



THE UNIVERSITY OF ARIZONA

Cooperative Extension

Yavapai County

Resources for Yavapai County Residents During COVID-19

This page is a collection of resources with practical information that can help as we all adjust to spending more time at home and other changes in our daily lives as a result of social distancing strategies. This list will be updated regularly with additional resources including videos and links to local and regional resources once these become available to post online.

University of Arizona Cooperative Extension, Coronavirus Resources

<https://extension.arizona.edu/coronavirus-resources>

Resources for Families with Children

- **Coronavirus: Free Educational Resources for Kids** (University of Arizona Cooperative Extension)
<https://extension.arizona.edu/coronavirus-free-educational-resources-kids>
- **Action for Healthy Kids** (Resources for Schools and Families during COVID-19):
<https://www.actionforhealthykids.org/resources-for-schools-and-families-during-covid-19-coronavirus/>

Coronavirus: Food, Nutrition and Budgeting (University of Arizona Cooperative Extension)

<https://extension.arizona.edu/coronavirus-food-nutrition-budgeting>

Food Safety and Storage

- **Freezing Food:** Learn which foods freeze well, how to successfully freeze food for later use and how to store frozen foods.
https://nchfp.uga.edu/how/gen_freeze.html
- **FoodKeeper App:** Web-based and mobile app to help with proper storage of different food items maximize freshness and quality.
<https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>



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- **Food Safety Charts:** Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness. Properly storing foods preserves food quality and prevents both spoilage and food poisoning.
<https://www.foodsafety.gov/food-safety-charts>
- **Choose MyPlate (Healthy Eating on Budget):**
<https://www.choosemyplate.gov/eathealthy/budget>
- **Garden Kitchen, Recipes**
<https://thegardenkitchen.org/browse-recipes/>
- **10 Tips: MyPlate Snack Tips for Parents**
<https://www.choosemyplate.gov/ten-tips-snack-tips-for-parents>

Social Services

- **Wildfire AZ:** “Find Help” section that lists multiple agencies and organizations that can assist families and individuals from energy bill to food assistance
<https://wildfireaz.org/>
- **Arizona Self Help:** get prescreened online for over 40 health and human service programs
<http://arizonaselfhelp.org/>
- **Arizona Department of Economic Security**
 - *DES Services Related to COVID-19:* <https://des.az.gov/services/coronavirus>
 - Food Assistance resource page: <https://des.az.gov/services/basic-needs/food-assistance>
- **Double Up Food Bucks AZ:** Doubles SNAP recipients benefits at qualified farmers markets, from now until April 30th qualified farmers markets are able to double an unlimited amount of benefits.
<https://www.doubleupaz.org/home-english>
Farmers Markets that accept EBT:
 - Prescott Farmers Market: Markets are closed, but are accepting Online Orders for pickup at Yavapai College during COVID-19 <https://prescottfarmersmarket.square.site/>
 - Prescott Valley Farmers Market
<https://prescottvalleyfarmersmarket.wordpress.com/>



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- **Yavapai County Emergency Food Provider Directory from Cornucopia Community Advocates:**
<https://cornucopiaca.org/wp-content/uploads/2018/05/2018-Yavapai-County-Emergency-Food-Provider-Directory.pdf>
- **WIC (Yavapai County):** WIC is a nutrition and education program for women, infants and children focusing on nutritious foods.
<http://www.yavapai.us/chs/Divisions/Nutrition-Services/WIC>
 - Remote services available via phone and/or Zoom. Call your local office to setup an appointment
 - WIC can use a recent height/weight from a healthcare provider to qualify participants for WIC
 - Encouraging participants to ask Customer Service for help in securing formula, both in liquid and powdered forms