

# Virginia Cooperative Extension Alexandria/Arlington July Programming Updates



**Lee Center**

**1108 Jefferson Street  
Alexandria, VA 22314**

**Lee Center**

**Updated Hours:  
10am-4pm**

**Monday - Thursday  
Closed Friday's**

**Office: (703) 746-5546**

**Fax: (703) 684-5285**

**\*Arlington Office closed until  
further notice**



# 4-H Youth Development

For more information on these programs, please contact  
Arlington 4-H Extension  
Agent Caitlin Verdu at  
[cverdu@vt.edu](mailto:cverdu@vt.edu)



## 4-H Program Updates

It is 4-H Camp Season at last! We're taking 85 campers and counselors from Arlington, Alexandria, and Fairfax for a five day, four-night amazing camp experience at the Northern Virginia 4-H Educational Center (<https://www.nova4h.com>). We've worked hard to create enhanced health and safety protocols to make sure everyone will have a great time at camp and come home safe and sound. Thank you very much to our Teen Counselors, many of whom have been meeting with us every week since April 2020, for making this camp possible!

We're also getting ready to start a Health and Wellness series with the young ladies at Arlington Juvenile Court Service's Girls Outreach Program. These lessons will combine physical fitness with nutrition education activities, delivered by our Master Food Volunteers. It's our latest in a long line of partnership programs with Arlington Juvenile Court Services, and we're delighted to be back in-person with their clients.

Finally, we'll soon be kicking off an in-person Nature Club with the students at AHC's Gates of Ballston facility. Every week the students will get outside and learn a bit more about the natural world. We can't wait to see the students and soak up the sunshine.



# Family Nutrition Program

## *SNAP-Ed*



### July 2021 is National Picnic Month!

Observe *National Picnic Month* by celebrating the love of being outside in nature. Take your lunch outdoors and enjoy it in a beautiful landscape, while taking in some fresh air.

Feel free to access the below recipes for your next picnic:

Curried Roast Chickpeas

Summer Egg Salad



### Happy Fourth of July!

Below are some quick, easy tips to make your family's Fourth of July meals and snacks tasty and healthy!

Get creative and let MyPlate be your guide:

Protein - go lean and choose skinless chicken breasts.

Vegetables - make an "everything" salad, including spinach, celery, radishes, and tomatoes.

Grains - use whole-grain buns or prepare a simple whole grain salad, using whole-wheat pasta.

Fruit - enjoy fresh watermelon or peaches!

Dairy - make a tasty dipping sauce from non-fat or low-fat plain yogurt.

Reference: What's on Your Plate This Fourth of July?



### 2021 Programming Options

VCE FCS SNAP-Ed Agents are continuing to offer these exciting programming options in 2021. Please see our marketing flyers below for more information:

Literacy, Eating, Activity for Preschoolers

Pick a Better Snack

Choose Health

Teen Cuisine

Physical Activity Challenge

For more information, please reach out to:



Kirsten Kelley, M.S.  
FCS SNAP-Ed Extension Agent  
[kirstenk19@vt.edu](mailto:kirstenk19@vt.edu)  
703-746-5542

For electronic resources, please visit our website at: [www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

# Family Nutrition

## Program

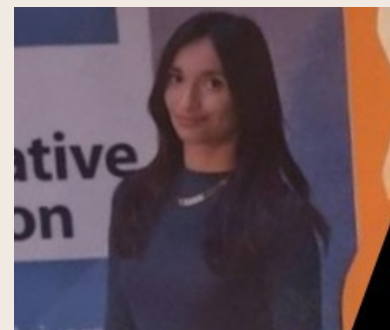
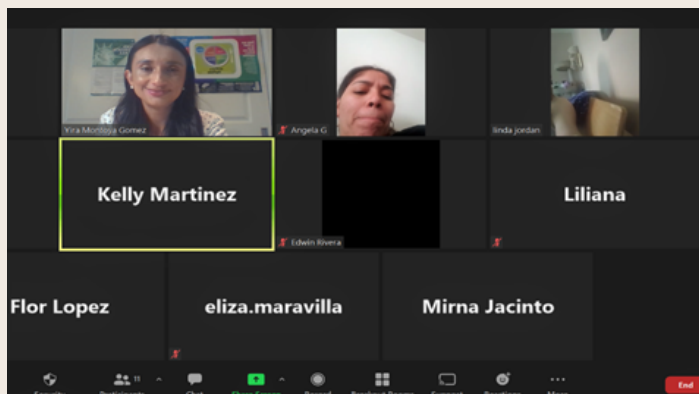
*EFNEP*

## Virtual Nutrition Education



The Family Nutrition Program is delivering virtual nutrition education and ways to be active to families in the community of Alexandria City and Arlington County. During the sessions, participants learn how to balance their meals by making healthier recipes that fit into their budget. Other topics taught during the sessions include meal planning and food shopping to save time and money. After completing the program, participants receive a variety of reinforcements delivered directly to their homes so they can continue applying what they learned in class. The classes can be set individually or in groups and they can be delivered online, over the phone, or in person.

