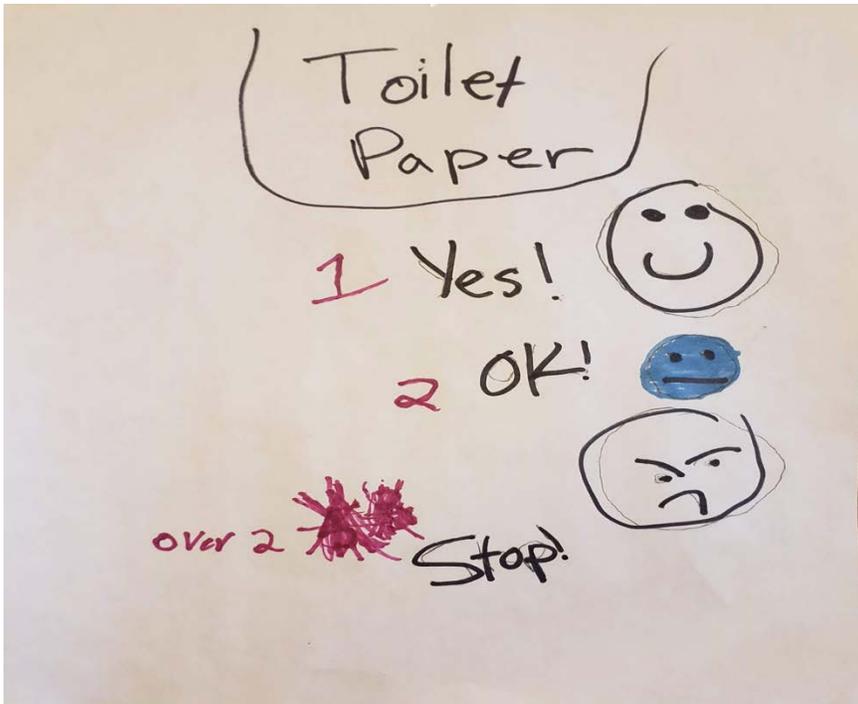




Family and Consumer Sciences Weekly Update: March 25th, 2020



Hello! I hope this week finds you well during these transitioning times! This newsletter is one way to help you connect with healthful living while much of our routines are upended. This Toilet Paper continuum was created by a co-worker's daughter to remind everyone in her household to conserve. I thought it would be fun to share, whether you need a reminder yourself or just find this hilarious.

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

Financial Resources gathered by Ravalli County Extension Office

The Ravalli County community and beyond are impacted with the uncertainty of the future. You or a loved one may be in need of basic resources, such as food and finances. Ravalli County has gathered the resources below to help you.

- **Montana Works COVID-19 Employee Resources:** Unemployment resources: montanaworks.gov/ The State of Montana has changed the one-week wait period for people impacted with COVID-19.
- **Public Assistance Help Line:** Services are available to Montana residents on-line through apply.mt.gov or by telephone through the Public Assistance Help Line at 1-888-706-1535.
- **Montana Office of Public Assistance:** Offices of Public Assistance will be closed to the public until further notice as they respond to recommendations related to COVID-19 on public safety. While their doors are closed to the public, they will continue to provide essential services.

- If you or someone you know is in need of food assistance you can reach out to your local food pantry via phone. You can find local Network food pantries and phone numbers at the following website at mfnb.org/get-help.

Managing Anxiety During Turbulent Times

UHealth out of the University of Colorado suggests five steps to help keep your brain well during the current public health crisis. This article shares that you may be experiencing an anxious response and tips to help manage that anxiety during these unprecedented times. Read the article here:

<https://www.uhealth.org/today/coronavirus-anxiety-tips-for-reducing-worries/>.

Times are changing and our brains are wired for survival! We are being advised to avoid social contact to slow the spread. As much as we want to keep ourselves and our loved ones well, this can be trying and socially isolating. Check out this Podcast from a professor at Yale University: [The Happiness Lab](#) with [Dr. Laurie Santos](#), research based and helping you to work with your brain when it is on the fight. She even released a [Coronavirus BONUS: Beat Your Isolation Loneliness](#).



Move Your Body

We all know that springtime in Montana can still feel a bit blustery! Don't forget to take a break for some fresh air. Billings parks are open, leave plenty of room (at least 6 feet) and only head out if you are healthy. You could even listen to the Happiness Lab while you walk! My telework supervisor Pip (pictured on the left) makes sure I take time to be outside during this transition.

Recipes:

Working off the staples when you don't have ingredients for your usual recipes may be an adventure! Check out this infographic on Brown Rice and different recipes to use it in from the USDA.

Brown Rice Infographic: <https://s3.amazonaws.com/assets.cce.cornell.edu/attachments/32462/2016-BrownRice5WaysInfographic.pdf?1533239048>.

North Carolina State University has an infographic about minimizing risk at the grocery store! Check it out here: https://foodsafety.ces.ncsu.edu/wp-content/uploads/2020/03/Grocery-Shopping_COVID-19_Social-Media-Image_032020.png.

Preferred Indicia Statement:

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