



Sample of activities for Preschoolers:

- Color by Number
- Peanut Butter and Banana Pockets
- Cut Flower Garden
- 50 ways to Cool off this Summer
- Banana Pancakes
- Scavenger Hunt
- Growing Vegetables in Containers

Sample of Activities for Elementary Age Children:

- Watermelon Slush
- Gardening Activities
- Origami
- Three Sister Gardens
- Paper Mache
- Mini Ham and Spinach Frittatas



Sample of Activities for Middle School Age Children:

- Soup Can Luminaries
- Mini-Pizzas
- Bread in a Bag
- STEM Lab: Building a Bridge



Family Gardening Project
 -Jasmine -Jadyn
 -Kathryn -Kallie



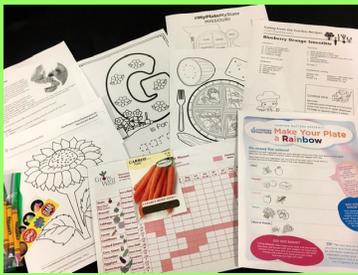
We received our ice cream packet today! We used coffee creamer instead of vanilla and pickling salt! Improvising for the ingredients we were out of.
 -Aiden



We did some planting today! He's been begging ever since we got the beans.
 - Emmit
 - River



Thanks for the packets!!!
The kids enjoyed planting their seeds today!!



Activities for all age levels.



Thanks for the seeds. We were able to see them grow.
 - Sadie



We loved making our Easter cards to mail out! Thank you!
 - Chloe
 - Brayden



Rainy day activities.
 - Elijah - Clara

All smiles and full of excitement after receiving their first packets.

- Quintos
- Libby



Enjoying her activity packet puzzle.
 - Tayla

Getting our sister garden ready!
Thanks to you all!



Here's an update from our sister garden.
 - Aiden
 - Mia

At-Home Activity Packets Evaluation

1. How many children in your household received activity packets?

- 1
- 2
- 3
- 4
- 5
- 6

2. What are the ages of the children in your household that received activity packets?

- 0-3 years
- 4-7 years
- 8-12 years
- 13+ years

3. Which of the following **Youth Development** activities did your child(ren) complete? (Select all that apply)

- Origami
- Paper craft: Making Greeting Cards
- STEM: Building Bridges with Toothpicks
- Paper Mache
- Calm Jars
- Ice Cream in a Bag
- Bread in a Bag

4. Of the **Youth Development** activities, which ones did your child most enjoy and/or repeat again? (Select all that apply)

- Origami
- Paper Craft: Making Greeting Cards
- STEM: Building Bridges with Toothpicks
- Paper Mache
- Calm Jars
- Ice Cream in a Bag
- Bread in a Bag

5. Which of the following **Nutrition and Exercise** activities did your child(ren) complete? (Select all that apply)

- Yo-Fruit Recipe
- Blueberry-Orange Smoothie Recipe
- Nutty Banana Muffin Recipe
- Pineapple Carrot Muffin Recipe
- Peanut Butter and Banana Pockets
- Mini Pizza Recipe
- Frittata Recipe
- Ham and Cheese Pinwheel Recipe
- Watermelon Slush Recipe
- Measuring Math
- Food Group Memory Game
- Indoor/Outdoor Play Sheets (pool noodles, bubbles, etc.)
- Fit Food Activities (Puffin Muffin, Cereal Shrug, Stretching Strawberry, etc.)
- What is my Pulse?
- Great Grains Obstacle Course
- Cardiograph Worksheet
- Activity Cubes



an equal opportunity/ADA institution

6. Of the **Nutrition and Exercise** activities, which ones did your child(ren) most enjoy and/or repeat again? (Select all that apply)

- Yo-Fruit Recipe
- Blueberry-Orange Smoothie Recipe
- Nutty Banana Muffin Recipe
- Pineapple Carrot Muffin Recipe
- Peanut Butter and Banana Pockets
- Mini Pizza Recipe
- Frittata Recipe
- Ham and Cheese Pinwheel Recipe
- Watermelon Slush Recipe
- Measuring Math
- Food Group Memory Game
- Indoor/Outdoor Play Sheets (pool noodles, bubbles, etc.)
- Fit Food Activities (Puffin Muffin, Cereal Shrug, Stretching Strawberry, etc.)
- What is my Pulse?
- Great Grains Obstacle Course
- Cardiograph Worksheet
- Activity Cubes

