

Resources for SNAP-Ed Implementing Agencies During COVID-19

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Our priority is the safety and health of SNAP-Ed staff, partners, clients, and community members. Due to the COVID-19 pandemic the way we do business has significantly changed. This document is meant to be a resource for SNAP-Ed staff to continue to support the public and their programs through digital means and program support activities that are preparing for future face-to-face interactions with clients.

For COVID-19 transmission and prevention updates:

Please consult the [Center for Disease Control \(CDC\)](#) and the [World Health Organization \(WHO\)](#) websites. Both websites are updated daily with the latest information and advice for the public.

Emergency Grants

The No Kid Hungry® campaign is providing more than \$1.2 million in emergency grants available immediately for school districts, community pantries, and food banks to support their meal delivery amid the COVID-19 outbreak. There are no requirements to apply and the use of funds is unrestricted.

[No Kid Hungry® Coronavirus Grant Request](#)

For USDA Food and Nutrition Service

updates and how they are supporting communities during this time, visit their interactive website.

Check out National Farm to School Network Resources

- Child Nutrition Program
- Early Care & Education Resources
- Funding Support
- Local Producer Resources
- Native & Tribal Communities Resources
- Garden Resources
- Remote Learning Resources (for students)
- Policy & Advocacy Resources
- Media, Articles & Resource Lists
- Equity



Farmers Market Guidelines

[Guidance for Booth Setup during COVID-19](#) (video, 2:04)

[Guidance for Shoppers at the Market during COVID-19](#) (video, 2:07)



COVID-19 Food Safety Related Messaging



A [short video](#) (0:49) from Fight BAC! on safely washing fruits and vegetables.

United Fresh has a [consumer resources page](#) for additional information regarding food safety.

Wash your hands frequently and thoroughly with soap and water.

- [Handwashing for Ordinary People in a Time of Novel Coronavirus](#)
- [CDC Handwashing: Show Me the Science](#)
- [Handwashing for Kids](#)

Clean and sanitize surfaces, paying special attention to touch points (like door knobs and drawer pulls).

- [Fight BAC! Fact Sheet: Clean](#)
- [CDC Cleaning and Disinfection](#)

Do not show up to work when sick or when a family member is sick.

- [CDC Steps When Sick](#)

Continue to follow all the basics of safe food handling at home.

- [Clean, Separate, Cook and Chill](#)

Connecting with SNAP-Ed Audiences

- Contact local partners about what is being done now to assist residents in need.

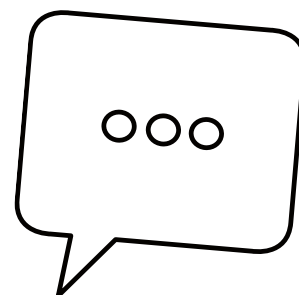
- Ideas for contact:
 - Food Pantries
 - Faith Communities
 - Farmers Market Managers
 - Grocery Stores
 - City Boards/Chamber of Commerce



- Compile a local list of where meals are being served in your communities. Share with partners and post on websites, social media, etc.

- Find sites serving meals near you: [USDA Meals for Kids](#)
- Work with local 211/311 to ensure services are publicized

- Create Facebook groups or join neighborhoods on the [Nextdoor](#) website contact neighbors who may be in need. Post nutrition related content here.



- Record lessons and post on your website or as YouTube videos. With current technology these can be recorded on Zoom, Google Hangouts, and other easily accessible means like your phone.

- Deliver or ship nutrition education resources, recipes, and activities to food distribution sites like food banks, school sites, SNAP offices, and senior meals services to go to individuals and families receiving meals.

- Collaborate with local food vloggers/social influencers and use their platforms to get nutrition messages out.

- Develop and share success stories of program activities highlighting community members and partners.

Connecting Digitally

ZOOM (videos)

- [How to join a Zoom meeting](#) (1:09) from a computer
- [How to join a Zoom meeting](#) (3:20) from your Smart Phone via Zoom App and how to use the App

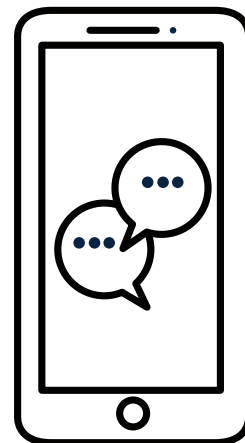


Connect via Social Media Outlets

- [Facebook Live Tutorial Blog](#)
 - [Engagement Training Using Facebook Live](#)
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Social Media and Direct Text Ideas

Use texting or social media to reach out to your SNAP-Ed audience directly. Below is a collection of topics to consider provided by Auburn University SNAP-Ed program. Share these in addition to other resources you already have and other up-to-date information.



