



Yadkin County Center

Spring Edition

COVID-19 Food Safety Resources

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COVID-19 Food Safety Resources

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Feeling overwhelmed with the amount of information that you comes across, whether it be on social media, the news, or the internet? Don't know what is true or false? Now is the time to be reading only evidence based information from trusted sources.

The Food Safety Team at NC State Extension has developed resources that span many common topics around COVID-19 such as:

- Directions for homemade hand sanitizer
- Cleaning and Disinfecting + you can find a list of EPA approved disinfectants
- Face Masks and Cloth Coverings
- Coronavirus + Grocery Stores

These information sheets share guidance and best practices for at home, community, and farm. They were developed using the best available information from the CDC, EPA, FDA, and WHO and are constantly being updates as new information comes out.

Learn more at <https://foodsafety.ces.ncsu.edu/covid-19-resources/>

SOCIAL DISTANCING IN GROCERY STORES

DO NOT CROWD OTHERS WHILE SHOPPING

If possible, do not:

- ✗ Go to the store more often than needed
- ✗ Bring unnecessary people to the store
- ✗ Stand close to others in line
- ✗ Touch unnecessary items

STAY AT LEAST 6 FEET AWAY FROM OTHERS

If possible:

- ✓ Plan to shop infrequently
- ✓ Make a list to shop intentionally
- ✓ Shop for multiple households in one trip
- ✓ Use delivery and pickup services

Program Updates:

Yadkin County Center is closed to the public and operating on a limited staff rotation. Best practice for reaching agents is through phone or email. Thank you for understanding!

All face-to-face programming is suspended until further notice. I am extremely saddened by this and miss everyone's smiling faces but this is the best to stop the spread! We will resume when it is safe to do so. We ask that y'all will still be active with us through online programming efforts and social media.

Lastly, we want you to know that we are still here for you!

Agent's Facebook:

N.C. Cooperative Extension- Yadkin County

Yadkin County- Family and Consumer Sciences

Yadkin County – Extension Horticulture



Making the Most Out of Social Distancing

Social Distancing = finding more time at home alone, with your spouse, or with your children. We are all starting to miss our normal work schedules, our outings with friends and families, and just being able to be present with others. Yes, it is essential to be social distancing and staying home to stop the spread but that doesn't mean we can't embrace the sadness or stress it is causing. The days are starting to blend together and it is hard to find ways to keep things exciting for you and your family. Trust me, I know there is only so much cleaning one person can do before they start to go crazy.

With all the sadness and stress that this time may be causing, I also think it's a time for all of us to shine! Pick up a new hobby or skill, find time to take those walk, do a task around the house you have been pushing off, read a book, or find a new game to play with your family. One piece of advice that I was given that may help you too was **“do one thing per day that makes you happy.”**

With each day feeling the same, try to create some happiness and newness! My two things I am dedicated to during this social distancing is bread making and calligraphy. The bread making is going great but the calligraphy needs some more practice! I love making my own flatbread pizza and the recipe is super easy! This would be a fun activity to do with your family and make it into a food network competition: home edition!

Flatbread Pizza Dough Recipe:

Recipe comes from Sally Baking Addiction

Ingredients:

- 1 teaspoon active dry or instant yeast
- 1 teaspoon granulated sugar
- $\frac{3}{4}$ cup warm water (between 105-115 F) use a thermometer to check
- 2 cups all-purpose flour or bread flour (spooned and leveled)
- 1 tablespoon olive oil, plus more to brush on top
- 1 teaspoon salt
- Optional (but highly recommended): 1 teaspoon garlic powder and/or 1 teaspoon Italian seasoning

Directions:

- 1) Place the yeast and sugar in the bowl, pour warm water over it and whisk it together. Cover with a towel and allow it to sit for 5 minutes. The mixture should be frothy after the 5 minutes
- 2) Add the flour, olive oil, and salt. Whisk together for 1 minute to allow it to all combine. Transfer it to a lightly floured surface and knead for 2 minutes until it becomes smooth, if it is too sticky to handle, add 1-2 tablespoons flour.
- 3) Place the dough in a greased bowl and cover. Allow it to rest for 45 minutes to rise.
- 4) While it is resting, prepare your toppings and preheat the oven to 475 F
- 5) After 45 minutes is up, punch the dough to release air. Divide the dough into two. Start to shape one piece of the dough to where it is about $\frac{1}{4}$ inch thick. Use a floured rolling pin if needed. Transfer to a greased baking pan or a pan with a silicone mat. Repeat with other piece
- 6) Poke your fingers all around the surface or use a fork. Drizzle and brush olive oil and then add your favorite toppings
- 7) Bake for 15-20 minutes or until the crust and toppings are browned to your liking.



My toppings include fresh tomatoes, mozzarella, and basil on one and then mozzarella and peppers on the other! YUM!

You can get fancy with your toppings or make it as simple as you like! With the spring veggies here for all your topping dreams, this is a delicious dinner for you or your family to try out!

I hope you try it out!