

Virginia Cooperative Extension Alexandria/Arlington March 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 Extension
Agent Caitlin Verdu at
cverdu@vt.edu



Arlington 4-H is partnering with Aspire and AHC Inc. to deliver the Mars Base Camp program to 150 local youth! 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. We're very excited about this new collaboration, and hope it is the start of many more opportunities to come!

If you or your organization are working with underserved youth populations and are interested in delivering the Mars Base Camp to your clients, please contact Caitlin Verdu at cverdu@vt.edu to learn more.



BASE CAMP

Explore a hands-on mission to Mars at home!

Mars Base Camp is a kit that teaches kids ages 8-14 about mechanical engineering, physics and computer science, and more!

Mission to Mars

- Kit includes 4 hands-on science activities
- All supplies included
- No cost to participate
- Lots of fun!

Learn to think like a scientist!

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



Virginia Cooperative Extension
Virginia Tech • Virginia State University
www.ext.vt.edu



Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, marital status, sexual orientation, genetic information, receipt of public assistance, or other factor prohibited by law. An equal opportunity/affirmative action employer. Based in part on Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jordan, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; and J. Noelle, Administrator, 4-H Extension Program, Virginia State, Petersburg.

Family Nutrition Program

SNAP-Ed



2021 Programming Options

VCE FCS SNAP-Ed Agents are continuing to offer these exciting virtual 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](#)

Shop Smart, Eat Smart

The Family Nutrition Program (FNP) offers an array of **Policy, System, and Environmental (PSE) Change** initiatives, one including the [Shop Smart, Eat Smart Program](#). This program allows FNP to partner with SNAP-authorized retailers in the community, assisting them with:

- Free In-store marketing

- Free Technical Assistance for Store Layout

- Connections with professionals

Please feel free to promote this program in the communities you serve. Should you have additional questions, or know a store partner who may be interested, please feel free to reach out to Kirsten Kelley at kirstenk19@vt.edu.

**Shop Smart
Eat Smart**



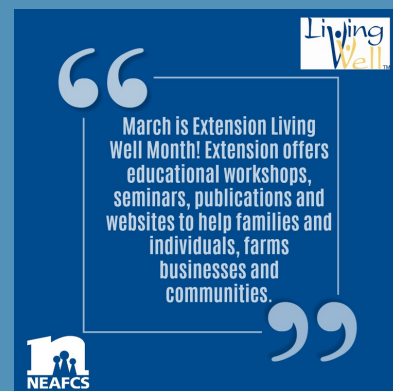
March 2021 is National Nutrition Month!

[National Nutrition Month](#) is an annual campaign created and hosted by the [Academy of Nutrition and Dietetics](#). During the month of March, all are invited and encouraged to learn more about healthy eating and physical activity.



Please join VCE in promoting National Nutrition Month throughout our communities. Feel free to access the [Campaign Toolkit](#) for additional resources the Academy of Nutrition and Dietetics has to offer, such as tip sheets, games/activities, and planning materials.

March 2021 is Living Well Month!



Extension initiatives in *nutrition, healthy lifestyles, food safety, financial management, parenting, and environmental health* enable citizens to gain knowledge and skills to lead full and productive lives.

Please feel free to access the [March 2021 Living Well Calendar!](#)

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

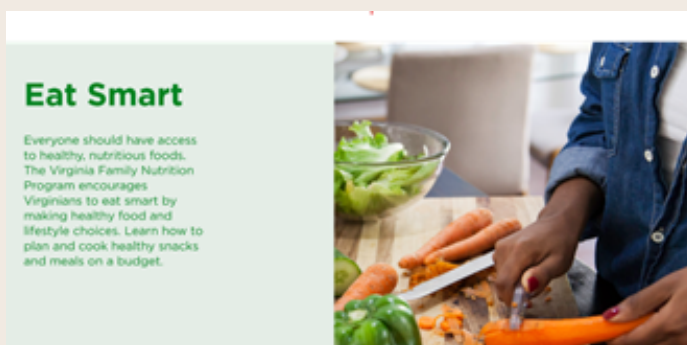


Virtual Nutrition Education

The Family Nutrition Program is delivering virtual nutrition education and ways to be active while at home. In partnership with some of the organizations in our community, many families have joined the virtual nutrition classes to improve their nutrition habits and become more active.

We invite you to join our virtual nutrition classes! Be a part of the many families in our community that have joined our program and start a healthy living pattern today. The classes can be set individually or in groups and can be delivered online or over the phone.

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. Topics taught during the sessions include meal planning and food shopping to save time and money!



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

Family & Consumer Sciences

Food, Nutrition, & Health Updates

For additional information, please contact:
Aisha P. Salazar, M.S.
*Associate Extension Agent, Family & Consumer
Sciences*
(serving Arlington & Alexandria
through Food, Nutrition, Health; Finance; and
Energy Efficiency programs)
Email: asalazar@vt.edu



Statewide Vaccination

Information: <https://vax.preregister.virginia.gov/#/>

The Virginians to easily pre-register for the COVID-19 vaccine. This one-stop-shop website allows individuals to pre-register online, check that they are pre-registered, and access additional information on Virginia's vaccination roll-out. There is also a statewide hotline. More information [HERE](#).

Covid-19 Testing & Vaccine Information:

Arlington County Covid-19 Testing:

<https://health.arlingtonva.us/covid-19-coronavirus-updates/covid-19-testing/>

Arlington County Covid-19 Vaccine Information:

<https://www.arlingtonva.us/covid-19/vaccines/>

Main COVID page:

<https://www.arlingtonva.us/covid-19/>

City of Alexandria Covid-19 Vaccine and Testing Information:

<https://www.alexandriava.gov/Coronavirus>

For those age 65+ who have registered with the Alexandria Health Department (AHD), you will be contacted by AHD when it is your turn for an appointment. If you have not yet registered, please complete AHD's [brief form](#). If you are 75 and older and have had difficulty scheduling your first dose appointment, please fill out this [brief survey](#) and AHD will follow up with you. If you have already received your first vaccination you will be contacted by the place where you received your first dose when it is time to get your second. There is no need to call or email anyone to get an appointment.

CVS Vaccine Information:

<https://www.cvs.com/immunizations/covid-19-vaccine> (these are through a federal source of vaccines; select Virginia from the map and it will give you a list of options however they are all fully booked at the moment).

Nutrition Tips for Women 55+

Thursday, March 4th, 11am-12pm. Join VCE for nutrition tips for older women to help you age gracefully. Free to attend but must be an Arlington 55+ member. Register [HERE](#).

February Buzz, Body, and Bites Newsletter for Actively Aging Adults--click [HERE](#) to read!

Meatless Monday

Thursday, April 1st 1-2pm. Learn the benefits of eating less red meat and more vegetables with Virginia Cooperative Extension. Free to attend but must be an Arlington 55+ member. Register [HERE](#).

March is National Nutrition Month Cooking Demo:

Thursday, March 18th 11m-12pm. We each have our own dietary needs, so learn tips on how to personalize your plate and your meals with VCE. Free to attend but must be an Arlington 55+ member. Register [HERE](#).

Building Better Salads Tuesday March 2nd, 12-1pm

Join VCE and VT dietetic interns to learn how to make salads that are healthy AND delicious! We will review the building blocks of a great salad and how to make sure your salad is nutritionally balanced. We will wrap up with a demonstration of how to make your own crave-worthy salad dressings at home. This event is a celebration of National Nutrition Month. Register [HERE](#).

Fighting Food Waste at Home Wednesday, March 3rd, 6:15-7:15pm

Join Virginia Tech dietetic interns to learn strategies for reducing food waste at home! We will review the environmental and economic impacts of wasted food. You will learn how to properly store different fruits and vegetables, how to use expiration dates, and creative ways to store and use foods before they go bad. We will wrap up with a demonstration on how to turn almost any vegetable into quick pickles that you can store in the fridge for up to 2 months! This event is part of National Nutrition Month. Register [HERE](#).

Plot Against Hunger Spring Garden Kick-Off! Spring Garden Kickoff: Part 1: Saturday, March 13th from 10:00 - 11:30am

This year's theme is Feeding Our Community One Garden at a Time. The Plot Against Hunger kicks off the 2021 growing season with a virtual program with remarks from Arlington County Board members, popcorn gardening sessions, and discussions with gardeners and food pantries. We hope you'll get inspired to garden and get involved! By registering, you'll be eligible for a garden-lover giveaway on March 13th. Register [HERE](#).

Spring Garden Kick-Off Part 2: How to Start a Vegetable Garden Wednesday, March 17th from 7 - 8pm

Not sure if you have a green thumb? Come and learn how to start a garden! Hear from experts who started their own gardens, including at a local school and church, and why they donate produce to local food pantries through the Plot Against Hunger program. Register [HERE](#). By registering, you'll be eligible for a garden-lover giveaway.

