

Virginia Cooperative Extension Alexandria/Arlington June 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



Arlington 4-H is preparing to finish its "how to get your first job" series with the teens at the Buckingham Youth Brigade (BYB). This series will conclude with lessons on how to find and secure an internship and understanding the basics of filing your taxes for the first time. We're very grateful to the VCE Master Financial Education Volunteers for partnering with us to teach these critical skills.

This month we're kicking off a Stress Relief series for the young men at Arlington's Argus House. This brand new series will combine physical fitness, goal setting, and a teambuilding video game. This is just the latest example of Arlington 4-H's long partnership with Arlington Juvenile Court Services. We're delighted to continue to offer essential life skills training for the young men and women in their programs.

Finally, Arlington 4-H is making the final preparations for our overnight 4-H Summer Camp. We are excited to offer an in-person program this summer, and thank our Teen Counselors for making this effort possible! We have filled our spots and have a camper waitlist in place. If you are interested in learning more about the program, check out our new website here:
<https://sites.google.com/vt.edu/faacamp2021/home>

**Photos are taken before COVID-19*



Family Nutrition Program

SNAP-Ed



June 2021 is National Fruit & Vegetables Month!

Celebrate National Fruit and Vegetable month this June with these colorful, tasty, and nutrient-dense foods! Fruits and vegetables provide an array of nutrients, minerals, vitamins, and fiber. Additionally, they can assist in lowering risk of certain chronic diseases, such as heart disease. Whether you enjoy heading out to a farmers market, or having your own garden at home, enjoy these tasty foods to gain all the great benefits they offer!



Reference: National Today - National Fresh Fruit and Vegetables Month 2021

Farmers Market Outreach

The warmer weather is here!

VCE SNAP-Ed Agents are able to conduct SNAP-Ed Outreach at farmers markets accepting SNAP benefits. In addition, we can provide recipes and nutrition education. If your farmers market is interested, please reach out to Kirsten Kelley at kirstenk19@vt.edu.

Also, please free free to access the below link for Farmers Market Resources from the Family Nutrition Program:

[- Using Your SNAP Benefits At a Farmers Market](#)



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., CLC
FCS 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*

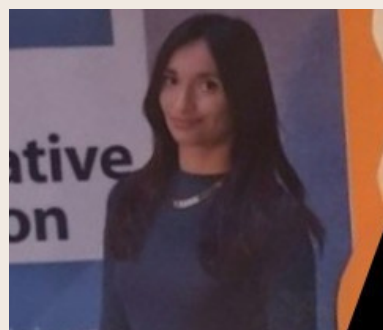


Meal Planning

Do you plan your meals before grocery shopping? Meal planning helps you save time, money and extra trips to the grocery store. It also helps you stick to your food budget and helps you buy only what you need for the week. Follow these steps and start planning your meals!

- Decide how many meals you'll need for the week. Think about when you're going to go shopping next. Schedule meals for each day before you plan to shop next so you don't run out of options.
- Check your fridge and pantry for ingredients. There's no need to buy foods you already have.
- Look for sales. Plan meals around sale foods. Stock up on sale items to save money.
- Pick your recipes. Think about what you already have in your kitchen, the items on sale, and what you want to cook during the week. Use MyPlate as a guide to creating a meal with all the different food groups.
- Figure out which meal you'll eat each day. Items that will spoil quickly, like fish or fresh produce, should be eaten earlier in the week. It's also important to consider your family's schedule for the week.
- What other foods do you need? Side dishes and snacks should also go on your plan.
- Create your grocery list. After you've figured out your meal plan, put a list together of all the items you need at the store.

To learn more about meal planning, the MyPlate model, and physical activity join the Family Nutrition Program!



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



After completing the program, participants receive a shopping planner and a variety of reinforcements delivered directly to their homes so they can continue applying what they learned in class. There is no cost to join the program.



