

Virginia Cooperative Extension COVID-19 Virtual Programming Updates



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Lee Center

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Monday - Friday

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4-H Youth Development

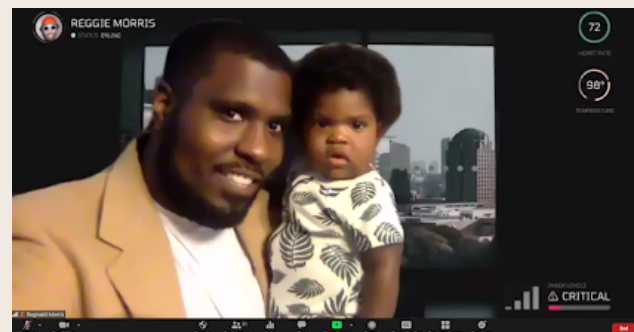
Welcome to our campfire! Alexandria 4-H
Junior Camp goes virtual.

The Fairfax, Arlington, Alexandria (FAA)
Virtual 4-H Junior Camp took place July 10 - 12.
Each day campers from as far as Pennsylvania
logged in and participated in the first virtual 4-
H camping experience offered in FAA history.
The amazing FAA teen counselors led classes,
sang songs, and kept the 4-H camp spirit alive
and well.

Camp classes included Coding 101, Drama
Basics, Fort Building, and Cooking with a host
of awesome guest chefs. The “4-H Blue
Ribbon” award goes to each of the teen
counselors who assisted with the planning,
hosting, and overall support of 4-H Camp this
summer.

There’s no replacing the special feeling of
walking up and down the hills of the Northern
Virginia 4-H Center, but virtual 4-H Camp
created a unique and needed 4-H spirit that
was perfect for our current times. Thank you
to everyone who joined in on the fun. Have a
great summer and we hope to see you back,
in-person, next summer.

Here's to
making the
best better...



For more information on 4-
H programming and
volunteering opportunities
please log on to
alexandria.ext.vt.edu or
contact Reggie Morris, 4-H
Youth Development
Extension agent via email
at rbmorris@vt.edu.

Family Nutrition Program SNAP-Ed



During these unprecedented times, Virginia Cooperative Extension is always seeking out ways to reach our clientele. The Family Nutrition Program is working on virtual programming options that SNAP-Ed Extension Agents can offer to their partners.

The Family Nutrition Program has the following programming updates:

- Choose Health and Teen Cuisine – Both of our signature programs can be offered virtually for online/home learning.
- Pick a Better Snack – This will be new curriculum offered to partners for K-2 grades, and will be available for remote/online programs. Through pre-recorded videos, children will learn the importance of healthy snacks, and students who complete this program report making healthier food choices.
- Physical Activity and Nutrition Challenges – FNP will be offering 4-week challenges on physical activity and healthy eating this year – please stay tuned.



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

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For electronic resources, please visit our website at:

www.eatsmartmovemoreva.org



Family Nutrition Program EFNEP



Maintaining good eating habits while at home can be challenging. Learning how to balance your meals with nutritious foods can help you create delicious and healthy options. We are currently offering virtual nutrition education classes to our community via Zoom, Microsoft Teams, or one-on-one over the phone. In the virtual sessions, participants can cook easy and healthy recipes along with the instructor. In these classes we cover a variety of topics including:

For additional information,
please contact:
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Preparing balanced meals

Planning on a budget

Shopping with limited options

Recipes for quick and healthy meals

Ways to stay active while at home

These are some of the recipes that people have learned in class. Try them at home!



Eat Smart • Move More
Banana Berry Smoothie
Prep Time: 5 minutes Total Time: 10 minutes

Ingredients
2 bananas, sliced
1 cup frozen berries
1 cup low-fat vanilla yogurt
1/2 cup 1% milk
1/2 cup ice (optional)

Directions
• In a blender, combine bananas, frozen berries, yogurt, and milk. Blend until smooth.
• For a thicker smoothie, add ice and blend until smooth.

Nutrition Facts
Serving Size: 1 serving (200g)
Calories: 140
Total Fat: 1.5g (3% DV)
Sodium: 30mg (6% DV)
Total Carbohydrate: 32g (11% DV)
Protein: 4g (8% DV)

Quick Tips
• You can use skim milk or fortified soy milk.
• Try adding a handful of baby spinach for extra veggies!
• Kids love smoothies for snacks or breakfast.

Follow us | Like us
www.eatSMARTmoveMORE.org

Virginia Cooperative Extension



Family & Consumer Sciences

For additional information, please
contact:

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- Become an Energy Master Volunteer and provide energy and water efficiency improvements in low-income housing communities in Alexandria & Arlington. Visit our [FAQ](#) page and access our application [HERE](#). Apply by August 15th for an early-bird rate of \$60!
- Become a Master Financial Education Volunteer! If you have a passion for sharing financial knowledge with others, then becoming a Master Financial Education Volunteer (MFEV) is the right fit for you! Provide financial classes to residents of Alexandria and Arlington – for more information and to apply for our training in September via Zoom, sign up [HERE](#).
- Below are our upcoming free financial classes provided by Master Financial Education Volunteers - for more information, visit <https://arlington.ext.vt.edu/>
- Energy Masters Informational Virtual Happy Hour: Join Energy Masters for an informational happy hour with current and prospective volunteers on Thursday, August 13 from 5:30-6:30 pm. Registration is required and free. Register at <https://tinyurl.com/EMHappyHourRegistration>
- Living Greener: Tips for Reducing Home Energy and Water Use On Tuesday, August 11th, 6-7pm, Energy Masters will lead a virtual discussion on simple and inexpensive ways to reduce water and energy usage in your home/apartment. Please register at <https://alexlibraryva.org/event/4457661> (free)
- Credit Reports & Credit Scores On Thursday, August 6th from 12-1pm learn what makes up a credit report and credit score, which websites to use and to avoid, and how to correct errors on credit reports. Register [HERE](#). (free)

- **Student Loans**

On Thursday, August 13th from 12-1:30pm participants will learn about types of student loans, loan servicers, repayment options, payments, and interest.

Register at [Student Loans Registration](#) (free)

Money Smarts Pay (MSP) three-part series

This series will be taught in English. You do not need to attend each class but it is highly encouraged as classes build on one another. Once you register, we will send you the link for the class, which will be on Zoom. Register [HERE](#) for the classes. Free.

Wednesday August 26 - MSP 1 - Goal Setting and Budgeting

Wednesday September 2 - MSP 2 - Credit and Debt Management

Wednesday September 9 - MSP 3 - Savings Strategies & Choosing a Banking Institution

- **1x1 Financial Coaching** – follow the link to apply: [1x1 Financial Coaching](#)
VCE Master Financial Education Volunteers offer free and confidential 1x1 Financial Coaching. Financial Coaches are available to answer your questions about money management, budgeting, debt reduction, retirement, saving strategies and more.

