

No scavenger hunt needed

Scavenger hunts can be fun. However, if you or someone you know are in need, finding resources shouldn't be complicated. As a Family and Consumer Science Extension Agent, my role is to help connect community resources.

For twenty-plus years, the Cowley County Third Thursday group has united health and human service providers for networking and sharing resources. The group meets on the third Thursday of each month. No membership dues are required and an e-mail list is maintained to communicate announcements.

Third Thursday partners have contributed content for the Cowley County Resource Directory. It contains a comprehensive list of health and human service programs. A link to this resource directory can be found at cowley.k-state.edu or risecowley.org. (Don't print it, use the "find" option to search for key words.) If you were looking for a community resource - such as legal ministry, free tax services or food assistance - this is the place to start.

Another key resource provider is the Department for Children and Families (DCF). The DCF self-service portal is available at cssp.kees.ks.gov/apspssp/ or by calling 1-888-369-4777. DCF administers the Supplemental Nutrition Assistance Food Program (SNAP) and numerous other programs. The local office at 122 W 19th in Winfield is currently closed to the public.

K-State Research and Extension partners with Kansas DCF to provide the SNAP-Ed program to SNAP eligible audiences. Adult and youth nutrition classes were happening throughout Cowley County led by Renu Shrestha, nutrition educator. Classes are postponed but efforts have transitioned to phone calls, e-mails and referrals for resources.

As a response to COVID-19, Kansas will be adding additional benefits available for SNAP recipients and special programs for families that are receiving free or reduced lunches from schools. If your family employment status has changed, please consider applying for SNAP benefits and contact your school district office to see if you qualify for free or reduced lunch benefits (which are administered by the Kansas State Department of Education.)

Helping families and community partners connect with resources is a key component of K-State Research and Extension. Our office team is working remotely while our physical office is closed, please contact us at 221-5450 or 441-4565.

K-State Research and Extension — all in-person events have been canceled through July 4

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K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension

offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan.