

Virginia Cooperative Extension Alexandria/Arlington December 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

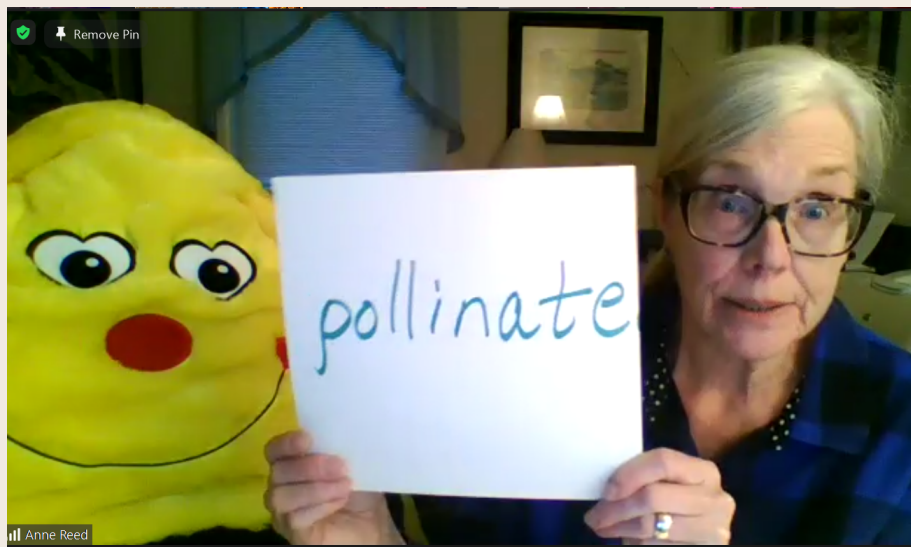
For more information on
this program, please
contact

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



Arlington 4-H's "Nature Club in a Box" *is underway!*

Each week 4-H Agent Caitlin Verdu and volunteers meet with 16 youth at AHC's Fort Henry Property to lead a distanced nature club. Youth have already planted their own radish seeds, discovered what happens to trees in the fall, and met a real life beekeeper. We have more great lessons on the way. One youth noted at the end of a club lesson that "I didn't just have fun, I had extra fun."



Family Nutrition Program SNAP-Ed



Fall Virtual Programming

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



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

Thanksgiving Resources from FNP

The Family Nutrition Program would like to wish all of our partner agencies a safe, and Happy Thanksgiving. Below are links to resources that can be sent to community members:

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

Saving Money & Eating Healthfully

Celebrating Safely During the Pandemic

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

Healthy Tips for Thanksgiving

Turkey Safety



Program EFNEP



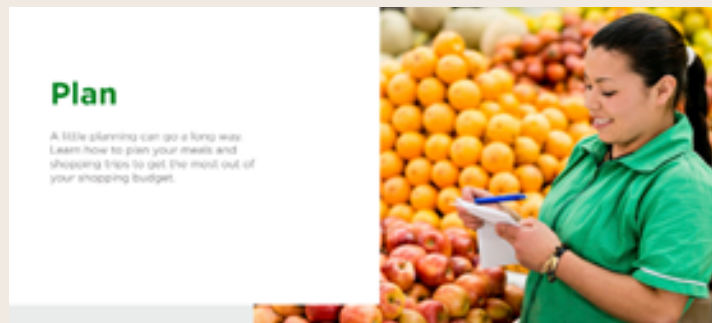
Virtual Nutrition Education

Maintaining good eating habits while at home can be challenging. Learning how to balance your meals with more nutritious foods can help you to create delicious and healthy options. The Family Nutrition program and Virginia Cooperative Extension are currently offering virtual nutrition education via Zoom, or one-on-one over the phone. Be part of the many of the families in our community that have joined the classes and learn how to:

- Prepare balanced meals
- Plan on a budget and shop with limited options
- Ways to be active while at home



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



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

Milena Montoya
Adult Program Assistant -
EEFEP

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

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



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



Family & Consumer Sciences Programs

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

Tuesday, November 24 from 6-7:30pm

These virtual classes will be taught in English; this is the last of 3 classes but please consider attending if you we're able to make the first two classes. Topics include: how to manage your money, reduce credit card debt, save and plan for emergencies, and COVID-19 related benefits. Register [HERE](#).

Balancing Life: Holiday Spending Tips During COVID-19

Planning for our spending is always a good idea. And now, the fall and winter holidays are upon us and we're dealing with a pandemic. How can we ensure that we spend wisely and still enjoy some of the things we love about this time of year? Join to learn tips, tools and strategies from one of our Family and Community Economics Team members to help avoid additional financial stressors and debt during this season.

Watch the presentation [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](#).

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. 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!

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](#).

Classes for 55+

The registration will be available in [Arlington's 55+ Guide](#) soon.
Anyone can join.

• **Energy Masters Bingo- Join VCE and EcoAction** Arlington on **Thursday, Dec 10th from 10-11am** for an energy efficiency bingo!

• **Cooking with VCE- Join VCE Master Food Volunteers** for a holiday-themed cooking and nutrition class! You'll learn how to make a fun vegetable platter
on **Thursday Dec 17th from 11am-12pm**.

VCE Buzz, Body, & Bites

The [October Newsletter](#) & [November Newsletter](#) for **Older Adults** is available. The **December** newsletter will be posted on our website once it's available.