

Virginia Cooperative Extension Alexandria/Arlington Fall 2020 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

Contact Reggie Morris
(rbmorris@vt.edu),
4-H Agent, and ask how you can
get the 4-H STEM Challenge to
young engineers in
your community.



Alexandria 4-H is on a Mission: 4-H STEM Challenge – Mars Base Camp

The 4-H STEM Challenge, formerly known as 4-H National Youth Science Day (4-H NYSD), is an annual initiative to inspire kids everywhere to take an interest in science, technology, engineering, and math through hands-on learning. For the past 12 years, 4-H has developed fun, accessible challenges that show kids how STEM skills can be applied to the world around them.

The 2020 4-H STEM Challenge, Mars Base Camp was developed by Google and Virginia Cooperative Extension. Mars Base Camp is a program that allows kids to explore Mars in exciting and engaging ways while learning important STEM concepts like mechanical engineering, physics, computer science, and space agriculture.

Mars Base Camp is perfect for any young person ranging in age from 8 to 14. The challenge includes four activities that can be done all at once or individually, making it highly adaptable for any setting. Each activity is simple to facilitate and requires minimal preparation and technology to deliver. Mars Base Camp kits include all the materials required to complete the four activities and are available in two different sized (Educator & Family) kits to meet the unique needs of our time.



4-H Youth Development

Mute Your Mic Podcast

The Mute Your Mic Podcast is up and running! This project is a partnership among Arlington, Alexandria, and Sussex 4-H. Join us **Fridays at 1pm** to learn about hot topics in Virginia 4-H and Cooperative Extension. View us on Facebook [HERE](#).

4-H Mars Base Camp

In a new partnership with Virginia Tech's College Access Collaborative, Arlington and Alexandria 4-H aim to distribute 300 space-themed kits to underserved youth in October. Working with our local partners, we'll distribute everything youth need to complete the STEM activities. 4-H will also offer supplemental virtual instruction to guide youth and provide support.

4-H Nature Club in a Box

In addition to the space box, Arlington 4-H is finalizing its plans for a Nature Club in a Box. Each kit will feature activities on gardening, literature, insects, birds, and more! We will pilot this program in October at AHC's Fort Henry property, and hope to expand from there.



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

Family Nutrition Program SNAP-Ed



Fall Virtual Programming Updates

Back to school for children has been challenging changing to a virtual environment. VCE SNAP-Ed Agents are here to help and provide virtual nutrition programming options for students and families. With a virtual platform, the SNAP-Ed Agent sends the teachers pre-recorded videos and paperwork for each lesson, making it very cohesive with everyone's schedules. Below are programs being offered virtually this fall to partners:

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



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

The Family Nutrition Program is delivering **virtual nutrition education** and ways to be active while at home to families in the community. Along with the instructor, participants can cook easy and healthy recipes that help to improve their nutrition habits and cooking skills.

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 or over the phone.

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 -
EFNEP**

**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
Cell: 703-228-6417



Produce Bagging Update

5,186.5 pounds have been donated from about 50 gardens (schools, churches, and individuals) between June 1 - September 14 to Arlington and local food pantries. *Thank you to all the growers and donors!*

VCE Money Smarts Pay Classes

Tuesdays, November 10, 17, 24 at 6pm. 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

Participants will learn about types of student loans, loan servicers, repayment options, payments, and interest. Class will be held in October. 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 or financial plans and provide helpful resources. Register [HERE](#).

October is Urban Agriculture Month!

Join us all month to learn about gardening, cooking, and the local urban agriculture response to the COVID-19 pandemic in northern Virginia. Free! Register [HERE](#).

DMV Food Recovery Week: Oct. 12-17

VCE is one of the sponsors of the event. FCS Agent Aisha Salazar will moderate the Tuesday, Oct 13th panel entitled "**How the DMV is Rescuing Food – A Conversation with Local Food Recovery Organizations**" Register [HERE](#).

Retirement Planning & Investing Basics

Register [HERE](#).

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

SNAP Eligibility Calculator

Virginia Poverty Law Center created a [SNAP eligibility calculator](#) that is mobile friendly and simple to use. Find out if you may be eligible for SNAP and an estimated amount of benefits you could receive.

Accessing School Meals in Arlington

All youth **18 and under** will continue to receive [free meals](#) at all sites until **Dec 31st**. Food will be available for all children 18 and under, and families are encouraged to pick up meals **Monday, Wednesday and Friday, from 11 a.m.-1 p.m.**, at the school most convenient and closest to them.

Accessing School Meals in Alexandria

All children ages **two to 18-years-old** and any ACPS student over the age of 18 will have access to meals at the [ACPS food distribution sites](#) until the end of the year, regardless of their paying status. Children do not need to be registered ACPS students to qualify for food.

Energy Masters

VCE Welcomes Stephanie Tsao!

Stephanie completed the Energy Masters Volunteer Program from 2019-2020 and has been a staunch advocate for the program and its mission.

She has learned about energy and water efficiency projects through her professional experience but is excited to learn more hands-on applications that bring those lessons to her community. Stephanie first learned about energy and environmental issues between 2007 to 2013 while serving as an environmental analyst for a New Jersey power company called NRG Energy. She switched to become a journalist covering the U.S. energy sector from 2013 to 2020 at various industry news companies, most recently S&P Global. Outside of her work for Energy Masters, she is completing an online master's degree in data science at the University of Michigan and enjoys biking, hiking, and swimming. She has been living in northern Virginia since 2013.

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