***The Plot Against Hunger Spring Garden Kickoff is hosted by Arlington Friends of Urban Agriculture, Virginia Cooperative Extension, Master Gardeners of Northern Virginia, Marymount University, and the Plot Against Hunger Steering Committee.*

For additional information, please contact:

Aisha P. Salazar, M.S.

Associate Extension Agent, Family & Consumer Sciences

(serving Arlington & Alexandria through Food, Nutrition, Health; Finance; and Energy Efficiency programs)

Email: asalazar@vt.edu



Stephanie Tsao- Energy Masters Program

Coordinator (serving Arlington & Alexandria)

Email: stephaniet@vt.edu



Family & Consumer Sciences

Energy Updates

Energy Bingo: Únase a nosotros para jugar Bingo. 18 de marzo, 15 de abril, 20 de mayo, y 17 de junio.

Estos eventos gratuitos son divertidos para todas las edades e incluye consejos cómo: Hacer su casa más confortable, reducir las facturas de energía y agua, y proteger el medio ambiente. Premios: Gane una tarjeta de regalo de Visa de \$25 y una bombilla LED gratis. Regístrese en tinyurl.com/energymastersbingo

Energy Bingo: Thursdays via Zoom from 5 to 6 pm on 3/18, 4/15, 5/20, 6/17.

Join us for free, fun bingo events suitable for the whole family and get tips to make your home more comfortable, information on how to reduce your energy/water bills, and ideas to protect our environment. Prizes include \$25 Visa gift cards and LED light bulbs. Each bingo session will be conducted in English and Spanish. Register [HERE](#)

Demystifying Utility Bills

Join us for free presentations on how to understand your electric bill and tips to manage your energy use. The presentation will be given in different languages.

Classes in English: 7:30-8:30pm on March 9, April 13, and May 11.

Register for English classes [HERE](#).

Indoor Air Quality

Thurs, April 22 6:30-7:30pm. Be a smarter renter or homeowner and learn about mold and common indoor pollutants. Register [HERE](#).

Class in Amharic: 6-7pm on April 28. የአገልግሎት ክፍያ መጠየቂያ (ቢል) ንባብ ለመረዳት ተቸግረው ያውቁ ይሆን? የኢነርጂ ማስተር የበጎ ፍቃደኛ ሰራተኞች የመብራት(የኤሌክትሪክ) ክፍያ መጠየቂያ ናሙና እያሳዩ ጠቃሚ የሆኑትን እያብራሩ የትኛው ክፍያዎት ላይ የበለጠ ድርሻ እንዳለው ይገነዘቡበታል። በተጨማሪም ከማብራሪያው እንዴት እድርገው የመብራት (ኤሌክትሪክ) ሃይል እንደሚቆጥቡ ዘዴውን ይገነዘባሉ።

Registration for Amharic class [HERE](#).

How to Cool Your Home

Are your cooling bills high? Learn cheaper alternatives and tips to save on cooling costs.

English class: Wed, April 14 6:30-7:30pm.

Register [HERE](#).

Classes in Spanish: el 24 de Marzo y 26 de Mayo 6-7pm ¿Necesitas ayuda para comprender las facturas de servicios públicos? Registración:

<https://tinyurl.com/utilitybills spanish>

Spanish class: Aprenda a mantener su espacio fresco

Jueves, 29 de abril 6:30-7:30pm

Registrarse [AQUI](#).

Tips for Saving Water

Tues, March 23rd from 5-6pm. Would you like to learn easy ways to save water and lower your utility bills? Learn practical tips to help conserve water no matter if you rent or own. Register [HERE](#).

Family & Consumer Sciences

Finance Updates

For additional information, please contact:

Aisha P. Salazar, M.S.

Associate Extension Agent, Family & Consumer Sciences
(serving Arlington & Alexandria
through Food, Nutrition, Health; Finance; and Energy
Efficiency programs)
Email: asalazar@vt.edu



Monica Castillo- Financial Education Program

*Associate (serving Arlington
County)*
Email: mcastillo@vt.edu



Money Smarts Pay- English: Tuesdays, Feb 23, March 2, March 9 from 6-8pm.

A 3-week series where we cover topics such as needs and wants, budgeting, goals, credit scores and banking. These classes are great for anyone needing financial assistance in reducing credit card debt, saving and planning for emergencies, understanding your credit report and credit score, and managing your finances. Register [HERE](#).