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

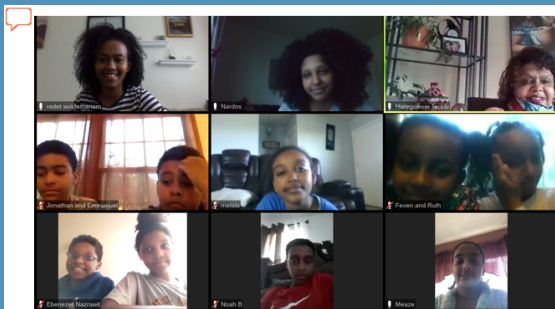
Milena Montoya
Adult Program Assistant -
EFNEP
yira7@vt.edu
(703)-746-5546

Family 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



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

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



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, June 4, 10:00 – 11:30 am, ONLINE **Native Blooms for the Summer Garden**

Spring brings an abundance of showy flowering plants to gardens in the Mid-Atlantic region, while Fall offers the beauty of colorful foliage, fruits, and seed heads. Summer flowering native plants have equally glorious ornamental qualities and provide your garden with continuity of bloom important to supporting local wildlife. Join Extension Master Gardener Elaine Mills as she describes the characteristics and attributes of 35 native perennials, woody plants, and grasses that bloom during the summer months. Elaine, a creative force behind the MGNV resource Tried and True Native Plant Selections for the Mid-Atlantic, will also discuss landscape uses, as well as care and maintenance tips for these native plants. Free. RSVP [HERE](#) to receive link to participate.

Friday, June 4, 12:00 noon -- 1:30 pm ONLINE **2021 Arlington Green Home and Garden Tour**

Sponsored by Arlington County's Office of Sustainability and Environmental Management, EcoAction Arlington and the Virginia Cooperative Extension, this tour will feature homes with energy-efficient technologies, solar panels, and green renovations; watershed-friendly gardens, native plants, rain gardens, rain barrels, and edible landscaping. A website with short videos highlighting each tour location will be provided. Then participants are welcome to join via Zoom breakout rooms for the opportunity to interact with tour hosts as well as other local experts, including Extension Master Gardeners. Suggested donation is \$5 per household. RSVP [HERE](#) for tickets.

Friday, June 18, 10:00 – 11:30 am, ONLINE **The Hospitable Gardener: Welcoming Birds to Your Garden**

Birds are some of the most visible and charming visitors to our gardens. Are you interested in being a better host to them? This talk will provide practical cultural tips and plant suggestions to invite them in and help your feathered guests feel at home. Speaker Alyssa Ford Morel is an Extension Master Gardener, Master Naturalist, and the Audubon at Home Co-Coordinator for Arlington County and the City of Alexandria. Free. RSVP [HERE](#) to receive link to participate.

Friday, June 25, 10:00 – 11:30 am, ONLINE **Vegetable Garden Pests and Diseases**

Join Kirsten Conrad, Extension Agent for Arlington and the City of Alexandria, for a class on recognizing common injurious insects and diseases in your vegetable garden. Learn how to attract and encourage beneficial insects to assist you in fighting off these pests. Kirsten will provide tips and tricks to limit and even prevent damage on your vegetable crops. Free. RSVP [HERE](#) to receive 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 mgaralex@gmail.com.

Also check out the resources on our website, 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 McKinnis, 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



The Energy Masters volunteer program will send volunteers to perform indoor energy efficiency work at affordable housing units on two Saturdays, May 29 and June 5. During those days, volunteers will work in vacant affordable housing units and check for air and water leaks, the efficiency level of appliances, and switch out light bulbs to more efficient models. This event is geared for volunteers who have completed Energy Masters' training program in the fall of 2020 or in prior years. If you are interested in becoming a volunteer, please visit our website [HERE](#).

The Energy Masters volunteer program also has several public events in June to keep your energy up. See our June events below and scroll down on this [website](#) for our full calendar.

Public Events

[Energy Masters Outdoor Information Desk \(Walk-ups welcome\)](#)

[Monday, June 14 from 3-4:30 pm EST](#)

Do you enjoy home projects and want to apply your hands-on skills to a volunteer program that makes energy efficiency upgrades in affordable housing units? Do you have questions about your water, gas, or electric bills? Come to our table and talk to existing Energy Masters volunteers to learn about the program and talk about energy-related topics. Program representatives from Virginia Cooperative Extension's Energy Masters and SNAP-Ed programs will table at the Francis C Hammond Middle School in the City of Alexandria. Registration is not required.

