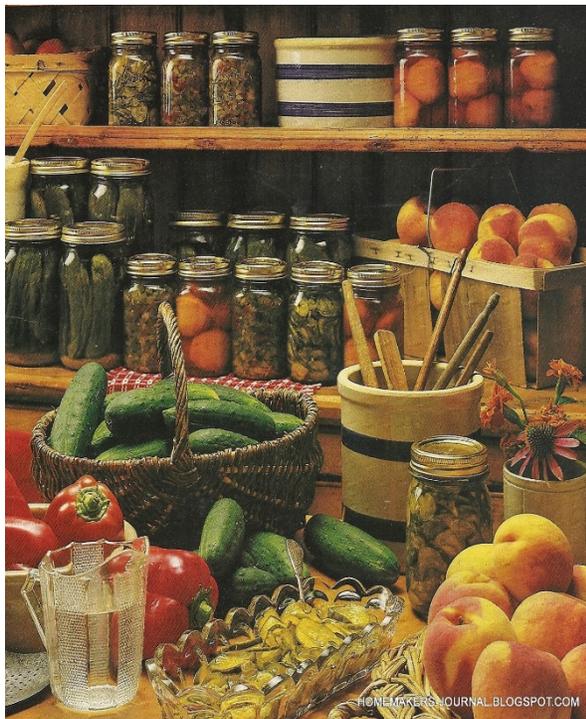


## Family and Consumer Sciences Weekly Update: April 20, 2020

Montana Governor Steve Bullock has announced changes to the stay-at-home directive as part of a phased plan to gradually reopen the state. Montana State Extension will continue its current practices of telework, online and remote instruction until plans can be developed to allow programming to resume in accordance with social distancing requirements and other safe practices. Our office in Yellowstone County is still open and serving our community by phone, email, internet, etc. Agents are working from home to provide useful and educational resources to our clients. You can contact Jackie by phone at 406-256-2828 or e-mail [jackie.rumph@montana.edu](mailto:jackie.rumph@montana.edu).

### Local Food Assistance

Whether experiencing unemployment or a cut in work hours, these are uncertain times. Your access to food does not have to be. These food service sites work to prevent hunger and provide families across the county with safe and nutritious meals. Call them today to inquire about box pick up and monthly timing. Depending on the location you may need to bring a picture ID, a recent piece of official mail (identifying your address within Yellowstone County) and identifying information for all the people in your household.



Family Services  
3927-3931 1<sup>st</sup> Ave S  
Billings, MT 59101  
(406) 259-2269  
<https://billingsfamilyservice.org/>

Billings Food Bank  
2112 4<sup>th</sup> Ave N  
Billings, MT 59101  
(406)-259-2856  
<https://billingsfoodbank.com/>

Food Pick Up Locations for Billings Public Schools can be found here:  
<https://www.billingschools.org/covid-19-updates/sodexo-updates>

### MSU Extension State Resources:

Featuring practical articles full of easy-to-apply information, **Lives and Landscapes** is the magazine of Montana State University Extension. Stories cover subjects such as improving nutrition, growing lawns

and gardens, being good stewards of the land (both small and large acreages), improving knowledge of family financial tools and more. **Lives and Landscapes** helps newcomers and longtime Montanans to live well and preserve their treasured resources while enjoying “the last best place”. This quarter’s issue has a variety of topics, but you may be interested in the Keeping Your Family Safe during COVID-19 and Understanding and Finding Mental Health Providers. Explore this quarter’s issue at <https://apps.msuextension.org/magazine/index.html>



## April Webinars: Starting at Noon ending by 1:00 PM

April 27-Update on Medical Savings Accounts  
and eligible expenses with Marsha Goetting

April 28- Tamarack Grief Center- Grief and  
Covid-19

April 29-Arthritis Exercise Class with Tara  
Andrews

Join us next week for classes Tuesdays and  
Thursdays!

Connect with this link to join day of, room  
opens at 11:45

[montana.webex.com/meet/r41d688](https://montana.webex.com/meet/r41d688)

**FCS Lunch and Learns-** Learn more  
about next week’s Lunch and Learn topics in  
the event section of our Facebook page  
[https://www.facebook.com/  
MsuExtensionYellowstoneCountyFCS/](https://www.facebook.com/MsuExtensionYellowstoneCountyFCS/).

Click on the picture schedule at 11:45 to join  
the WebEx meeting. Watch for upcoming  
information on Lunch and Learn programs  
being planned for the month of May on  
Tuesdays and Thursdays!

## Canning Resources:

With extra time on their hands and this lovely  
Spring weather many are planning their  
gardens to be abundant! With all the extra  
garden produce, you may want to preserve  
some of it. Check out our MSU Extension  
resources for food preservation here:

[http://nutrition.msuextension.org/food-safety-  
preservation/index.html](http://nutrition.msuextension.org/food-safety-preservation/index.html).

Remember that to ensure SAFE home canning  
and food preservation, MSU Extension  
recommends using ONLY up-to-date, research-  
tested recipes and following the instructions  
exactly. Save non-research approved or family  
recipes for eating immediately or freezing.

## Preferred Indicia Statement:

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