7. Which of the following **Gardening** activities did your child(ren) complete? (Select all that apply)

- General Gardening with Seed Packets
- Butterfly Gardening
- Container Gardening with Herbs or Vegetables
- Three Sisters Garden
- Cut Flower Garden
- Fall Vegetable Gardening
- Garden Luminaries

8. Of the **Gardening** activities, which ones did your child(ren) most enjoy and/or repeat again? (Select all that apply)

- General Gardening with Seed Packets
- Butterfly Gardening
- Container Gardening with Herbs or Vegetables
- Three Sisters Garden
- Cut Flower Garden
- Fall Vegetable Gardening
- Garden Luminaries

9. Which of the following **Financial Education** activities did your child(ren) complete? (Select all that apply)

- Add Up and Match
- Let's Count the Change
- What I Want for the Party
- It All Adds Up in Economics
- Self-assessment: Exploring Careers
- The Millionaire Game

10. Of the **Financial Education** activities, which ones did your child(ren) most enjoy and/or repeat again? (Select all that apply)

- Add Up and Match
- Let's Count the Change
- What I Want for the Party
- It All Adds Up in Economics
- Self-assessment: Exploring Careers
- The Millionaire Game

11. Did a parent or caregiver help with any of these activities? If so, please list which ones:

12. Which activities do your children continue to do?

13. University of Missouri Extension offers a wide variety of activities, experiences, and programs for both youth and adults. Would you be interested in receiving more information about upcoming programs?

- Yes, for adult programs and activities
- Yes, for youth programs and activities
- Yes, for both adult and youth programs and activities
- No, not at this time

14. Please provide your email address below if you are interested in receiving a quarterly newsletter from the Perry County Extension Office.

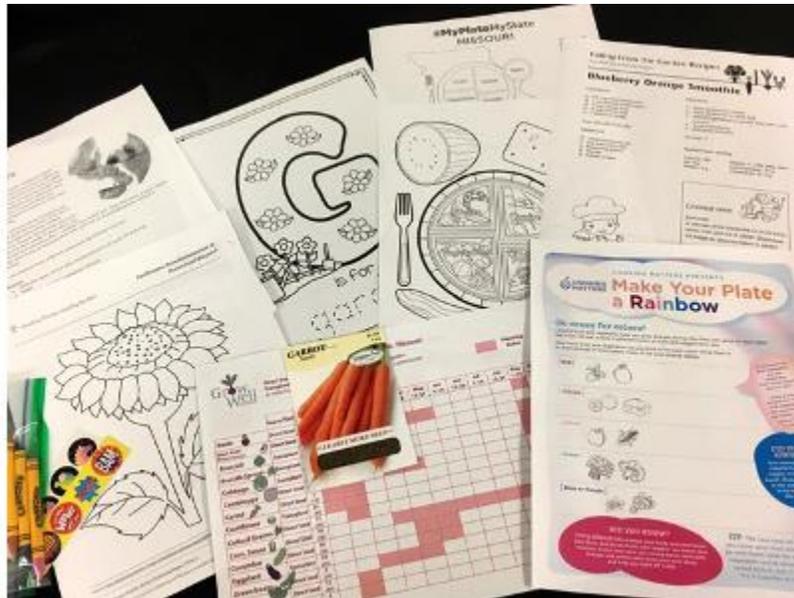
Morning Ag Clips news article on At-Home Activity Packets from the Perry County Extension office in Perryville, Missouri.

<https://www.morningagclips.com/check-that-mailbox/>

Check that mailbox

Packets from MU Extension in Perry County keep homebound kids busy and learning

PUBLISHED ON APRIL 6, 2020



MU Extension in Perry County is providing families with activity and learning packets geared toward various age groups.

(Courtesy of University of Missouri Extension)

PERRYVILLE, Mo. — When Bethany Bachmann saw Perry County parents fretting online about how to keep their homebound kids busy and learning, she knew just what to do.

