

Employee Resources During COVID 19

Free resources we've gathered from trusted partners.

Cooking/Nutrition:

[America's Test Kitchen](#) - A special collection of 50 free recipes (pantry meals, make and freeze, baking projects, and more) for everyone during the COVID-19 emergency. Cook well, stay safe.

[Cook with What You Have](#) – offers inspiration and tools to cook simple, delicious and nutritious meals in a variety of ways. Free month membership with code “foodislove”.

[Milk Street Online Cooking School](#) – you won't learn just recipes, you'll learn new ways to approach food and cooking, giving you a reinvigorated enthusiasm for putting dinner on the table. Free online cooking classes through April 30th (may be extended).

Mental Health and Mindfulness Resources:

[Calm](#) - has a list of free meditations specifically targeted for feelings of anxiety.

[Crisis Text Line](#) - 24/7 Volunteer Crisis Counselors for anyone experiencing an immediate need.

[Dr. BJ Fogg](#) – and his team are offering ongoing sessions for using Tiny Habits for Coronavirus Challenges.

[Headspace](#) - is offering a collection of guided meditations and exercises (including brand-new recordings) available for free to all employers and their employees.

[HealBright](#) - is offering a free course on mental health.

[Health Journeys](#) – relax & destress with these daily free meditations for kids and adults.

Stay Active at Home:

[ClassPass](#) - Unlimited free access to 4,000 on-demand workouts.

[Fitness Blender](#) - lots of videos from beginner to advanced to keep you active.

[Peloton](#) – is offering a free 90 day trial of their app which includes a variety of classes including yoga, meditation, cardio, strength and more.

[Planet Fitness](#) - is offering free streaming of their classes on Facebook.