[Energy Masters Bingo](#)

[Thursday, June 17 from 5 - 6 pm EST](#)

Join us for free, fun bingo events suitable for the whole family and get tips to make your home more comfortable, information on how to reduce your energy and water bills, and ideas to protect our environment. Presented in both English and Spanish. Prizes include \$25 Visa gift cards and LED light bulbs. Prizes, however, are only for players who can present an Arlington County or City of Alexandria mailing address. Register by June 16 [HERE](#).

[Únase a nosotros para Bingo a través del mismo enlace anterior el 17 de junio de 5:00 a 6:00 p.m.](#)

Los premios incluyen una tarjeta de regalo Visa de \$25 y una bombilla LED. Todos los jugadores están limitados a ganar una tarjeta de regalo de \$25 cada dos meses. Los premios son solo para jugadores que puedan proporcionar una dirección postal en el condado de Arlington o en la ciudad de Alexandria. Registrarse aquí antes de 16 de junio: <https://tinyurl.com/energymastersbingo>

[Cómo presupuestar sus facturas de luz, agua y gas](#)

[Tuesday, June 22 from 6-7 pm EST](#)

Únase a un evento gratuito para aprender cómo presupuestar sus facturas de electricidad, gas y agua y conozca sobre ciertos programas de asistencia financiera. Registrarse aquí antes de 21 de junio: <https://tinyurl.com/utilitybills spanish>

[Keep Your Home Cool in the Summer](#)

[Thursday, June 24, 1-2 pm EST](#)

Join a talk on Zoom to learn ways to keep your space cool without ballooning your energy bills. This free talk is given by Energy Masters volunteers as part of the Arlington Parks and Recreation's 55+ program. Register by June 23 at <https://tinyurl.com/coolhomeEnglish>

Family & Consumer Sciences 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



There are 3 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) NEW: Virtual Financial Help Desk!

Tuesday June 8 from 7:30-8:30pm.

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](#).

- Session 1: Planning for Financial Success
- Session 2: Tips to Manage Credit & Debt
- Session 3: Saving for the Future

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 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.

Also- reminder for people to donate produce:

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.*

**VIRTUAL FINANCIAL
HELP DESK**

TUESDAYS
7:30-8:30PM

MAY 18: PLANNING FOR
FINANCIAL SUCCESS

MAY 25: TIPS TO
MANAGE CREDIT &
DEBT

JUNE 8: SAVING
FOR THE FUTURE

GET YOUR FINANCIAL
QUESTIONS ANSWERED

 Virginia
Cooperative
Extension
Virginia Tech • Virginia State University



**Virtual
Financial Help
Desk**

Try out our 1 on 1 coaching!
Tuesdays, 7:30-8:30pm
Through Zoom: call in or log in

Register at
<https://forms.gle/zYsA6ZdyTLi45eWC7>

20-30 minute chats on different topics
followed by your financial questions on any topic



May 18: Planning for Financial
Success
May 25: Tips to Manage Credit
& Debt
June 8: Saving for the Future

 Virginia
Cooperative
Extension
Virginia Tech • Virginia State University

<https://arlington.ext.vt.edu/>

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 \(English\)](#)

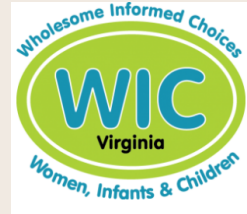
[Resources for New Moms \(Spanish\)](#)



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

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

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



2021 Fairfax Food Council Virtual Summit

The Fairfax Food Council would like to invite you to attend the 2021 Fairfax Food Summit. This unique, virtual opportunity will allow participants to learn about the various ways our food system has responded to the challenges of COVID-19. Learn more about the summit [HERE](#).

Details below for registration:

Where: Zoom

When: June 16th 2021, from 10:00am-12:00pm

How: Register on EventBrite

There is no cost to attend:

<https://www.eventbrite.com/e/empowering-equitable-food-solutions-collaborations-during-covid-beyond-tickets-154416984357>