Bachmann, a University of Missouri Extension county engagement specialist in nutrition and health education, along with associates Angela Jung and Dianna Koenig, created packets with learning tools and small projects for various age ranges. They offered them to parents via the [county extension center's Facebook page](#). And, with the help of administrative assistant JoAnn Steffens, within about a week and half, 158 packets were on their way to 76 households.

Donated garden seed packets were sent along with a gardening calendar or planting activities. Flower seeds were coupled with butterfly garden information and activities. Horticulture

specialist Donna Aufdenberg has other outdoor and container gardening projects in mind. Older youths received the 4-H guide on origami along with several sheets of origami paper.

The mailing was so well received that the team is already preparing the next one for early April.

The team members consult online with one another about projects and materials to include. Then Steffens makes copies and drops them off (taking social distancing precautions) at Bachmann's home for assembly in her office, also known as her kitchen table. Steffens then picks them up for mailing.

"The community has really jumped on board!" Bachmann wrote in an email. She has set up a new Facebook group for parents to share pictures and stories of their kids' work, as well as find online resources such as [4-H QuaranTIME](#) events, physical activity videos and other helpful web resources.

"Families have commented [on social media] how much they appreciate these materials and how excited their kids were to do the activities," Bachmann said. "We're excited to be able to help."

For more stories about Missourians helping Missourians, visit extension2.missouri.edu/ShowMeResilience.

A. Description of Community Partnership

When the effects of COVID-19 arrived in Perry County, Missouri, University of Missouri Extension County Engagement Specialist Bethany Bachmann immediately began researching options for how Perry County Extension Center could help local families. As schools in the area began to close in mid-March of 2020, students were sent home not knowing when or if they would return to in-person instruction. Local schools did not immediately transition to virtual learning due to many students not having internet access at home, therefore learning came to an abrupt halt. According to the American Communities Survey 2015-2019, 20.3% of households in Perry County have no internet access or slow internet. Parents began expressing concern on social media about trying to keep their kids busy and engaged in learning until the schools were able to create a plan for virtual instruction.

At-Home Activity Packets were designed to help keep kids interested and engaged in educational activities while home. This project was designed to be a one-time mailing of age appropriate activities that could be done both independently and as a family. The packets were so well received by the community which led that it led to continued packet distribution. As this effort grew, it was important for it to become a collaborative community effort.

Community partners included FCS Financial, First State Community Bank, Mathis, Marifian, and Richter Law Firm, MFA Inc., Perry County Farm Bureau, Perry County Pork Producers, Western Catholic Union, the Perry County Extension Council and a number of individual community members. A \$250 Thrivent Financial Action Team Grant was also applied for by a community member and the money was given to this project. Each community partner contributed funds to cover mailing costs of the activity packets and provided an activity for each packet from their respective business or organization.

B. Program Description

After schools in Perry County, Missouri were closed in March, Bethany noticed that many parents were worried about how they would keep their homebound kids busy and learning without virtual

education, while also working at home. Bethany knew that with the help of her colleagues, the Perry County Extension Center could help these families.

The effort began by enlisting University of Missouri Extension faculty and staff members that serve Perry County in the creation of educational activity packets based around nutrition and physical activity, home gardening, youth development, and financial education. This project included all Faculty and Staff in the Perry County Extension Center, such as the Horticulture Specialist, 4-H Youth Program Associate, SNAP-Ed Nutrition Program Associate and Nutrition and Health Specialist. The group worked hard to plan and accommodate all age ranges from preschool to high school. Packets included crafts, healthy recipes, gardening activities and much more. Unique supplies (such as the yeast needed in the Bread in a Bag activity and seed for gardening activities) were provided.

University of Missouri Extension information was highlighted throughout the packet mailings, for example how to join 4-H, becoming a county extension council member, and other local program offerings. The 2020 Census was also promoted in these packets and provided families information on how to complete the census online, which members of the family should be counted in the household census number, and information for commonly underrepresented audiences. The packets were offered to parents via the county Extension center's Facebook page. Within ten days, 158 packets were on the way to 84 households.

