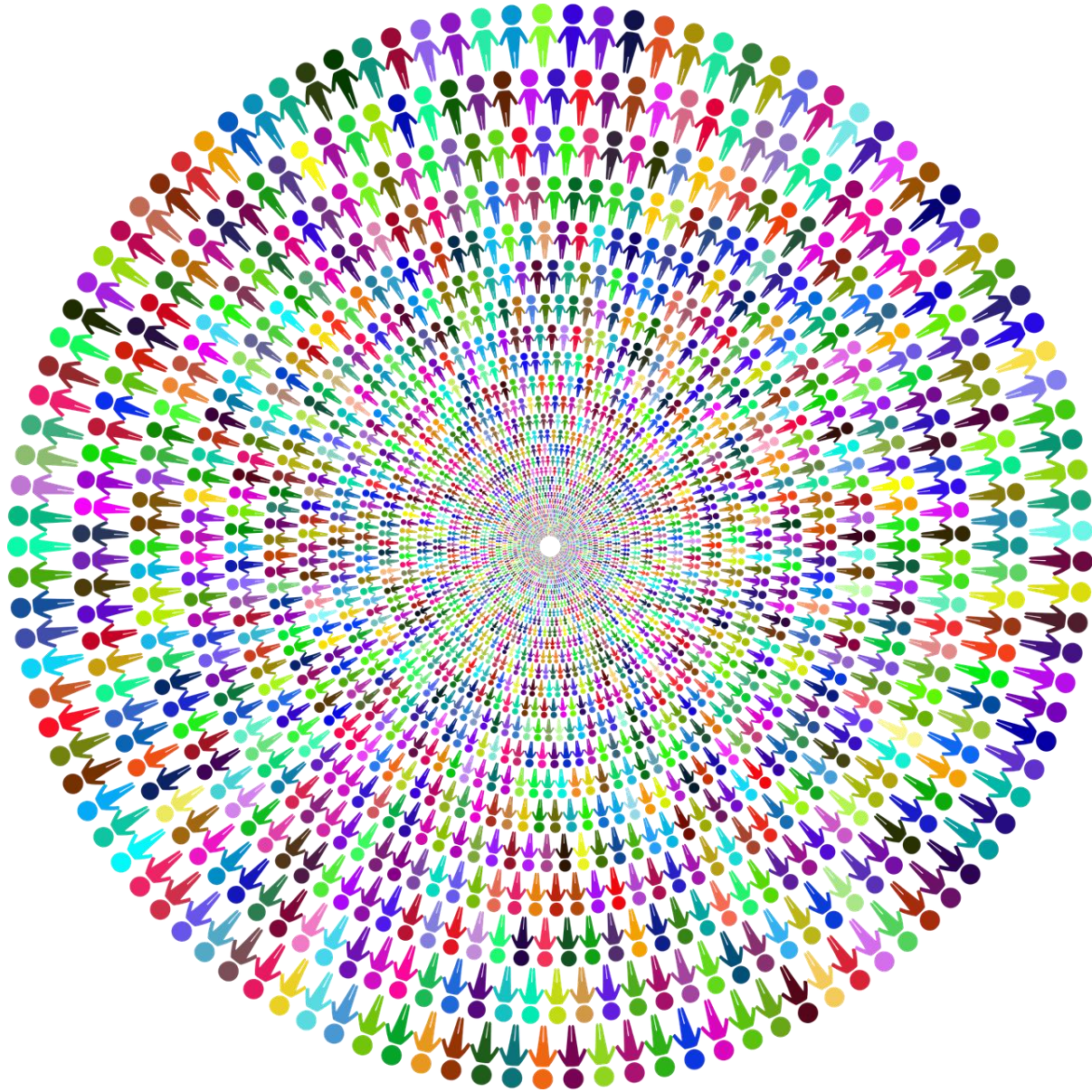
Please Chat....

Are you interested in participating in a separate Zoom meeting to discuss details of providing adult lessons online or in other alternate format?

Open Discussion

- How you and/or your county team are providing support for:
 - Your community agencies, schools, and teachers
 - Adult participants and other adult community members
 - Your team members
 - Yourself
- How we can work together
- Anything else...





*We're in
this
together!*