

Virginia Cooperative Extension Alexandria/Arlington January 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 started two exciting new programs in December!

We're now running a Virtual Job Prep series for the young men at Arlington Juvenile Court Services' Argus House. Each week we'll work on improving their resumes, practice their interviewing skills, and work up towards mastering a virtual mock interview.

We're also working with the teens at the Buckingham Youth Brigade to facilitate virtual team-building and communication games. One teen remarked, "[this club] is a way to relax after you get out of school," and another said "[these activities] are a way to feel like you're not just stuck in your house."

Family Nutrition Program SNAP-Ed



2021 Virtual Programming Options

VCE SNAP-Ed Agents are continuing to offer these exciting programming options into the New Year. 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

Holiday Resources from FNP

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

Eating Smart and Moving More During the Holidays

Celebrating Winter Holidays Safely

We look forward to working with you in the New Year!



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

Kirsten Kelley, M.S., 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

Be a part of the many families in our community that have joined the Family Nutrition Program and learned how to shop for healthy and nutritious foods while staying within your food budget. Make delicious and balanced meals by incorporating healthy ingredients and find new ways to be active. The Family Nutrition Program and Virginia Cooperative extension are currently offering virtual nutrition education via Zoom or one-on-one over the phone.

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



Stretch your Budget

We have resources to help you get the most out of your food budget to make healthy meals at home.



**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...**



Please welcome Monica Castillo, VCE's new Financial Education Program Associate for Arlington County!

Originally from Lima, Peru, Monica moved to Arlington in 2013. She loves being part of the community and has volunteered in the past with Arlington County's Community Outreach Program and, since 2018, as a Master Financial Education Volunteer with Virginia Cooperative Extension.

Monica obtained her bachelor's degree in Peru in Food Engineering with specialization in Quality Control. She recently completed a Digital Marketing certificate at Georgetown University.

Monica taught GED Math with Arlington County Adult Education and previously facilitated the Arlington's Strengthening Families Program. Prior to her role with Extension, she spent over four years as a Family Resource Liaison for Arlington Public Schools. She has been an involved and supportive leader working diligently to assist Arlington's diverse and disadvantaged families.

Monica can be reached at:
mcastillo@vt.edu

