

# COVID-19 RESOURCE LIST

COURTESY OF PALO ALTO COUNTY EXTENSION AND OUTREACH



## PARENTING

### Science of Parenting

[blogs.extension.iastate.edu/scienceofparenting](https://blogs.extension.iastate.edu/scienceofparenting)

Trustworthy research on popular parenting topics to help parents make informed decisions for their family.



## NUTRITION

### Spend Smart. Eat Smart.

[blogs.extension.iastate.edu/spendsmart/](https://blogs.extension.iastate.edu/spendsmart/)

The Spend Smart. Eat Smart. blog focuses on sharing ideas, tips, resources and recipes to help you feed your family for less.



## HOME & FAMILY

### Answer Line

[blogs.extension.iastate.edu/answerline](https://blogs.extension.iastate.edu/answerline)  
OR call 1-800-262-3804

AnswerLine provides information and resources for Iowa consumers with home and family questions.



## PERSONAL FINANCE

### One-On-One Virtual Finance Counseling

[extension.iastate.edu/humansciences/finance](https://extension.iastate.edu/humansciences/finance)

Speak with a Human Sciences financial educator to walk through personal finance topics, including budgeting, free of charge.



## STRESS & CRISIS

### Iowa Concern Hotline

[extension.iastate.edu/iowaconcern](https://extension.iastate.edu/iowaconcern)  
OR call 1-800-447-1985

A source of help for Iowans in need of legal, financial, stress or crisis/disaster counseling.



## YOUTH LEARNING

### 4-H At Home Learning

[extension.iastate.edu/4h/4h-at-home-learning-resources](https://extension.iastate.edu/4h/4h-at-home-learning-resources)

Variety of youth-led learning resources that are available for at-home learning for all youth.

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