

Virginia Cooperative Extension Alexandria/Arlington May 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 continues its "how to get your first job" series with the teens at the Buckingham Youth Brigade (BYB). This month the teens are perfecting their interviewing skills and learning how to read a paycheck. We're very grateful to the VCE Master Financial Education Volunteers for partnering with us to teach these critical skills.

We are also pleased to announce that we've received funding for **75 Mars Base Camp** kits to serve students at Arlington Public Schools Extended Day sites. Developed by Google and Virginia Cooperative Extension, Mars Base Camp is a collection of activities that teaches kids ages 8-14 STEM skills like mechanical engineering, physics, computer science, and agriculture. Thank you to Virginia Tech's College Access Collaborative for providing these kits to local youth at no cost to their families.

Finally, registration for the **Arlington, Alexandria, and Fairfax 4-H Camp** is now open. This program offers campers (ages 9-13) a week of traditional, 5-day 4-night summer camp fun. Every morning at camp, campers rotate through classes like high ropes, archery, yoga, swimming, forensics, and campfire cooking. There is free swim and recreation time each day, as well as evening programs and campfire. It's an amazing program, and the best bargain in summer camp in town! Full cost for a camper is **\$350** (which includes room and board, class supplies, and a t-shirt) for the week. We also offer scholarships for families who need them, which can bring the cost down to **\$75**. For more information on camp, please visit our website [HERE](#).

**Photos are taken before COVID-19*



Family Nutrition Program

SNAP-Ed



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

May 2-8 2021 is National School Nutrition Employee Appreciation Week !

Our school nutrition employees are **true** champions in students lives! Through preparing healthy meals, adhering to strict nutrition guidelines, navigating student allergies, and always having a smile, our school nutrition professionals are heroes.

Throughout the first week in May, let's celebrate the amazing work they do each and every day to ensure children receive healthy meals. The **School Nutrition Association** has created a page on their website strictly for recognizing your school lunch heroes. Please feel free to access it [HERE](#).

Again, thank you to all the School Nutrition Professionals! We truly appreciate and admire the work you do for the children in our communities!



The USDA Announces Waivers for the 2021-2022 School Year

The United States Department of Agriculture has announced last week that it will extend a number of nationwide child nutrition waivers through the 2021-2022 school year. This is excellent news for children, schools, and sponsors, as the nation continues to recover from the COVID-19 pandemic. These waivers, effective July 1, 2021- June 30, 2022, include:

- *Allow All Schools to Operate the National School Lunch Programs Seamless Summer Option (SSO)*
- *Summer Food Service Program (SFSP) Reimbursements for SSO Meals*
- *Non-Congregate Feeding for SSO, Child & Adult Care Food Program, and National School Lunch and Breakfast Programs*
- *Meal Service Time Flexibility for SSO, CACFP, NSLP, and SBP*
- *Allowing parents and guardians to pick up meals for children for SSO, CACFP, NSLP, and SBP*
- *Meal Pattern Flexibility for SSO, CACFP, NSLP, and SBP*
- *Offer vs. Serve Flexibility for Senior High Schools in NSLP*
- *Area Eligibility for Afterschool Programs and Family Day Care Homes*
- *On-Site Monitoring for SSO, CACFP, NSLP, and SBP State Agencies & Sponsors*

****Reference: [No Kid Hungry's Center for Best Practices](#)**

Farmers Market Outreach

Spring 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](#)



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

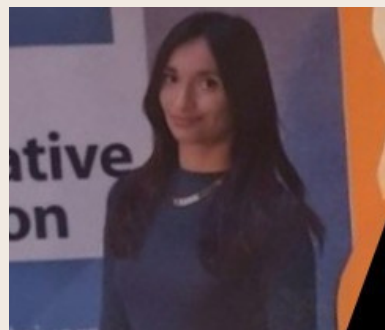
EFNEP



Virtual Nutrition Education

According to the **Dietary Guidelines**, a healthy eating pattern includes a variety of vegetables that are either dark, leafy green, red, orange, starchy or legumes, like beans and peas. A healthy eating pattern also includes consuming a variety of fruits. To find more about these foods and how to incorporate them into your diet join the **Family Nutrition Program**! During the sessions, participants learn basic nutrition education and cooking skills to build balanced meals and ways to be active and healthy. There are recipes taught in each class!

Try this recipe at home!



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



Stay active all day! Our **exercise videos** are a great resource for people who need quick workouts. Practice these core strengthening exercises!

To learn more about the Family Nutrition Program Visit our website: [Eat Smart Move More!](#)

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. 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

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 May 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](#).

Saturday, May 1, 11:00 am – 12:00 pm, Kate Waller Barrett Branch Library, Alexandria ONLINE Small Space Gardening for Pollinators: Q&A with MGNV

Extension Master Gardener Elaine Mills will answer questions regarding plants and best practices for sustaining a welcoming space for regional pollinators. To prepare for this session, please view the video [Small Space Gardening for Pollinators](#) in the MG Virtual Classroom at mgnv.org, and come with questions about getting started on your existing garden. Free. Access this program through the [Upcoming Virtual Events](#) at the Kate Waller Barrett Branch Library.

