



# Virginia Cooperative Extension

Virginia Tech • Virginia State University



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**Virginia Cooperative Extension**

**Virginia Cooperative Extension Partners**

Southside Community Development and Housing Corp.

Richmond Redevelopment and Housing Authority

Virginia Housing Development Authority

CAPUP

Richmond Public Schools

Richmond Parks and Recreation

Resources for Independent Living

AARP

31<sup>st</sup> Street Baptist Church

J. Sargeant Reynolds Community College

Virginia Union University

Virginia State University

Richmond City Drug Court

The Science Museum of Virginia

Head Start

Virginia Pre-School Initiative

Goodwill Industries

Feed More

Office of Community Wealth Building

CAHN Health Network

Richmond City Office of Aging and Persons with Disabilities

Faces of Hope

Richmond Department of Social Services

Virginia Department of Education

Reconciliation Ministries

Richmond Behavioral Health

Jack and Jill of America

Ephesus Academy



# Virginia Cooperative Extension

Virginia Tech • Virginia State University

## Urban Food Deserts: A Faith-Based Conversation

### The Conrad Center of Richmond



- 9:30 a.m. **Welcome** ..... The Honorable Ellen Robertson,  
6<sup>th</sup> District City Councilperson  
Twandra Lomax-Brown, VCE
- 9:35 a.m. **Opening Remarks and Purpose**..... The Honorable Delegate Delores McQuinn  
The Honorable Cynthia Newbille  
7<sup>th</sup> District City Councilperson  
Dr. Crystal Tyler-Mackey, VCE
- 9:50 a.m. **The Importance of Urban Agriculture in Urban Communities**  
Brittany Council, 4-H Urban Ag. Educator  
VCE
- 10:15 a.m. **Faith, Community and the Urban Farm** ..... Dr. Morris Henderson  
31<sup>st</sup> St. Bapt. Church
- 11:00 a.m. **Break**
- 11:15 a.m. **Alternatives to Traditional Farming: Models to Address Food Deserts**  
Duron Chavis, VSU
- 12:00 p.m. **How to Start an Urban Farm**..... Dr. Githingi  
Virginia State University
- 12:30 – 1:30 p.m. Lunch**
- 1:30 p.m. **Farm Number and Licensure Process**..... Diane Giles  
Farm Service Agency
- 2:15 p.m. **Question and Answer Session**
- 2:30 p.m. **Closing Comments & Evaluation**..... Doris Heath  
VCE Southeast District Director

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City of Richmond  
Office of the Deputy Chief Administrative Officer for Human Services  
FY2016 Quarter Report

Non-Departmental Organizational Name: Virginia Cooperative Extension

Quarterly Report Prepared by: Twandra Lomax-Brown

Date: 06/17/16

Reporting Period: Fourth Quarter – April 2016 – June 2016

Year End Total – 19,009 residents served

**I. PROGRAM SCOPE OF SERVICES:**

Family, Youth and Adult - Nutrition and Wellness Education  
 Youth- Life Skills, Behavioral Changes, Leadership and Character Education  
 Youth, Adults and Families –Environmental and Natural Resources, Food (safety, preparation and preservation) Master Gardeners  
 Family Strengthening – Financial Education, Household and Family Management, Workforce Development, Etiquette, Food and Nutrition Education  
 Youth and Adult – Career Exploration, Work Force Development and Entrepreneur Education

City of Richmond Zip Code	Number of Clients Served	Additional Comments
23219	29	
23220	594	
23221	293	
23222	156	
23223	144	
23224	957	
23225	45	
23226	0	
23227*	7	
23230	106	
23231	0	
23234	213	
23235		
<b>Total</b>	<b>2544</b>	

## II. PROGRAM ACTIVITIES:

Program Activity	Program Measure	Target	Progress- to- date
Healthy Weights Organ Wise Guys Teen Cuisine	Expose, engage and educate participants in an effort to create a healthy life style (YFNP)	<b>4000</b>	<b>1<sup>st</sup> 1678 2<sup>nd</sup> 3173 3<sup>rd</sup> 1476 4<sup>th</sup> 768 YTD - 7095</b>
STEM Initiatives	Engage youth and encourage life style changes (4H-STEM)	<b>1000</b>	<b>1<sup>st</sup> 637 2<sup>nd</sup> 688 3<sup>rd</sup> 724 4<sup>th</sup> 828 YTD - 2877</b>
4-H Urban Gardening Youth Development, Volunteerism  4H Camp and Clubs  Urban Food Deserts  Master Gardener's	Engage youth, Expose community to Urban Gardening and Youth Development (4H/UA/MG)	<b>4000</b>	<b>1<sup>st</sup> 3400 2<sup>nd</sup> 1424 3<sup>rd</sup> 1368 4<sup>th</sup> 406 YTD - 6598</b>
Financial and Credit Education  Career and Entrepreneurial Exploration  Homebuyers Education  Community Fairs  Home Mgt. Ed.  Healthy Food Prep/Demo and Food Desert	Expose, educate and encourage change in thought process and intent to implement (FCS) (AFNP)	<b>1000</b>	<b>1<sup>st</sup> 668 2<sup>nd</sup> 837 3<sup>rd</sup> 392 4<sup>th</sup> 542 YTD - 2439</b>
		<b>Total 10,000</b>	<b>Total 18,909</b>

Urban Agriculture-UA, Master Gardeners-MG, Youth FNP -YFNP Adult FNP-AFNP, 4-H Youth Development-4HYD, Family and Consumer Sciences FCS

**Submit report to:** Office of Deputy CAO/HS Non-Departmental  
900 E. Broad Street, Ste 501, Richmond VA 23219  
Email:HSNondepartmentals@richmondgov.com

City of Richmond  
Office of the Deputy Chief Administrative Officer for Human Services  
FY – 2017 3rd Quarter Report

Non-Departmental Organizational Name: Virginia Cooperative Extension
Quarterly Report Prepared by: Twandra Lomax-brown
Date: April 14, 2017
Reporting Period: First Quarter (Jan. 2017 – March 2017) Total -

**I. PROGRAM SCOPE OF SERVICES:**

**Family, Youth and Adult - Nutrition and Wellness Education**  
**Youth- Life Skills, Behavioral Changes ,STEM, Leadership and Character Education**  
**Youth, Adults and Families –Environmental and Natural Resources, Food (safety, preparation and preservation)Master Gardeners**  
**Family Strengthening – Financial Education, Household and Family Management, Workforce Development, Etiquette, Food and Nutrition Education**  
**Youth and Adult – Career Exploration, Work Force Development and Entrepreneur Education**

Richmond Zip Code	Clients Served	Additional Comments
23219	579	
23220	201	
23221	239	
23222	416	
23223	3033	
23224	1280	
23225	419	
23226	9	
23227*	6	
23230	320	
23231	61	



23234	160	
23235		
23173		
<b>Total</b>	<b>6723</b>	
* Zip Code 23227 represents both Henrico & Richmond, reporting should be on clients served in Richmond		

## II. PROGRAM ACTIVITIES:

Program Activity	Program Measure	Target	Progress- to- date
Healthy Weights Organ Wise Guys Teen Cuisine	Expose, engage and educate participants in an effort to create a healthy life style (YFNP)	<b>4000</b>	<b>2626 1<sup>st</sup> quarter</b> <b>1629 2<sup>nd</sup> quarter</b> <b>1103 3<sup>rd</sup> quarter</b>
STEM Initiatives Textiles Animal Science Woodworking Maker Education Environ. Science Food Science Digital Media	Engage youth and encourage life style changes by using hands-on activities and link these experiences to career exploration. (4H-STEM)	<b>1000</b>	<b>791 1<sup>st</sup> quarter</b> <b>794 2<sup>nd</sup> quarter</b> <b>1807 3<sup>rd</sup> quarter</b>
4-H Urban Gardening Youth Development, Volunteerism  4H Camp and Clubs  Urban Food Deserts  Master Gardener's  Community Fairs	Engage youth, Expose community to Urban Gardening and Youth Development (4H/UA/MG)	<b>4000</b>	<b>527 1<sup>st</sup> quarter</b> <b>743 2<sup>nd</sup> quarter</b> <b>3240 3<sup>rd</sup> quarter</b>
Financial and Credit Education	Expose, educate and encourage change in thought process and intent to implement	<b>1000</b>	<b>566 1<sup>st</sup> quarter</b> <b>673 2<sup>nd</sup> quarter</b> <b>573 3<sup>rd</sup> quarter</b>

Career and Entrepreneurial Exploration	(FCS) (AFNP)		
Homebuyers Education			
Community Fairs			
Home Mgt. Ed.			
Healthy Food Prep/Preservation and Safety			
Food Desert			

**Total 10,000**

**Total 9714 YTD**

**III. PROGRAM UPDATE NARRATIVE:**

This section is provided to add any supplementary information regarding:

- ✓ Activities achieved
- ✓ Major challenges encountered (if any)
- ✓ Any new development that impacted the project
- ✓ Coordination with partners

The Virginia Cooperative Extension office continues to provide quality food, nutrition, wellness, financial education, STEM, youth development and leadership resources to the City of Richmond's residents. Over the past months our Adult Food Nutrition area has suffered a decline due to the resignation of an FNP Associate. The position was vacated on September 16, 2016. Although, we strive to maintain partnerships and collaborations, we do take into consideration that this area is not functioning at full capacity, with only one Adult Food Nutrition Associate.

