



HEALTHY AT HOME

Get Informed • Get Empowered

Resource Links

American Heart Association – Coronavirus prevention tips

[American Heart Association Corona Virus Precautions](#)

Academy of Nutrition & Dietetics - with articles on food safety, food security, senior care, healthy eating, recipes and printout activities for kids www.eatright.org/coronavirus

Centers for Disease Control and Prevention

[Centers for Disease Control](#)

Food and Health Communications

[kids cooking ideas](#)

National Institute of Health – dealing with stress

https://www.nimh.nih.gov/health/publications/stress/19-mh-8109-5-things-stress_142898.pdf

Fight BAC! Partnership for Food Safety

[fight bac coronavirus resource](#)

Visit our website for more information & free programs. www.eatsmartnyli.com.



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This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.
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Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.