Saving Money

- [Ways to Save Your Food Dollars](#)
- [Accessing Benefits: SNAP and WIC Recipients](#)

Healthy Eating Takeout/Delivery

- [Tips for Healthy Ordering](#)
- [Grocery and Meal Delivery Services](#)
 - [Instacart](#)
 - [Uber Eats](#)
 - [Door Dash](#)
 - [Grubhub](#)
 - [Postmates](#)



Meatless Meals Ideas and Recipes

- [Hearty Egg Burritos](#)
- [Quick Stir Fry](#)
- [EatFresh](#)
- [ChooseMyPlate](#)
- [USDA Nutrition](#)

Hand Washing and Sanitation

- [How to Clean and Disinfect](#)
- [When Soap and Water Are Not Available](#)
- [Cooking, Cleaning and Food Safety](#)
- [Clean then Sanitize](#)
- [Four-Step Hand Washing](#)

Being at Home

- [Make the Most of Your Time at Home](#)
- [Physical Activity with Kids at Home](#)
- [Healthy snacking while at home all day](#)
 - [Quick Tips for Smart Snacking](#)
 - [10 Tips: Cut Back on Your Kid's Sweet Treats](#)
- [Food Safety for Cooking at Home Every Day](#)
- [Partnership for Food Safety Education](#)
- [Steps to Food Safety](#)

Immune Health

- [Diet and Immune Health](#)
- [Nutrition and Immunity](#)
- [Managing Stress](#)

Program Support Activities



Nutrition Education Tools and Resources

- Sort and organize nutrition handouts – discard items older than 2015
- Sort and organize recipe files
- Sort through food labels or food packages used for teaching – discard out of date products and sort out those with revised/new labels
- Begin to collect new package labels with the latest nutrition facts label design
- Make grab and go boxes for each lesson or other curricula

Food Preparation

- Inspect Program food supplies and equipment for cleanliness
- Check expiration dates on food items

Marketing

- Practice elevator speeches for recruitment
- Email/call collaborator and partners for updates and recruitment for future dates
- Brainstorm new locations for future recruitment

Youth and Adult Curriculum Review

- Conduct teach backs on any approved adult or youth curriculum
- Read through ChooseMyPlate.gov resources and tip sheets
- Review new food label guidance on USDA website
- Spend time learning unfamiliar lessons/curricula

Update Resources

- Revising recipe book and updating nutrition facts panel
 - Revise and update curriculums
 - Revising websites
 - Develop new resources aligned with COVID-19
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Nutrition Education Resources

Below are free nutrition education resources for your SNAP-Ed families.

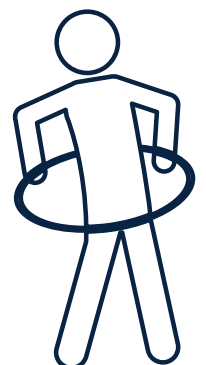
- [USDA FNS Videos](#)
- [EatRight Watch and Learn Videos](#)
- [FDA Nutrition Resources](#)
- [Pick a Better Snack Videos](#)
- [Institute of Child Nutrition Videos](#)
- [Dairy Council Nutrition Videos](#)
- A short video on [safely washing fruits and vegetables](#)



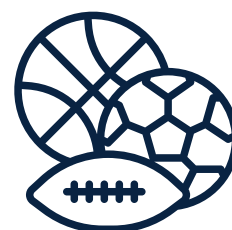
Physical Activity Resources

Below are free resources to get your SNAP-Ed families moving. These can be shared digitally.

- Eating Smart - Being Active – [Let's Be Active Videos \(Adult\), Lessons 2-9](#)
- Dairy Council – [Eat, Move, Win \(Youth, High School\)](#)
- American Heart Association – [25 Ways to Get Moving at Home](#)
- Action for Healthy Kids
 - [Healthy Activities to Do at Home](#)
 - [Every Kid Healthy Week at Home](#) – Help celebrate Every Kid Healthy Week by promoting wellness, good nutrition, and physical activity with your own family – healthy habits start at home.
- [Game On Activity Library](#) – Family-led activities for different ages!
- [Play Based Yoga](#) – Use your imagination to tell a story as your stretch and awaken the body. Try these fun and playful prompts or create some of your own.
- Sanford *fit*
 - [fit Boost-Activity](#) – Try out these fun moves to enhance physical fitness and mental alertness. Get moving at home.
 - [fit Move](#) – Interactive videos to stay active.