Vale la Pena Ser Money Smart. Fechas: Hemos tenido que cambiar las fechas de estas clases, pero enrolla para mantenerse informada. Clases están programadas provisoriamente para marzo

En estas clases virtuales aprenderá: consejos para administrar su dinero, cómo reducir la deuda de la tarjeta de crédito, ahorrar y planificar para emergencias, entender su informe de crédito y puntuación de crédito y más. Enrolla [AQUI](#).

Free Tax Assistance:

In Arlington and Falls Church: Tax preparation services provided at no cost to low- and moderate-income households (arlingtonva.us)

The City of Alexandria is offering free tax return preparation by appointment only to eligible residents Wednesdays from 6:30 p.m. – 8 p.m. and Saturdays from 9 a.m. to noon from Feb 13 through April 10.

Taxpayers are eligible if income is below \$55K for individuals and families. Expert volunteers from Community Tax Aid will ensure that taxpayers apply for all applicable credits and deductions. VCE will provide free financial counseling and assist with accessing credit reports. Call 703.831.2918 to make an appointment. A mask and temperature check will be required. For more information about what documents to bring or weather cancellations, read more on [DCHS Connect](#).

¡Llegó la temporada de los impuestos! Sábados, 9 a.m. – 12pm y miércoles, 6:30 – 8 p.m.

La ciudad de Alexandria está ofreciendo preparación de impuestos gratis pero solo con citas entre el 12 de febrero hasta el 20 de abril. Voluntarios de Community Tax Aid ayudan a verificar si está elegible para ciertos créditos y deducciones. Asesoría financiera gratis y reportes de crédito pueden estar disponibles por parte de la Agencia Cooperativa de Virginia. Se requiere chequeo de la temperatura y máscara Se requiere cita. Llame al 703.831.2918 a partir del 1 de febrero. ¿Quiénes son elegibles? Para personas y familias con ingresos hasta \$55,000. Tiene que traer ciertos documentos a su cita. Para saber cuáles documentos tiene que traer, visita <https://www.alexandriava.gov/dchs/info/DCHSConnectInfo.aspx?id=120067>.

Tax Basics: Weds March 3, Thurs March 18 from 2-3pm.

This class will help you understand the basic tax forms, what documents you need to prepare your tax return, and tips to reduce tax bills. The class will also highlight COVID-19 impacts on taxes and changes to retirement distributions. Register [HERE](#).

Retirement Planning: Tues April 6 from 6-8pm

Investing Basics: Tues April 13 from 6-8pm

Small Steps to Health & Wealth: April 8 from 12-1pm

Job Fairs: <https://www.vec.virginia.gov/find-a-job/job-fairs>

Assistance for Workers and Job Seekers:

<https://www.alexandriava.gov/dchs/economicsupport/default.aspx?id=115059>

Jump Start Your Job Search with AARP Virginia and the City of Alexandria Workforce Development Center - Thursday, March 4 @ 1:00 p.m.

Whether you're looking for a job or considering a career change, this workshop is designed to help you make a smooth transition. AARP Virginia is teaming up with the City of Alexandria Workforce Development Center to bring you this 60-minute webinar. You'll learn tips and strategies to help you:

- *Develop your personal brand.*
- *Take inventory of your skills.*
- *Grow your network.*
- *Navigate the modern job search with confidence.*
- *Update and age-proof your resume.*

Register [HERE](#) to receive the Zoom link.

Crisis Assistance for Primary Heating Bills Available Up to March 15

Residents needing assistance with past due balances on their primary heating bill can apply for Crisis Assistance up to March 15 through commonhelp.virginia.gov or by calling the Enterprise Customer Call Center at 855.635.4370. Income limits apply. For questions or assistance in Alexandria, call DCHS at 703.746.5700 or text 703.346.5599. [Learn more.](#)

Eviction and Foreclosure Moratoriums Extended through March 31

The CDC moratorium on residential evictions and HUD's Foreclosure and Eviction Moratorium for FHA-insured mortgages have both been extended through March 31. Alexandrians who have received eviction notices can call the Office of Housing at 703.746.4990 for assistance. Learn more about the moratoriums and resources for renters, homeowners and landlords at alexandriava.gov/Housing.

Free 1x1 Financial Coaching

VCE One on One 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](#) or email me any questions you may have.