More families in our community have joined the Family Nutrition Program! Through our nutrition classes, we continue enhancing health and wellness in the communities of Alexandria City and Arlington County.



If you or your organization are interested in joining the classes, please contact:

Milena Montoya  
Adult Program Assistant -  
EFNEP  
[yira7@vt.edu](mailto:yira7@vt.edu)  
(703)-746-5546

Come join the Family Nutrition Program and get many of these delivered FREE after program completion...



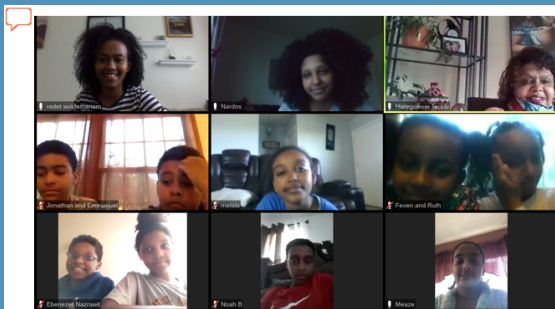


# Family Nutrition Program



The Family Nutrition Program offers curriculum  
for all different age groups. Should you be  
interested, please contact:

Haregowoin Tecklu  
Family Nutrition Program Assistant - SNAP-Ed  
*Serving Alexandria & Arlington County*  
[htecklu@vt.edu](mailto:htecklu@vt.edu)



#### Family Nutrition Program (VCE)

A Healthy Family starts with us to take charge of  
your health now!

We are currently programming with a different  
partnership. Come join the Family Nutrition  
Program and receive many free gifts! We are  
starting class in person soon. For more  
information, please reach out to:

**Haregowoin Tecklu**

Family Nutrition Program Assistant

Phone number: 703-489-0042

[htecklu1@vt.edu](mailto:htecklu1@vt.edu)

#### Virginia Family Nutrition Program in Arlington & Alexandria

= Offering different curriculum for different age groups

ESBA = Eat Smart Being Active

HSBA = Eat Healthy as we Age

Zoom, phone lesson, soon in Person



ESBA Nutrition Lesson cooking Demo

# Agriculture & Natural Resources

## Master Gardener Updates



For additional information, please contact:

**Kirsten Ann Conrad**  
Agriculture Natural Resource Extension Agent  
Virginia Cooperative Extension  
Email: [kbuhls@vt.edu](mailto:kbuhls@vt.edu)



*VCE-MGNV Virtual Classroom public education events for June 2021 are online and open to all. RSVP online [HERE](#) to receive the link to participate. Click on the event titles to RSVP for each event. If you can't join us for a live online presentation, video recordings of the sessions will be posted [HERE](#).*

### Friday, July 16, 10:00 – 11:30 am, ONLINE Challenges of the Summer Garden

What happened to your beautiful spring garden? Summer got you and your garden down? Plants drooping, insect attack, aggressive weeds and is that a fungus? Join Extension Master Gardener Beth Buffington for tips on what you can do right now and what you can plan to do to make sure your summer garden thrives in the future. Free. RSVP [HERE](#) to receive link to participate.

### Friday, July 23, 10:00 – 11:30 am, ONLINE Summer Pruning for Woody and Herbaceous Perennial Plants

Summer is the time to prune trees and shrubs that bloom in the spring and to help perennial flowering plants look their best. Extension Agent Kirsten Conrad will walk you through the how, when, and why to prune hedges, multi-stem shrubs, small trees, and large branches. EMG's-in-training Kathy Eiden and Brandis O'Neal will be on hand to debut a short video on specialty pruning. With these best practices, your pruning results will be healthier and fuller growth, better flowers and fruit, and more attractive landscaping. Free. RSVP [HERE](#) to receive link to participate.

### Friday, July 30, 10:00 – 11:30 am, ONLINE Fall and Winter Vegetable Gardening

Wondering what to plant when the weather starts to cool? Join us to learn what to plant when, and simple tips for success. We will discuss inexpensive techniques to extend your harvest and ways to enjoy some of your crops in the dead of winter. We will also discuss how to select and plant winter cover crops to improve your soil for next year. The speaker is Extension Master Gardener Dona Lee, an avid vegetable gardener who shared tips on “fearless” vegetable gardening in our March sessions. Free. RSVP [HERE](#) to receive a link to participate.

### Note to All: OPERATING! – The Extension Master Gardener Help Desk is still answering emails!

We welcome your garden-related questions, including those related to plant and insect identification. Please include photos to assist us with identification. The Help Desk is open weekdays from 9:00 am to 12:00 pm (noon). Contact us at [mgarlaalex@gmail.com](mailto:mgarlaalex@gmail.com).

Check out our Plant Clinic! The Del Ray Farmers Market Plant Clinic, located at 203 E. Oxford Ave, Alexandria will operate on Saturdays from July 10 through September 25, and be open from 8:30–11:15 am. See you there!