Friday, May 21, 10:00 – 11:30 am, ONLINE
Best Bets: Native Plants for Dry Conditions

Homeowners often wonder which plants will be best suited to the soil conditions in their landscapes. In this class, Extension Master Gardener Elaine Mills will describe the factors that lead to dry conditions in a garden and the adaptations plants have made to do well in hot, exposed sites, tolerate rain shortages, or survive in dry shade. She will introduce native trees, shrubs, perennials, ground covers, grasses, and sedges that have been found to thrive in these conditions, explain the benefits they provide to wildlife, and offer tips for growing and maintaining them. Free. RSVP [HERE](#) to receive link to participate.

Friday, May 7, 10:00 – 11:30 am, ONLINE
Controlling Mosquitoes and Ticks in Your Yard Without Pesticides

Learn pesticide-free best management practices to control mosquitoes and ticks in your yard and keep them away from you and your family. Extension Master Gardener Joan McIntyre will explain how to identify mosquitoes and ticks prevalent in this area, their life cycle, how they reproduce, and where they go in the winter. Free. RSVP [HERE](#) to receive link to participate.

Friday, May 14, 10:00 – 11:30 am, ONLINE
Top Insect and Disease Management Strategies for Fruit Producing Trees

Got fruit? Want to add some shade with edible crops to your landscaping? This class will offer you best practices for recognizing and managing the top 12 disease and insect pests that are found on our most popular home fruit trees. Speaker Kirsten Conrad, Extension Agent for Arlington County and the City of Alexandria, will explain how to grow a viable fruit crop without the use of pesticides or fungicides. Free. RSVP [HERE](#) to receive link to participate.

Saturday, May 22, 11:00 – 11:45 am, Arlington Home Show & Garden Expo ONLINE
Home Turf Alternatives: Converting Your Lawn into a Garden!

Are you ready to think outside of that boxy carpet of lawn that dominates your yard? Join Extension Master Gardener Donald Bobby to explore alternatives to turf grass and learn manageable techniques to reduce the size of your traditional lawn. Free. To register for session, access the link [HERE](#). The Arlington Home and Garden Expo runs on Saturday and Sunday May 23 & 24, 10:00 am – 3 pm, ONLINE only. For a full list of offerings and programs, access the link [HERE](#).

Sunday, May 16, 10:00 am – 2:00 pm, Glencarlyn Library Community Garden, 300 South Kensington Street, Arlington 22204
Glencarlyn Library Garden Spring Celebration and Plant Sale

Come rain or shine to celebrate Spring in the Glencarlyn Library Garden! Native and locally propagated plants – including herbs, vegetables, annuals and ornamentals – from Hill House Nursery and the Library Garden will be available for sale. Honey, compost tea, hand-made pots, and t-shirts, too! We'll be giving away free tree saplings and Extension Master Gardeners will be on site to help answer your gardening and plant selection questions. All proceeds will support care of the Glencarlyn Library Garden. Please wear your Springiest face mask and help us practice safe social distancing during the event. Free. For more information call Alyssa Ford Morel at 703-907-9318, or Elaine Mills at 703-244-7309, or email glencarlynlbrarygarden@gmail.com.

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 McKinnic, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

General Updates

Arlington VCE Budget Updates

We are beyond delighted to announce that the Arlington County Board has fully restored Arlington VCE's budget for the next fiscal year, **reversing a proposed 50% budget cut!**

On behalf of our whole team, **thank you to everyone** who supported VCE during this difficult time and shared their thoughts with the County Board. The community outcry of support has meant the world to us.

Thank you for believing in VCE, and we look forward to many more successful years of partnership to come!



Alexandria 4-H Camp Update

Alexandria 4-H Camper registration is now open! You can access the application and registration information here: <https://sites.google.com/vt.edu/faacamp2021/home>

We are planning on holding **in-person 4-H Camp on June 27-July 1, 2021**. The Camp will be held at the Northern Virginia 4-H Center in Front Royal, Virginia, as in years past. To learn more about the facility, check out their website [HERE](#).

Our camper application is posted to the new [4-H Camp webpage](#). This website also contains important information on new safety protocols, health screening requirements, the updated class schedule, and more.

Alexandria applicants will need to print their application, complete it, and mail it to our **Alexandria Office (Virginia Cooperative Extension Attn: 4-H Camp, Lee Center, 1108 Jefferson Street, Alexandria, VA 22314)**. We cannot accept emailed or personally delivered applications.

The fee is **\$350/camper**. We also offer needs-based scholarships. The scholarship application is included in the application packet. Families will not pay their fee until they receive confirmation that they have a spot at camp.

Due to COVID-19 we will be operating at a greatly reduced capacity, so we encourage families to submit their applications quickly. We will accept registrations on a first-come first-served basis. Once we fill camp, additional applicants will be placed on a wait list. Arlington and Fairfax have already filled their camp spots, but Alexandria still has openings.

For more information on 4-H camp, please contact Arlington 4-H Extension Agent Caitlin Verdu at cverdu@vt.edu

