



In This Issue:

- Nutrition for Adults During COVID-19
- EHC Reminders
- Beyond the Quilt Raffle
- Rainbow Veggie Salad

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DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System



United States Department of Agriculture, University of Arkansas, and County Governments Cooperating

Nutrition for Adults During COVID-19 Outbreak



We're not advocating for a specific diet during the Covid-19 outbreak. However, there are some practical things you can do to boost your **immune system** and **lower your risk for chronic illness or infectious diseases**. Proper nutrition and hydration are very important.

Eat a **variety of fresh, unprocessed foods** each day to get the vitamins, minerals, dietary fiber, protein, and antioxidants your body needs. Drink plenty of water. Limit sugar, fat, and salt to lower your risk of overweight, obesity, heart disease, stroke, diabetes, and certain cancers.

Each day eat **2 cups of fruit, 2.5 cups of vegetables**, 180g grains, and 160g of meat and beans (red meat 1-2 times per week, poultry 2-3 times per week). For **snacks**, choose raw vegetables and fresh fruit, rather than foods high in sugar, fat, or salt.

When **cooking vegetables or fruit**, remember that overcooking can lead to loss of important vitamins. If you are using canned or dried vegetables, choose varieties without added salt or sugar.

Water is important for transporting nutrients in the blood, regulates body temperature, gets rid of waste, and lubricates joints. Make a point to drink 8-10 cups of water a day. Remember to avoid sweetened fruit juices and carbonated drinks with sugar. Keep caffeine to a minimum.

Eat **moderate amounts of fat and oil**. Unsaturated fats (found in fish, avocado, nuts, olive oil, soy, canola, sunflower, and corn oils) are healthier than saturated fats (found in fatty meat, butter, palm and coconut oils, cream, cheese, and lard). Opt for low-fat or reduced-fat versions of milk and dairy products. Choose white meat (poultry) and fish more than red meat. Remember that processed meats are high in fat and salt. Trans fats (industrially produced fat that increases shelf life in processed foods) should be avoided.

While proper nutrition and hydration are important in boosting your health and immune system, it is still important for those with chronic illnesses to stay in contact with their health care professionals.

(adapted from [Nutrition for Adults During COVID-19 Outbreak website](#))

EHC Reminders



- June 29** County EHC reorganization forms due to County Extension Office. Don't forget president and secretary signatures on these.
Club dues (\$4 per member, \$5 per club) go to Karen Fox, EHC County Treasurer, 5120 Hwy 212, Rison, AR 71665
- June 30** **EHC Board meeting**; 10:00 fair grounds
- July 15** **Deadline** to notify Diane at Extension office if you plan to attend the AEHC State Conference in August.
- July 27** **Due date for EHC yearly forms for financial reports and volunteer hours.** These will be mailed to club presidents in July.
- Aug 12-13** **The AEHC State Conference** has been re-scheduled for August 12-13 at the Hot Springs Convention Center, Horner Hall. Wednesday, Aug 12 will be an evening meeting with a meal and recognition of outgoing officers. Thursday, Aug 13 will be the annual business meeting for voting delegates (County Presidents). After the business meeting will be a keynote speaker, awards, recognition. This meeting is open to all AEHC members. For more information go to [Schedule for 2020 AEHC State Conference](#)
- Oct 27** **Ouachita District AEHC Rally** at Henderson State University in Arkadelphia. More information to come.

As we reopen, please be sure to wear a mask.



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COVID-19 and the U of A Division of Agriculture
-Return to Work and Programs

Beginning June 22, we began Stage II of the state plan. Small group gatherings of 10 or fewer will be allowed without requiring prior approval, provided there is adequate space to ensure social distancing. Masks will be worn.

EH Clubs and Project Clubs may resume meetings in July provided they follow the guidance for social distancing, face masks, and sanitizing.

EHC members who are interested in knowing the latest AEHC news can receive text messages by texting **EHC to the number **474747***



Cleveland County EHC members have made and distributed more than 1800 face masks to date.

