

Youth Family and Community Resources

To support Imperial County community during the COVID-19 pandemic, here is a list of resources available for the public access. The resources list is developed by Yu Meng based on her survey on community needs. If you want more specific information or question and concerns, please email ucmeng@ucanr.edu or request more information through the [Stay Connect with UCCE Survey](#).

Information on COVID-19

California Department of Public Health: <https://www.cdph.ca.gov/covid19>

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/>
COVID-19 Guidance for Older Adults. CDC Video: What older adults need to know
<https://www.cdc.gov/aging/covid19-guidance.html>.

Talking with children about Coronavirus Disease 2019: Messages for **parents, school staff, and others working with children:**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Pregnant and Breastfeeding Women from the World Health Organization

(WHO): <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding> and the U.S. Breastfeeding

Committee: <http://www.usbreastfeeding.org/p/cm/ld/fid=33?eType=EmailBlastContent&eId=e03feb3-89d5-4aa8-9873-fc2fab0cdf34>

California Workers During COVID-19 Crisis: Filing for Supplemental Pay due to Impacts on Wages: <https://ucanr.edu/sites/SLO/files/321854.pdf>

Imperial County Public Health Updates: <http://www.icphd.org/health-information-and-resources/healthy-facts/covid-19>

Emergency Food Assistance

Apply for **CalFresh** online (also known as food stamps or SNAP): <https://www.getcalfresh.org/>

Food Banks & Other Emergency Food Sites: <http://www.ivfoodbank.com/programs/>

For information in Imperial, contact Thania Lopez, thania@ivfoodbank.org, 760-370-0966.

Distribution Sites: <http://www.ivfoodbank.com/programs/partner-agencies/>

Follow Imperial food bank for schedules: <https://www.facebook.com/IVFoodBank/>

School Meal Distribution Map: <https://www.icoe.org/news/meal-distribution-map-during-school-closures>

Assistance for Women, Infants & Children (WIC):

<https://www.womeninfantschildrenoffice.com/imperial-wic-clinics-california-wcn2836>

COVID-19 and Food Safety

For Extension educators:

English version: https://mdc.itap.purdue.edu/item.asp?Item_Number=FS-37-W

Spanish version: https://mdc.itap.purdue.edu/item.asp?Item_Number=FS-37-W-S

For **consumers** to enhance personal hygiene and safe food handling:

English version: https://mdc.itap.purdue.edu/item.asp?Item_Number=FS-36-W

For **takeout concerns**: https://foodsafety.ces.ncsu.edu/wp-content/uploads/2020/03/Takeout_COVID-19_Flyer_032320.pdf?fwd=no

For **infant feeding**: <https://anrcatalog.ucanr.edu/pdf/8662.pdf>

For organization and **food facilities**:

http://www.icphd.org/media/managed/2019coronavirus/Novel_COVID_19_Food_Facility_Guidance_3_20_20.pdf

Cleaning and Disinfect: https://foodsafety.ces.ncsu.edu/wp-content/uploads/2020/03/Cleaning-and-disinfection_COVID-19_Flyer_031520.pdf?fwd=no

For **safe water**: <https://www.cdc.gov/healthywater/drinking/index.html>

Food safety factsheet: <https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets>

Food Storage: SavetheFood.org has a comprehensive guide on how to store different kinds of food: <https://savethefood.com/storage>

Reduce **food waste**: [Ideas for Food Waste Reduction](#)

Support Positive Youth Development

4-H Youth Projects: http://4h.ucanr.edu/Projects/Project_Sheets/

Imperial County 4-H Resource Library:

https://docs.google.com/spreadsheets/d/1HA2K_pfe1JBWU659GhqUFkGhfyLrwm5XHztBfldTpFE/edit?usp=sharing

STEM: Growing list of online resources shared by members of the Community of Practice to help families keep the learning going during these challenging times:

<https://stemecosystems.org/covid19-resource-library/>

Follow us for daily update on activities youth and families can do at home:

<https://www.facebook.com/ImperialCounty4H/>

To request more resources, please email ucmeng@ucanr.edu

Physical Activity at Home

Teach children the importance of nutrition and physical activity using interactive websites and games.

Physical Activity for Families: https://health.gov/moveyourway#parents_

Get moving as a family! (Video)

<https://www.youtube.com/watch?v=zNs8srnJ95U&feature=youtu.be>

Tips for getting active indoors (Video)

<https://www.youtube.com/watch?v=99Grz6zrzil&feature=youtu.be>

Google classroom:

<https://www.catch.org/pages/health-at-home>

Gardening is a good activity to reduce screen time and active way for children: Slow Food USA's "Clean" curriculum is a flexible resource that includes tips on starting a garden, activities, worksheets, recipes, and more: <http://slowfoodusa.org/wp-content/uploads/Slow-Food-USA-Clean-Curriculum-Low-Res.pdf>

Kidsgardening.org has easy gardening activities to do with kids:

<https://kidsgardening.org/news-kidsgardening-offers-easy-parent-and-kid-activities/>

Great Garden Detective Adventures

<https://www.fns.usda.gov/tn/great-garden-detective-adventure-standards-based-gardening-nutrition-curriculum-grades-3-and-4>

Follow us for more ideas of Healthy Living: <https://www.facebook.com/uccalfreshimperial/>

Nutrition Recourses:

USDA guidance, choose my plate: <https://www.choosemyplate.gov/eathealthy/dietary-guidelines>

Activities, materials, and infographics: <https://www.choosemyplate.gov/resources/all-resources>

For more daily cooking and ideas: follow us on Facebook:

Farm Smart: <https://www.facebook.com/UCfarmsmart/>

CalFresh Healthy Living, UC: : <https://www.facebook.com/uccalfreshimperial/>