Also check out the resources on our website, [mgnv.org](http://mgnv.org). You'll find Gardening Basics for Arlington & Alexandria, VA listing our hardiness zone and frost dates, a list of problem plants and better alternatives, and an extensive compilation of Tried and True Native Plants for the Mid-Atlantic Area, complete with great color pictures and descriptions. Our schedule of gardening programs is posted on this website, so be sure to check it often!

*If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact Arlington County Cooperative Extension five days prior to the event at 703-228-6400 or \*TDD (800) 828-1120 during business hours (8:00 am–5:00 pm) to discuss accommodations 5 days prior to the event.*

*Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. VCE is an equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.*



# Family & Consumer Sciences

## *Energy Updates*

For additional information, please contact:

Aisha P. Salazar, M.S.

*Associate Extension Agent, Family &  
Consumer Sciences*

(serving Arlington & Alexandria  
through Food, Nutrition, Health; Finance;  
and Energy Efficiency programs)

Email:

asalazar@vt.edu



Stephanie Tsao -

*Energy Masters Program Coordinator*  
(serving Arlington & Alexandria)

Email:

stephaniet@vt.edu



To monitor the events hosted by the Energy Masters Program, please feel free to visit our calendar located [HERE](#).

## Public Events

On July 12, the Energy Masters program will table and show short energy efficiency demonstrations outside of the Francis C. Hammond Middle School on 4646 Seminary Rd, Alexandria, VA 22304. Come join and meet our volunteers, and registration is not required.

## Volunteer Opportunities

The Energy Masters program is accepting applications for new volunteers who wish to learn basic maintenance skills that they then can apply to hands-on work in low-income apartments. Email [energy@ecoactionarlington.org](mailto:energy@ecoactionarlington.org) to learn how to apply or check out <https://arlington.ext.vt.edu/programs/energy-masters-volunteers.html> for more information on how to apply. The deadline to apply is by August 31, 2021.

As apartment complexes continue to open for indoor work, Energy Masters program staff have been researching sites for volunteers to perform energy efficiency work this fall and winter. Volunteers ages 16 years old and up are welcome to apply. If you speak multiple languages such as Spanish or Amharic, please also consider applying as language skills help when speaking with tenants in Northern Virginia communities.

# Family & Consumer Sciences Updates

For additional information, please contact:

Aisha P. Salazar, M.S.

*Associate Extension Agent, Family &  
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(serving Arlington & Alexandria  
through Food, Nutrition, Health; Finance;  
and Energy Efficiency programs)

Email:

asalazar@vt.edu



## *Below are ways to receive Financial Coaching with VCE!*

### 1) Free 1x1 Financial Coaching:

VCE One on One Financial Coaching is free and confidential and is brought to you by our Master Financial Education Volunteers. Coaching sessions are based on one's needs; coaches help with budgets, answer financial questions, and provide helpful resources. Register HERE. Coaches will contact you by email, Zoom, or phone.

### 2) Virtual Financial Help Desk!

Try out our 1 on 1 coaching virtually or by calling in. Bring your financial questions and learn about a different topic each week! In each session Master Financial Education Volunteers will go over different financial topics for about 20-30 minutes but will answer any and all questions you have about finances. Learn something new and get your questions answered by our financial coaches! Register HERE to stay informed for the next series.

Once you register, you will receive the Zoom link to join the Help Desk either through Wi-Fi or by phone. Please note, Zoom is free if you use Wi-Fi and call with unlimited minutes; the number is not toll-free. For more information, please visit <https://arlington.ext.vt.edu/>

### 3) NEW! Financial Help Desk by Email!

Send your financial questions to [VCE-FinancialHelpDesk-g@vt.edu](mailto:VCE-FinancialHelpDesk-g@vt.edu) and a volunteer will get back to you. Ask any of your questions. This is great for anyone just wanting quick tips or short-term concerns.

### 4) Virtual Financial Simulations for Teens!

If you are interested in a Virtual Reality Store, let us know by filling out this [form](#)! These classes can be taught through Zoom or Microsoft Teams (or other platforms as needed) and are a great supplement to lessons on finance and money

### Also- reminder for people to donate produce:

#### Volunteer with Plot Against Hunger!

To donate produce or volunteer to bag produce for local food pantries, please visit HERE. *You do not have to be a VCE volunteer to volunteer or grow produce.*



# General Updates

Below are great resources from community partners  
on support for new moms. Please feel free to pass  
along to your clientele!

## Healthy Community Action Team (HCAT) Arlington

[Resources for New Moms \(English\)](#)

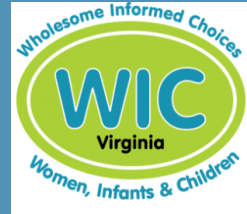
[Resources for New Moms \(Spanish\)](#)



## Woman, Infant, and Children (WIC) Program Arlington County

[WIC Program Brochure \(English\)](#)

[WIC Program Brochure \(Spanish\)](#)



## JOB ANNOUNCEMENT

*The Virginia Tech Innovation Campus* is hiring a  
**Director of K-12 Programs!**

Please see the link below for the job announcement  
and more information on applying.

Please forward to anyone who may be interested.

Director of K-12 Programs

