

Virginia Cooperative Extension Alexandria/Arlington Fall 2020 Programming Updates



Lee Center

**1108 Jefferson Street
Alexandria, VA 22314**

***Arlington Office closed until
further notice**

Lee Center

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

**Monday - Thursday
Closed Friday's**

**Office: (703) 746-5546
Fax: (703) 684-5285**

4-H Youth Development

If you have any questions or wish
to hear more, please contact
Reggie Morris (rbmorris@vt.edu),
4-H Agent,



Alexandria 4-H Presents: Apple Pie Project

Celebrate the holidays with Alexandria 4-H. The **4-H Apple Pie Project** is a family-friendly project suitable for all ages. Project kits are \$15 each and include all non-perishable ingredients, a 9-inch pie tin, and a 4-H Welcome Gift. Kits must be ordered by **Friday, November 13**. Limited kits will be available for purchase. Please find full project details [HERE](#).

Kits must be ordered by **Friday, November 13**. Drive-thru kit pick-up will be held on Monday, November 23. Live cook along via Zoom / Facebook Live on Wednesday, November 25.

To purchase kits via cash, check, or money order visit the *Alexandria Cooperative Extension Office, 1108 Jefferson St. Alexandria VA 22314*, Monday – Thursday, 10:00 a.m. – 4:00 p.m. Please call before arriving to gain access to the building.

Please feel free to share this information with your networks.



4-H Youth Development

For more information on
this program, please
contact

Arlington 4-H Agent
Caitlin Verdu at
cverdu@vt.edu



*Arlington 4-H is ready to begin its “Nature Club
in a Box” program with AHC’s Fort Henry
property!*

4-H Agent **Caitlin Verdu** dropped off seven weeks of environmental activities featuring lessons on insects, birds, gardening, trees, and more. The 16 youth enrolled at Fort Henry will work through these activities each week. These youth will also receive real-time virtual instruction from 4-H staff and volunteers each week, to supplement these take-home activities. We are so excited to see all of our volunteers’ hard work pay off, and can’t wait to meet (virtually) with the kids!

Below are some pictures of 4-H Agents **Caitlin Verdu** (Arlington) and **Reggie Morris** (Alexandria) testing out some of the activities.



Family Nutrition Program SNAP-Ed



Fall Virtual Programming Updates

VCE SNAP-Ed Agents are continuing to provide virtual nutrition programming options for students and families. Please see below:

LEAP - Preschool Ages 3 & 4
*LEAP Flyer

Pick a Better Snack - Grades K - 2
*PABS Flyer

Choose Health - Grades 3-5
*Choose Health Flyer

Teen Cuisine - Grades 6-12
*Teen Cuisine Flyer

Nutrition Challenge - Grades K-12

Physical Activity Challenge - Grades K -12
*PA Challenge Flyer

2020 Fall Master Food Volunteer Training

FCS Agents from Alexandria, Arlington, Fairfax, and Loudoun Counties are hosting a *virtual* Master Food Volunteer Training Program to participants this fall.

This online course (concluding in November), covers topics such as:

- *USDA Dietary Guidelines*
- *Basic steps to safely prepare and handle food*
- *Physical Activity Guidelines for Americans*



At the conclusion of this course, participants will be able to work in a variety of settings, including: health fairs, grocery store displays, 4-H Youth Programs, and cooking classes. Please feel free to access the website [HERE](#) to learn more about this great training, and ways to get involved in the future.



Should you have any additional questions or wish to hear more regarding these programming options, please reach out to:

Kirsten Kelley, MS, CLC
SNAP-Ed Extension Agent
kirstenk19@vt.edu
703-746-5542

For electronic resources, please visit our website at:
www.eatsmartmovemoreva.org



Family Nutrition Program EFNEP



Virtual Nutrition Education

Maintaining good eating habits while at home can be challenging. Learning how to balance your meals with more nutritious foods can help you create delicious and healthy options that fit into your budget. The Family Nutrition Program is currently offering virtual nutrition education classes to our community via Zoom or one-on-one over the phone.

After completing the program, participants receive a variety of reinforcements delivered directly to their homes to continue improving their nutrition habits.

Team up with us to take charge of your health now!



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



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

Milena Montoya
Adult Program Assistant –
EFNEP

yira7@vt.edu
(703)-746-5546

Family & Consumer Sciences

For additional information, please
contact:

Aisha P. Salazar, M.S.
Associate Extension Agent, Family
and Consumer Sciences
Virginia Cooperative Extension
Email: asalazar@vt.edu
Cell: 703-228-6417



General Programming Options

If you are interested in a financial, cooking/nutrition/health, or energy efficiency program for your group please let Aisha know by contacting her directly using the information above.

VCE Money Smarts Pay Classes

Tuesdays, November 10, 17, 24 from 6-7:30pm. These virtual classes will be taught in English. Topics include: how to manage your money, reduce credit card debt, save and plan for emergencies, and COVID-19 related benefits. Register [HERE](#).

VCE Student Loans Class

Wednesday, November 19th from 7-8:30pm. Participants will learn about types of student loans, loan servicers, repayment options, payments, and interest. Register [HERE](#).

VCE One on One Financial Coaching

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](#).

Retirement Planning & Investing Basics

Register [HERE](#).

Wednesday, Nov 4th, 6:30-8pm: **Retirement Planning**
Wednesday, Nov 18th 6:30-8pm: **Investing Basics**

Master Food Volunteers Update

Our pilot class of Master Food Volunteers will finish their training this month! Volunteers from Fairfax, Arlington, Alexandria, and Loudoun County have learned about food safety, dietary guidelines, food allergens and several other topics. We can't wait for them to meet you!

Master Financial Education Volunteers Update

We have 24 new financial education volunteers currently going through our training! Volunteers learn about credit scores, predatory lending, and budgets among other topics.

Virtual Financial Simulations for Kids & 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. We can also add a short lesson prior to the activity. Each activity, depending on the class size, can last 1-2 hours. Great for homeschoolers, after school programs, nonprofits working with kids, and youth groups as well!

Buzz, Body, & Bites

Please check out the latest Arlington Senior Newsletter [HERE](#), which provides valuable information on how to stay active during COVID-19, as well as a tasty recipe!

Warming Up in the Winter

Thursday, Dec 3rd 6:30-7:30pm

Learn how to save money while being comfortable at home plus get tips about financial assistance programs. This program is best suited for financially stressed individuals but all are welcome. Register [HERE](#).

Energy Masters

The Energy Masters volunteer program, which teaches how to reduce energy use in your home or apartment, has educated 38 new volunteers, including 15 high school students. Our program is teaching volunteers about the basics of heating and cooling systems, efficient light bulbs, and other practical knowledge they can use in their own homes and teach to their friends and communities.

Looking ahead to this winter and in the new year, our volunteers will hold virtual training for the public on topics such as how to set your thermostat to optimize comfort and how to manage your energy bills to avoid spikes during peak seasons.

In September and October, we provided energy efficiency supply kits to our volunteers that included caulk guns, tubes, and foam gaskets to plug air leaks. Is your space old and full of air leaks? Reach out to our program coordinator, and we can see if our volunteers can help make easy fixes. We are looking for open spaces that allow for social distancing while volunteers make repairs.

For additional information on VCE's
Energy Masters Program,
please reach out to the **Energy Master
Program Coordinator Stephanie Tsao** at:
energy@ecoactionarlington.org

