

Family and Consumer Sciences Weekly Update: 3rd Week of March

Currently, Extension Offices have discontinued all face to face programming. We are still available to serve our communities through other means of outreach. For our clients that can mean giving us a call 406-256-2828 or sending an e-mail jackie.rumph@montana.edu.

Family and Consumer Sciences: What's that?

County Extension Agents offer programming within their local communities addressing issues such as community health, family economics, family and human development, food and nutrition, health and wellness and housing and environmental health. Before this week that included connecting seniors through programming like chair yoga, arthritis exercise classes and Kinship Caregivers Support Group. Now it means working with seniors to make sure they have groceries and other necessities, and offering information and updates via our website, phone calls and e-mail.

Technology and You:

With the new CDC guidelines to create social distance, technology can be our friend. Use it to connect with your loved ones whether in the next town or across the globe! Try out that new app you have been meaning to. Right now, our 4-H teen ambassadors are using technology to introduce themselves and share projects they are working on. Follow them on Facebook at Yellowstone County Ambassadors or on Instagram at ystone4hambassadors. Are your kids using google classroom and you're a little overwhelmed? Check out this step by step how to guide:

<https://drive.google.com/file/d/1uFBoYmJ59vrWSDwg6djRKKlwIReN5vnG/view?fbclid=IwAR3Om5r7TyIujt6joViV2Lw3Re9wRfiAlgfQcwUYUfuVzGicLjs6jR6PK6k>

Move Your Body:

If you are feeling well, it is beneficial to move and stretch your body. Depending on your mobility, and the weather in your area, going for a walk outside may be an option. One thing to remember is that it is ok to be uncomfortable while moving our body, but if something is painful, it's a good time to modify that exercise. Check out these videos from the Arthritis Foundation: <https://arthritis.org/health-wellness/detail?content=healthyliving>.



Recipes:

Did you buy beans and now you're not sure what to do with them? Letting them sit on your counter until you are desperate is one option, or you could explore some great resources from Extension Agencies across the US.

<https://food.unl.edu/cook-it-quick-documents/cooking-dry-beans.pdf>

<https://www.ag.ndsu.edu/publications/food-nutrition/spillin-the-beans-dry-edible-bean-and-snap-bean-recipes-nutrition-information-and-tips>



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