- GoNoodle®
 - **GoNoodle® at home** – Good Energy at Home provides ways for kids and families to move and learn.
 - **GoNoodle® Games** – Download the free app. Games engage their minds and keep them active.
- **KIDZ BOP Dance Along Videos**
 - Learn the dance steps to your favorite KIDZ BOP songs! Duration: 34 minutes.
- **Kids Exercise Daily**
 - Animated video (21:03) for working out.
- **The Learning Station**
 - Featuring some of their most popular Learning Station songs filled with active participation!
- **PBS Explore the Outdoors**
 - Discover nature’s surprise with DIY activities
- Playworks
 - **Game Guide** – Guide for small
 - **Play at Home** – Live recess Monday-Friday 9:00 a.m., 11:00 a.m., and 1:00 p.m. PT on Facebook Live.
- California Department of Public Health – **Power Up in 10**
 - Strength training DVD for families that has 20 exercises.
- **7 Minute Workout with Lazy Monster App**
- **Yoga Ed**
 - Free Yoga and Mindfulness Classes for parents to support physical and mental health.
- **Yoga Foster Mindful Remote Learning**
 - Live and pre-recorded online mindfulness practices and yoga classes for kids.
- **Yoga for Classrooms Mindful Activity of the Day Series**
 - Subscribe to daily emails to receive the mindful activity of the day.
- **Cosmic Kids Yoga**
 - Yoga and mindfulness for kids aged 3+. Kids yoga adventures.
- **California State Parks Home Learning Program**
 - PORTS will be offering our new broadcast-style Home Learning Programs for K-12 students from various park locations across California.



Staff Training and Professional Development



Utah Extension National Nutrition Certification Program. Enroll in a free 15-unit training program for nutrition educators. [Online Course Catalog](#)

The [RE-AIM Online Training](#) is a web-based module that provides instruction and case examples to illustrate the five dimensions of the RE-AIM framework: **R**each, **E**ffectiveness or efficacy, **A**doption, **I**mplementation, and **M**aintenance.

Parks for Health e-Learning Courses

The audience is park professionals or anyone who works with the public in a nature setting, e.g., after school programs, summer camp counselors.

[Free online courses](#)



Review Personal and Professional Skill-building

- [“How 3 Words Can Get You What You Want!”](#) video (23:52)
- [“The 7 Habits of Highly Effective People”](#) video, summary (13:18)
- [“The 7 Habits of Highly Effective People”](#) video, part 2 (9:03)

USDA SNAP-Ed Connection Online Courses

PSE Training List

- [PSE Change](#) – Creating Healthy Local Places
- [Cornell University](#) – Making the Healthy Choice the Easy Choice
- [University of Minnesota Extension](#) – Systems Approaches for Healthy Communities

Webinars

- [Society for Nutrition Education](#)
- [SNAP-Ed Connection](#)
- [SNAP-Ed Toolkit](#)

Staff Wellness



Remember this is a stressful time for staff, including adapting to working from home and possible having to support their children with online schoolwork. Below are some links to articles and tips to support staff wellness during this unprecedented time.

- Give yourself permission to take breaks! If you do not take breaks, you'll find yourself on your laptop for hours before you know it.
- Don't stash snacks at or near your work space; it contributes to your inactivity. Make yourself get up and go to the kitchen to get a healthy snack.
- Schedule Zoom or other types of videoconferencing where there is an option to view faces and to let others see your face. In these times of "social distancing", face-to-face contact helps with the dire need (some of us have) to interact with people.
- Choose a different room to work in sometimes, in order to break up the monotonous scenery.
- Make sure your work space is clean and uncluttered. If possible, spice up your work space with photos, flowers, or workout equipment so that it's a place you enjoy working in.
- If you work in a designated space or home office, take your lunch break in another part of your home or in the backyard or on the patio/balcony or rooftop (depending on your living arrangements).
- Watch your sitting posture! It's so easy to slip into a slouch.
- Occupy your down time with professional development videos or online classes or resources - you and the organization will benefit from your growing skills!
- Use a To Do List system/matrix to keep track of your daily accomplishments. This task promotes productivity.

- Incorporate praying, meditating, being grateful, exercising, or watching a show that makes you laugh out loud into your day.
- Don't forget about your coworkers. If you know/suspect that someone is having a hard time, help them to adjust to this arrangement by making wellness calls/texts/emails, sharing your work space tips, exchanging workday experiences, or by lending a listening ear. You don't have to tell them that you're making a wellness call. Sometimes, people need to feel that you care about them, not just the work they produce.
- Engage in an after work "virtual happy hour" with coworkers. You can include a karaoke/sing-along, a line dance, comedy hour, talent show, spoken word/poetry or just conversation with smooth jazz for example music in the background!
- Yoga and meditation can also help you manage stress from home. You can also turn to apps for [virtual mindfulness training](#) and [therapy](#).

[CDC Mental Health and Coping During COVID-19](#)

[Coronavirus Toolkit for Employee Wellbeing](#)

Thank you to SNAP-Ed partners from **Auburn University, Tennessee State University, S.C. Dept. of Health & Environmental Control**, and the **North Carolina University-Chapel Hill** for contributing content to this document.

