

# OSU Extension Service

## OSU Extension is here for you.

For over 100 years, OSU Extension, in cooperation with county, tribal, state and federal governments, and countless other partners, volunteers and students has fulfilled its mission to deliver research-based hands-on education throughout Oregon. Our pledge to this mission has continued through flu epidemics, economic downturns and world wars, and is still strong today.

Now, many parents and caregivers are home with children, often juggling new roles. In response, our Extension faculty and educators are providing new ways to support the health and education of children and adults throughout Oregon, to help families pull through the COVID-19 crisis. We are teachers. We are researchers. We are neighbors. We are here for you. Every resource listed is available in Spanish and English.



### Food Hero Campaign: Activities for Home

Everyone's go-to website for fast, healthy and budget-friendly meals is now hosting a special page called COVID-19: Activities for Home. There you'll find cooking, gardening, and fun fitness ideas, focused on using household items you may already have at home. <https://foodhero.org/healthy-food/covid19-activities-home>



### Outdoor School: Weekly Resources Sets

Outdoor School is designed to move students from their school desks into Oregon's natural settings to learn about the outdoors. Every Friday, the OSU Extension Outdoor School program posts weekly resource sets that parents, caregivers and teachers can use with children during the coming week. <https://outdoorschool.oregonstate.edu/educators/educational-resources-for-stay-home-save-lives/weekly-resource-sets/>



### 4-H Central: Weekly Activity Booklet

Youth can do so many fun things in 4-H, such as learning about science, plants, animals, cooking, helping others, solving problems and talking about feelings. Soon youth can learn with others in 4-H clubs. During stay-at-home orders, check out these activities posted weekly by OSU Extension in Marion County: <https://beav.es/4nc>.



### BEPA 2.0: Activity Take Home Sheets

BEPA 2.0 is a classroom-based fitness program that meets health and physical education standards. Families can now enjoy short, fun, game-based activities at home using these take-home sheets: <https://extension.oregonstate.edu/bepa/activity-take-home-sheets>.



### Parenting Tips and Tools

OSU Extension parenting education collaborative is featuring a long list of tips and tools for parents at home with their children during the COVID-19 stay-at-home orders. Find it here: <https://beav.es/4WA> and <https://orparenting.org/parents/resources/> For more free online parenting workshops, classes, and tools, follow the Oregon Parenting Education Collaborative (OPEC) on Facebook: <https://www.facebook.com/OPECParentingEd/>.

Find more youth education resources from OSU Extension: <https://extension.oregonstate.edu/families-health/youth>.



This publication will be made available in an accessible alternative format upon request. Please contact Extension Communications, 541-737-3311, [puborders@oregonstate.edu](mailto:puborders@oregonstate.edu)  
©2020 Oregon State University Extension Service, prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)