

# SUDDENLY IN CHARGE:

## Community Outreach



### Safety

During COVID-19, it is important to reach out to friends and family. Reaching out to others, while practicing physical distancing, is good for your mental health. This is a time where people come together in fun and creative ways. When you come together it can give you a sense of purpose and belonging, especially when you are spending more time in your homes. Reaching out during COVID-19 looks different for each person. It can be calling or video chatting, writing letters, doing a porch drop-off of goodies, or a community window activity for when you are walking around town. Try one or all of the above!

### Activity

#### May Day Baskets

May Day Baskets are an old tradition of leaving a basket full of flowers on the doorstep of your neighbors for them to find later. Follow these steps to make a May Day Basket for your neighbors with the kids you are babysitting.

Start by rolling a piece of construction paper into a cone and stapling it so it holds together. Children can decorate it if they wish. Then fill the cone basket with any goodies you want. Here are some ideas:

- Candies
- Homemade trail mix
- Real or handmade flowers
- Baked goods

Don't forget to add a note!

Leave the cone basket on the porch or hanging from the door handle, knock or ring the doorbell, then leave the porch.



### Snack

#### Apple Smiles

**Ingredients:** apple, peanut butter, marshmallows.

**Directions:** Core and cut apple into slices. Add peanut butter to one side of two apple slices. Add marshmallows in between and put the slices together to make a smile with teeth!



**Wash your hands first!**

Scan the QR code for more “Suddenly in Charge” tip sheets and connect with your local K-State Research and Extension office.



Publications from Kansas State University are available at:  
[bookstore.ksre.ksu.edu](http://bookstore.ksre.ksu.edu)

Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned.

Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Anne Pitts, et al., *Suddenly in Charge: Community Outreach*, Kansas State University, April 2020.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Director.

MF3510 April 2020

**K-STATE**  
Research and Extension

Family and Consumer  
Sciences