

# Adult and Older Adult Resources

## Food Access

**Find Your Local Food Bank - Feeding America:** <https://www.feedingamerica.org/find-your-local-foodbank?fbclid=IwAR3KdiHajJWoCMcJwIQBbhRFgMnWZP6a1kaaKqDTpFI8CXgPoHixaahvOkA>

### 211

United Way's 211 phone referral can put you in touch with seasonal meals and soup kitchens, in-home meal delivery services for seniors, food pantries, community gardens, and more.

<http://www.211.org/services/food>

**National Farmers Market Directory** <https://www.ams.usda.gov/local-food-directories/farmersmarkets>

## Cooking at Home

**Seasoned magazine** – Free access to this cooking magazine for older adults. Includes recipes and cooking techniques for older adults to master. Add to your website, newsletters and/or any online communications to older adult participants or agencies serving this group. [https://issuu.com/chopchopkids/docs/winter19\\_highres](https://issuu.com/chopchopkids/docs/winter19_highres)

**Stocking Your Pantry Checklist** – Rust Nutrition Services

[https://rustnutrition.com/wp-content/uploads/2020/03/STOCKING-YOUR-PANTRY2\\_compressed.pdf](https://rustnutrition.com/wp-content/uploads/2020/03/STOCKING-YOUR-PANTRY2_compressed.pdf)

**SNAP-Ed Connection** - See topic list at:

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/cooking>

Basics

Microwave

Make-Ahead Meals

No-Cook Cooking

Cooking for 1 or 2

**Cook at Home** <https://spendsmart.extension.iastate.edu/cook/cook-at-home/>

### Recipes

- <https://spendsmart.extension.iastate.edu/recipes/> (see esp. one-pot and slow cooker)
- <https://spendsmart.extension.iastate.edu/cook/pantry-picks/>
- <https://dinnertonight.tamu.edu/pantry-cooking/>

**EatFresh.org** – searchable recipes, including 'limited kitchen' <https://eatfresh.org/recipe>

**Click 'N Cook** (Greater Boston Food Bank) - designed with food pantry and emergency foods in mind <https://clickncook.org/>

**Food Hero Recipes** - Sort by Category (available in Spanish) <https://foodhero.org/recipes/healthy-recipes>

- [30 Minutes or Less](#) [5 Ingredients or Less](#) [Cooking Method](#) [Ingredients](#) [Kid Approved](#)

### Microwave Cooking Recipes

- <https://extension.purdue.edu/Jasper/article/1947> – link to download at bottom of page
- <https://foodhero.org/recipes/categories/1381>

### **Meal Planning with Pantry Staples**

- Spend Smart. Eat Smart <https://spendsmart.extension.iastate.edu/cook/pantry-picks/>
- Texas A&M <https://dinnertonight.tamu.edu/pantry-cooking/>
- Food Hero – search recipes by ingredient <https://www.foodhero.org/recipes/categories/33>

### **Make your own baby food**

- <https://extension.umaine.edu/publications/4309e/>
- <https://www.ag.ndsu.edu/publications/food-nutrition/safe-food-for-babies-and-children-making-homemade-baby-food-for-babies-6-months-and-older/fn1848.pdf>
- <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/how-to-make-homemade-baby-food>

**Spanish – Make Your Own Baby Food** [https://ucanr.edu/sites/Nutrition\\_BEST/files/89553.pdf](https://ucanr.edu/sites/Nutrition_BEST/files/89553.pdf)

### **Video – make baby food**

- Maine Extension: <https://www.youtube.com/watch?v=cili44BebXY>
- Children's Healthcare of Atlanta Strong4Life <https://www.youtube.com/watch?v=lg1cjke7YyI>

**Food Safety Tips for Infant Feeding** <https://anrcatalog.ucanr.edu/pdf/8662.pdf>

### **Physical Activity Resources**

**Physical Activity Alliance** – home PA resources <https://drive.google.com/file/d/1AmSL7y-zi36J9pRiJkxd4gf6libSachG/view>

**YMCA on-demand** videos <https://ymca360.org/>

**Silver Sneakers** - visit [Facebook.com/SilverSneakers](https://www.facebook.com/SilverSneakers)

**Tai Chi for Beginners by Dr Paul Lam** - <https://www.youtube.com/watch?v=hIOHGrYCEJ4>

**Hip Hop Public Health** videos - <https://hhph.org/repository/#filter=.videos>

**Open PE YouTube Channel** -

<https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A/videos>

**NCHPAD** physical activity and wellness videos - <https://www.nchpad.org/Videos>

**Exercise and Healthy Living** check list game -

[https://docs.google.com/file/d/1mfLJxcFcWCftf21cx\\_E5XRTlaHh\\_cqKc/edit?filetype=msword](https://docs.google.com/file/d/1mfLJxcFcWCftf21cx_E5XRTlaHh_cqKc/edit?filetype=msword)