The project was initially created as a one-time mailing, but the packets were so well received that the project was continued and expanded. Information was shared for signing children up for the second packet in a local Facebook group for moms and the requests to be added to the mail list exceeded expectations. A total of 451 youth from 225 families received the second mailing and five subsequent monthly mailings after that. A total \$2,475 was contributed to the project from community partners (see page one of this outline for a list of partners) for mailing expenses. Each community partner was given the opportunity to include educational activities in the packets from their respective business or

organization. The Perry County Extension Council also supported this project by contributing a total of \$2,058.56 for mailing, supplies, and printing of materials. The project concluded in early July with a total of 2,797 packets having been mailed out to the community.

C. Accomplishments and Impacts

The At-Home Activity Project was designed to serve a short-term issue facing the families of Perry County. When the project changed from a one-time mailing, to a project totaling seven mailings, an evaluation was created to determine not only short-term outcomes, but also impact made on the families and Extension programming.

The evaluation asked families to identify which activities were completed either independently or as a family and which activities that the youth repeated or continued doing after the mailing ended to gauge long-term impact. Results from the evaluation showed that the most enjoyed and continued activities included preparing healthy recipes at home (100% of families), gardening (75% of families), and STEM projects (57% of families).

The evaluation also gave parents and caregivers the opportunity to sign up for the regional Extension newsletter and to be added to an email list for future adult and/or youth programming. As a result of this project and the evaluation efforts, 54 families were added to the contact list for future programming, 51 families to the newsletter distribution list, increased enrollment in 4-H by 18% and more families engage with the county social media page on a regular basis. (See supplemental materials for evaluation.)

Families commented on how much they appreciated the materials and how excited their kids were to receive and complete the activities. One parent stated, "My 4-year old son loved his packets in the mail. He blew through the activities during our time at home and this very much assisted in him continuing to learn throughout the time his preschool was closed. Thank you so much for your time and effort."

An unexpected impact of this project was the way in which the local Extension program is now viewed by community members and organizations. Extension in Perry County has long been viewed as an agriculture program only. Most often, families do not even associate 4-H as being a University of Missouri Extension program. This project encompassed many aspects of Extension programming including nutrition and health, 4-H, agriculture, and community engagement. Community members who had never participated in Extension programming before were now participating and sharing the opportunities with others. Our local community reach far exceeded our expectations, especially during the pandemic.

D. Role of NEAFCS Applicant in partnership

Bethany Bachmann, NEAFCS member and Perry County Engagement Specialist in Nutrition and Health, provided primary leadership for this project. When the need for this project was made evident by local parents, Bethany coordinated the project from start to finish. She collaborated with colleagues to create an outline of what activities would be provided in each packet, communicated daily with fellow Extension faculty and staff regarding the project, handled promotion of the project on social media, developed a social media group for families involved, contacted community organizations and businesses about partnership opportunities, printed activity sheets, purchased supplies for activities, and assembled packets for the mailings. Bethany spent much of her time coordinating all of these efforts, and assembling packets, from her own home after University of Missouri Extension faculty and staff were directed to work remotely for two months.

E. Role of Community Partners

Community partners in this project contributed in two main ways. Each community partner contributed financially to offset the expenses associated with mailing activity packets to 225 families. The second way partners contributed was by providing an educational activity from their company,

agency, or organization for each packet. For example, Perry County Farm Bureau provided activities and educational materials related to agriculture. Below is a table detailing financial contributions from all partners on this project.

Community Partners	Income
Community Members	\$ 475.00
FCS Financial	\$ 400.00
First State Community Bank	\$ 400.00
MFA Inc.	\$ 50.00
Mathis, Marifian, and Richter Law	\$ 200.00
Perry County Extension Council	\$ 2058.56
Perry County Farm Bureau	\$ 250.00
Perry County Pork Producers	\$ 400.00
Thrivent Financial	\$ 250.00
Western Catholic Union	\$ 50.00
Total	<u>\$ 4533.56</u>

F. Future Implications

Bethany Bachmann and her colleagues at the Perry County Extension Center initiated this project as a response to COVID-19 and the youth in the community being out of school. The community partnerships built by this project were designed for the sole purpose of supporting this effort, but could lead to greater partnerships for future collaborations. While this project will likely not be repeated in 2021 due to schools and other activities being in session, the connections and partnerships built will be sustained by partnering to develop other programs and projects to serve Perry County and the surrounding area. This effort has been a great marketing piece for Extension to utilize in promoting the educational opportunities and programs that can be offered. The At-Home Activity Packets provided a new way for MU Extension in Perry County serve new and more diverse audiences.

