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Media Release for Immediate Use  
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COVID 19 presents challenges with eating healthy and getting in your physical activity. There are resources on our UNL Extension Food page found here: <https://food.unl.edu/>. The section entitled, Healthy N Fit Families April 2020 Challenges has great ideas on being fit and adding healthy eating in the mix. It gives you a plan for the month.

Routines can be helpful during this time of uncertainty. If you are working from home, it is challenging to transition between work and being at home. Being is the key word. Attention to family versus work can become a challenge. Be sure to set up a reasonable schedule keeping in mind you may have to be flexible.

This is a great time to help your kids explore food preparation, food safety and meal planning. You can find resources for cooking with kids here: <https://food.unl.edu/tags/cooking-kids>

4H has come up with some great ways to keep your kids engaged with STEM activities. For more information on this, connect with Buffalo County 4H on their Facebook page found here: <https://www.facebook.com/BuffaloCountyNebraska4H/> .

One of the vital pieces while moving through the COVID 19 situation is to manage stress. The CDC has some good information that you can find here: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html> A point to consider when reading through the ideas outlined at the CDC site is your daily intake of news. You may want to look at what balance of news is ok for you and for your family. This is also a good time to work on things like mindfulness and just learning to breath.

Groceries can be a challenge during this time. Be sure to have a list, try to go when there is less traffic. Our local area grocery stores have some options for online purchasing and setting up a time to pick up the groceries. It would be a good idea if you have not already, to stock up as

much as you can on non-perishable items. During this time, you want to limit the amount of time you are spending out in the community at stores.

From my home office to your home, please stay healthy and safe. If you have any questions, please reach out to our office. We have office personnel available to field calls and you can reach me directly at my email address: [ranae.aspen@unl.edu](mailto:ranae.aspen@unl.edu)