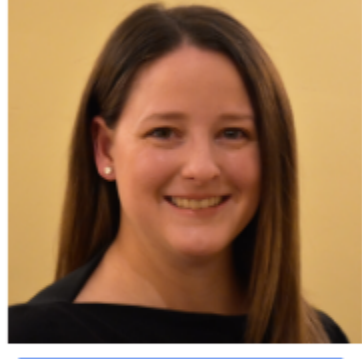




AMERICAN DAIRY  
ASSOCIATION NORTH  
EAST

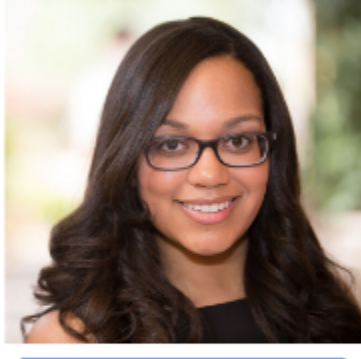
Navigating changes at work, disruptions to daily routines and public health concerns can create a lot of stress. As we reach out to connect with family, friends and colleagues, let us, the health professionals at American Dairy Association North East help you de-stress, stay connected and informed by sharing helpful tips, resources and wellness practices. Together, we can reconnect with ourselves and one another.

## OUR DIETITIANS



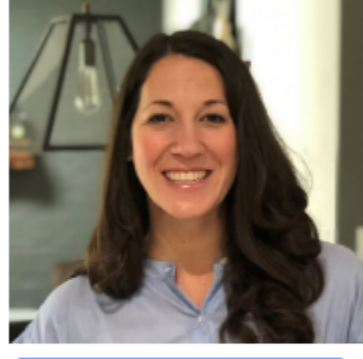
Elisabeth Jalkiewicz  
RDN, LDN

"Cuddling with my newborn"



LaChell Miller  
MS, RD, CC

"Cooking"



Michelle Barber  
MA, RDN, CDN

"Dancing with my kids"

### WHAT IS YOUR FAVORITE WAY TO DE-STRESS?

NATIONAL DAIRY COUNCIL (NDC): We understand this is a challenging time, as many schools, universities, and professional meetings are transitioning from in-person education to virtual learning to prevent the spread of COVID-19. NDC provides FREE resources to support educators taking the leap into virtual learning.



- [A World Well Nourished: Dairy's Role in Health and Sustainable Food Systems](#)
- [Dairy DYK: Your Top Questions Answered](#)
- [Get Cultured on Fermented Dairy Foods](#)
- [Fat or Fiction: The Science of Whole Milk Dairy Foods Within Healthy Eating Patterns](#)
- [Diabetes and Dairy: Research, Recommendations and Real World](#)

## CURRICULUM RESOURCES

NOW MORE THAN EVER,  
WE NEED TO KEEP OUR  
BRAINS ACTIVE!

American Dairy Association North East partnered with Youth Minds Inspired (YMI) to develop FREE online curricula for school classrooms!

**CLICK HERE**

to access the free material!

## VIRTUAL FARM TOURS

ACTIVITIES TO KEEP KIDS  
ENTERTAINED

At home with the kids and in need of activities to keep them entertained? Look no further because our Virtual Farm Tours will take you to the farm for a fun and educational experience!

**CLICK HERE**

to access different tours!

## SELF-CARE

FOR THE MIND,  
BODY AND SPIRIT

It's important to maintain a healthy, positive relationship with yourself, especially when you are overworked or overstressed. Self-care reduces anxiety, improves mood, boosts your confidence - and your immune system!

**CLICK HERE**

for self-care resources!