February 2, 2021

National Extension Association of Family Consumer Sciences
c/o Awards committee chair

To Whom it May Concern:

I believe Bethany Bachmann is deserving of the Community Partnership Award. I offer the following support for her community efforts to provide meaningful activities to youth during the spring COVID recess in 2020.

Bethany is engaged with several community groups in Perry county and through interaction in those groups quickly realized her county was in need of something to keep youth involved while at the same time keep everyone safe and separate. She knew the University of Missouri Extension could be a part of the solution. After some thought, she devised the idea to create and mail activity packets to youth.

She then engaged office members - Donna Aufdenberg, field specialist in Horticulture, Angela Jung, nutrition program associate and Dianna Koenig, youth program associate in the project to create packets that offered 'activities' with an educational component for youth. These included healthy recipes youth could make, physical exercises that were exciting to youth, gardening instructions with seeds, youth development crafts with materials and financial education activities. Packets were designed for multiple ages and put together by the group.

Using the county extension center's Facebook page Bethany sought out any participant from the community through a pre-enrollment to receive the packets. Initially 84 households were served within 10 days of the start of the idea. Because Bethany is engaged with the community through social media groups, the word quickly spread and the number of participants grew with each new mailing.

The cost of the packets, while small per packet, did require funding so Bethany reached out to local businesses where she was able to gain support for the project. Businesses provided funds to support the cost and also contributed to youth education by providing an activity of their own.

The impact from the project was evident as parents shared pictures and stories of completed activities and also, from the continued increased in the number who signed up to receive packets. This project provided education in the form of 2797 total packets, each with multiple activities. Comments revealed youth were excited to receive the activities and asked when they next packet would arrive. Parents told Bethany how much they appreciated the materials and the recipes, which kept their children busy so they were not sitting in front of a TV all day.

Bethany is an extension specialist with enthusiasm and willingness to help the communities she serves. She is quick to pivot when a clear need arises demonstrating innovation in programming when provided the opportunity. She is an asset to University of Missouri Extension bringing excitement to learning. Bethany continues to improve the lives of the communities in and around Perry County by involving partners and seeking funding to support needs that are impactful. She works well with others in extension and within the communities she serves.

Sincerely,



Sarah Denkler, Regional Director



PERRY COUNTY FARM BUREAU

21 W. St. Joseph Street, Perryville, MO 63775 / (573) 547-6343

February 22, 2021

National Extension Association of Family Consumer Sciences
c/o Awards Committee Chair

To Whom It May Concern:

I am writing to offer support for the National Extension Association of Family and Consumer Sciences Community Partnership Award for the At-Home Activity Packet COVID project by the Perry County University of Missouri Extension Center, Bethany Bachmann.

Through the partnership of our county Extension Center staff and local businesses and organizations, hundreds of youth and families in our county were able to receive packets in the mail during the “stay-at-home” order. During this out of school time, they were able to experience a wide range of activities from healthy recipes, gardening and physical exercise to 4-H youth development programs in STEM, stress-reducing crafts and cooking to agricultural and financial education topics. The packets included not only written instructions but also most materials needed to complete the activities. Parents and youth were excited to receive the packets packed full of “unplugged” activities.

Our organization and other businesses in the community were happy to “connect” with families in this way when so many youth and family programs and activities were shut down. We provided funding for mailing one of the thick packets as well as agriculture education materials to supplement the other Extension/4-H hands-on materials included. It was a cooperative effort. Our State Farm Bureau Promotion and Education program provided materials as well as the local board and the county agent supported with additional funding. The local Pork Producers, bank and other community partners were happy to jump on board this worthwhile COVID project that spanned five months.

Perry County Farm Bureau has a more than 30 year history of working with Perry County University of Missouri Extension staff, especially through agriculture and youth development programs. This was just another example of the two organizations making a difference in the lives of families in our community when they needed it the most.

Sincerely,

Brian Koenig, President
Perry County Farm Bureau