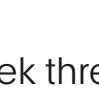


THE CARR *remote* EXPERIENCE

Issue No. III



For most of us, it's officially week three of our new WFH routines, but we could still use a little guidance on what to eat, how to keep the kids busy, and most importantly how to prioritize self-care.



Caribbean Jerk Chicken

FOOD FOR THOUGHT

Is your pantry stocked with canned goods? Click [here](#) to learn how you can make the most of all the canned beans you've purchased.

Need a little meal prep inspiration? Whip up one of the below recipes from some of Instagram's most popular food bloggers or take a break from cooking with these delivery services.



THERE IS NO sincerer love THAN THE LOVE OF food

—George Bernard Shaw

MONDAY - RECIPE



- **Monday:** [Caramelized Shallot Beef Ramen Noodles](#) by Half Baked Harvest
- **Tuesday:** [Grilled Cheese with Gruyere, Prosciutto, Caramelized Onions, Honey & Hot Pepper Spread](#) by The FeedFeed
- **Wednesday:** [Caribbean Jerk Chicken with Pineapple-Coconut Rice](#) by Ambitious Kitchen
- **Thursday:** Order delivery from [Hungry@Home](#) for amazing family-style meals, prepared by local chefs.
- **Friday:** [Chicken Enchilada Bake](#) by Joy the Baker
- **Saturday:** [Mozzarella Pesto Mac & Cheese](#) by My Name is Yeh
- **Sunday:** Find out which nearby restaurants in your city are open for take-out, curbside pick-up or delivery by visiting [Dining at a Distance](#).



KID'S CORNER

The kids are out of school, but your job must go on. Below are a few fun ways to keep your little ones occupied and entertained throughout the day.

Active & Engaging Activities

- [25 Exercise Games & Indoor Activities to Get Kids Moving](#)
- [Cosmic Kids Yoga](#)
- [Lunch Doodles with Mo Willems](#)
- [Digital, Kid-Friendly Cooking Classes with Delish](#)

Free Online Resources

- [National Geographic Kids](#)
- [Sports Illustrated Kids](#)
- [Squiggle Park](#)
- [WordWorld](#)



A winner NEVER stops TRYING.

—Tom Landry



CONTEST ALERT



As working from home is new territory for most of us, we had to get creative with our home "offices." Share your most impressive home "office" setup with us for a **chance to win an Uber Eats gift card**, which will in turn help support our local restaurant industry.

How to Participate:

1. Follow [@carrproperties](#) and [@waveoffices](#) on Instagram
2. Share a photo of your work from home setup on Instagram and tell us what makes your workstation stand-out.
3. Make sure to use [#CarrRemoteExperience](#) in your caption.
4. Post your photo **by 4PM on Wednesday, April 1.**
5. A member of our team will reach out directly to **three (3) winners by 5PM on Thursday, April 2.**



SELF-CARE

Self-quarantine doesn't mean we have to forget about self-care! Follow The Home Edit's 10-Step [Stay at Home Self-Care Guide](#) for simple ways to treat yourself and stay relaxed.

While spending so much time at home can be a difficult adjustment for many, you may find comfort in Yale University's mega-popular "happiness" course, [The Science of Well-Being](#). In this now free course, you will engage in a series of challenges designed to increase your own happiness and build more productive habits.



For more information or to submit content ideas, please reach out to Trisha Joyce at tjoyce@carrprop.com.

Additionally, for real-time announcements and updates surrounding the operations and management of your building, [click here](#).