For face mask patterns and recommendations from the Arkansas Department of Health and the Centers for Disease Control, go to the AEHC web page:
[facemask patterns and recommendations](#)

Beyond the Quilt Raffle: Raising Funds to Support EHC

*"We make a living by what we **get**; but we make a life by what **give**."*

-Winston Churchill



This is an excerpt from what would have been the June EHC lesson. If you would like the complete handout, contact the Extension office at 870-325-6321.

Sometimes Extension Homemaker Clubs need funds to carry out special projects and programs they conduct for the benefit of their communities. Sometimes the fundraising involves a quilt raffle, direct mail, personal solicitation, holding special events and securing event sponsorships, gifts in kind, matching gifts, or required minimum distributions.

Fundraising is: valuing people, building on history and heritage, listening, communicating an excitement for the future, promoting philanthropy (*from Greek: meaning love of mankind*)

IRS Requirements

- Must make charitable contributions to qualified charitable organizations (501c3 or government entity) to claim deduction
- AR EHC is a 501c3 charity (UACES has status equal to due to government exemption)
- For contribution under \$250 donor must maintain a record of the contribution to claim on taxes
- For contributions of \$250 or more, you must obtain a written acknowledgement from the organization to claim tax deduction.
- If you receive a benefit from the contribution, you can only deduct the amount that exceeds the fair market value of the benefit

Alternative Fundraising Methods

Direct Mail Solicitation

- Must have a goal and purpose (advance mission)
- Who are the individuals who appreciate your mission and what you do?
- Doesn't have to be lengthy (1-2 pages)
- Needs to be personal and ask for specific amount
- Explain how the funds will be used
- Must have a response card and self-addressed envelope

Personal Solicitation

- Must have a relationship with that person
- Must have a purpose and goal
- May take more than one interaction

Fund Raising Event(s)

- Usually once a year effort
- Great opportunity to highlight program and/or report to donors
- Sell tables (\$so much for a table of 10)
- Solicit sponsors to cover cost of meal
- Well thought out silent and/or live auction items bring additional revenue
- Only amount of ticket above fair market value is a donation

Sponsorships

- Cash or non-cash gifts designated for support of a specific meeting or event
- Cash gift -donor provides money to pay for meal or component of activity
- Non-cash gift- donor pays a vendor directly for the support of the activity

Gifts in Kind (Non-cash)

- Are tangible items that are directly used or consumed in a sanctioned project or educational effort. Including: food, supplies, equipment, books and/or printed resources.
- Also, should include capital gifts such as equipment, buildings, and real estate.
- Are taxable deductible contributions
- If value is over \$500, IRS form 8283 rules apply.

Are you making fewer trips to the grocery store these days? Want some budget-friendly recipes that use canned and dry foods? Visit our **Quarantine Kitchen website** for meal planning tips and a list of recipes for you to try. [Quarantine Kitchen website](#)

Here is a recipe from that list that also includes **fresh squash and carrots**.

Rainbow Veggie Salad (Makes about 10 servings)

- 1 can (15 oz.) low-sodium black beans, drained and rinsed
- 1 can (15 oz.) low-sodium red kidney beans, drained and rinsed
- 3 carrots, scrubbed and sliced
- 1 small yellow squash, washed and sliced
- 1 small green squash, washed and sliced
- ½ c. light Italian dressing
- ½ tsp. black pepper

1. Mix all the vegetables together in a large bowl.
 2. Pour dressing over the vegetables.
 3. Sprinkle with pepper.
 4. Stir gently, coating all vegetables.
 5. Cover and refrigerate at least 8 hours.
- TIP: Serve with fresh vegetable sticks or low-fat tortilla chips.



Serving size: 2/3 cup
Calories: 100
Total Fat: 5g
Saturated Fat: 3g
Cholesterol: 15mg
Sodium 190mg
Total Carbs: 6g
Dietary Fiber: 1g
Sugars: 2g
Protein: 7g