**Move Your Way:** <https://health.gov/moveyourway>

Tips for Getting Active Indoors: <https://www.youtube.com/watch?v=99Grz6zrzil>

**Go4Life Workout Videos:** [National Institute on Aging](https://www.youtube.com/watch?v=99Grz6zrzil)

<https://www.youtube.com/playlist?list=PLmk21KJuZUM7kDgg7EOsXqPKAoOnD5Q8N>

## Food Safety

**North Carolina State University Extension** – extensive resource list and fact sheets (Spanish available)  
<https://foodsafety.ces.ncsu.edu/covid-19-resources/>

### How Long Can I Store this Food?

How to Cut Food Waste and Maintain Food Safety – Refrigerator/Freezer Storage chart on page 4  
<https://www.fda.gov/media/101389/download>

### FoodKeeper

Access the [FoodKeeper](#) or download it as a mobile application:

For Android devices — <https://play.google.com/store/apps/details?id=gov.usda.fsis.foodkeeper2&hl=en>

For Apple devices — <https://itunes.apple.com/us/app/usda-foodkeeper/id978186100?mt=8>

### Tap Water Safety

<https://www.epa.gov/coronavirus/coronavirus-and-drinking-water-and-wastewater>

#### Do I need to buy bottled water or store drinking water?

EPA recommends that citizens continue to use and drink tap water as usual. At this time, there are no indications that COVID-19 is in the drinking water supply or will affect the reliable supply of water.

<https://www.cdc.gov/coronavirus/2019-ncov/php/water.html>

#### Can the COVID-19 virus spread through drinking water?

The COVID-19 virus has not been detected in drinking water. Conventional water treatment methods that use filtration and disinfection, such as those in most municipal drinking water systems, should remove or inactivate the virus that causes COVID-19.

**Reusable Grocery Bag Washing** [https://www.ctahr.hawaii.edu/new/resources/grub\\_flyer.pdf](https://www.ctahr.hawaii.edu/new/resources/grub_flyer.pdf)

**Food Safety Spanish resources** <https://www.ag.ndsu.edu/food/food-safety/global-foods/food-safety/handouts-posters/spanish>

## Handwashing

- Background: <https://www.cdc.gov/healthywater/hygiene/hand/handwashing.html>
  - Spanish: <https://www.cdc.gov/handwashing/esp/when-how-handwashing.html>
- Hand washing flyers and other materials (English and Spanish):  
<https://www.cdc.gov/handwashing/campaign.html>  
Or <https://www.cdc.gov/handwashing/fact-sheets.html>
- Correct use of hand sanitizer – fact sheet (English: only):  
<https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>
- Hand sanitizer information in Spanish: <https://www.cdc.gov/handwashing/esp/show-me-the-science-hand-sanitizer.html>

**CDC Spanish Web Page** <https://tools.cdc.gov/medialibrary/index.aspx#/media/id/403650>

## **Cleaning, Sanitizing and Disinfection**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>

- Wash and rinse surfaces, utensils, dishes, etc. first
- Food contact surfaces – like dishes, utensils, cutting boards
  - Sanitize in the dishwasher
  - Or in a solution of 1 Tablespoon unscented bleach + 1 gallon water (1 tsp bleach + 1 quart water)
- Non-food contact surfaces (tabletops, etc.)
  - Can be disinfected with disinfecting wipes
  - Or in a solution of 1/3 cup bleach + 1 gallon water (4 teaspoons bleach + 1 quart water)

### **How to Make Disinfectant**

Michigan State University <https://www.canr.msu.edu/news/covid-19-disinfecting-with-bleach>

- VIDEO [https://www.youtube.com/watch?time\\_continue=6&v=1Oc2Q-Sr944&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=6&v=1Oc2Q-Sr944&feature=emb_logo)

Clorox company <https://www.clorox.com/how-to/disinfecting-sanitizing/cold-flu-other-diseases/how-to-make-your-own-disinfecting-solution/>

### **How to clean your kitchen, pantry and fridge**

<https://www.cdc.gov/foodsafety/communication/food-safety-in-the-kitchen.html>

<https://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html>