\_\_\_\_\_  
 Approver Signature (Different from Preparer)

\_\_\_\_\_  
 Print Name





Project Period  
2017-18:  
• Evaluation

### Participating School Divisions

Bristol City Public Schools  
Buchanan County Public Schools  
Galax City Public Schools  
Grayson County Public Schools  
Lee County Public Schools  
Richmond City Public Schools  
Scott County Public Schools  
Smyth County Public Schools  
Tazewell County Public Schools

### Partners

First Lady of Virginia Dorothy McAuliffe  
Feeding America Southwest Virginia  
FeedMore  
Share Our Strength  
Southeast United Dairy Industry Association  
Virginia Department of Education  
Virginia Department of Health  
Virginia Department of Social Services  
Virginia Foundation for Healthy Youth  
Virginia Tech – Cooperative Extension

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*To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

*This institution is an equal opportunity provider.*



## Ending Childhood Hunger and Improving Nutrition



Virginia Department of Education, Office of School Nutrition Programs

Years 2016-17 and 2017-18:  
Breakfast, Lunch, End-of-Day Meals  
Summer Lunch Program (Backpacks for year  
are provided based on available

Education

Benefit  
Lies

Year 2015-16:  
Period  
Meetings

## IN ALL HELP Together In Our Communities

Participating school divisions.

Open your communities to  
school sites.

Ending childhood hunger in Virginia!



## Ending Childhood Hunger In Virginia

The *Virginia 365 Project to End Childhood Hunger* aims to eliminate childhood hunger in Virginia by ensuring that children have access to healthy meals 365 days a year where they live, learn, and play. Student success and behavior improves when students are well fed and ready to learn. The Virginia Department of Education (VDOE) and its partners in school divisions, state agencies and communities are working to develop ways to end childhood hunger in Virginia. There are nine school divisions participating in the project. Eight are in Southwest Virginia representing rural areas and the City of Richmond school division is representing an urban area.

### The Problem

The VDOE's primary goal is to reduce hunger among low-income households in the Southwest region and Richmond, Virginia area. These areas have many households struggling with poverty, unemployment, higher rates of disability, and lower educational attainment which greatly impact food security.



## Virginia's Approach

During the school year, this project will provide three meals a day to all children at school during the week through the School Breakfast Program (SBP), the National School Lunch Program (NSLP) and the At-Risk Afterschool Meal Program of the Child and Adult Care Food Program (CACFP). The project will also provide food packs for children to take home for the weekend and during school breaks. A nutrition education program provided at each school by the Virginia Cooperative Extension will be offered to all parents/guardians to teach them how to shop smart, make the most of their food budget and maintain a healthy diet. Additional resources include increased benefits for SNAP households used at food retailers, such as grocery stores, and farmer's markets during the summer months. The children not enrolled in SNAP but

eligible for free and reduced price meals also received a benefit funded by the grant.

The schools in each of the participating school divisions will participate in each of the following programs:

- **School Breakfast Program (SBP)**  
The School Breakfast Program (SBP) is a federally assisted meal program that provides nutritious breakfast meals to students. Breakfast menus must meet federal nutrition guidelines. All students in the participating schools will be offered breakfast at no charge.
- **National School Lunch Program (NSLP)**  
The National School Lunch Program (NSLP) provides lunches to school-aged children. Lunch menus meet Federal nutrition standards and meal patterns. All students in the participating schools will be offered lunch at no charge.
- **Child and Adult Care Food Program (CACFP)**  
Through the Child and Adult Care Food Program, participating school divisions will serve a "third meal" or "Super Snack" to all students either before the school day ends or immediately after the school day at no charge.
- **Weekend Backpack Program**  
All students in the participating schools will be offered a food pack that is child-friendly, nutritious, and easy to prepare/ eat. Each food pack offers enough food for children to easily assemble into six healthy meals over the weekend when schools are unable to provide breakfasts or lunches. The backpack program in Richmond City's treatment schools will be run by FeedMore. The backpack program in Southwest Virginia will be run by Feeding America Southwest Virginia.



- **Nutrition Education through the Family Nutrition Program**  
The Family Nutrition Program's mission is to emphasize the importance of healthy eating and nutritious meals. The focus is on increasing knowledge of how families can make healthy lifestyle choices. Virginia Cooperative Extension are working with schools on activities such as saving money at the grocery store, food demonstrations and food preparation, activity, tasting and physical activity.
- **Enhanced Summer Benefit through Social Services**  
As part of the Virginia 365 Project, eligible students will receive an enhanced summer benefit. The summer benefit includes Electronic Benefits Transfer (EBT) card and Social Services. The increased benefit will be received in June, July and August of each year at participating schools.

## Evaluation

The VDOE will fully participate with USDA/ FNS. The anticipated outcome of the USDA-FNS evaluation is to reduce food insecurity among students in participating schools. The goal is to bring food insecurity among households down to 10 percent and very low food insecurity among households down to 5 percent. Additionally, VDOE will include an analysis of the impact of the program including changes in accreditation, academic achievement, and absenteeism in participating schools.

For more information about the Virginia 365 Project, visit [www.doe.virginia.gov/support/nutrition](http://www.doe.virginia.gov/support/nutrition)





# What

## is the Family Nutrition Program?

The Family Nutrition Program teaches limited-resource families and youth to make healthier food choices and become better managers of available food resources for optimal health and growth.

# Who

## is eligible?

Young adults of childbearing age or who have young children who are eligible for programs such as Supplemental Nutrition Assistance Program (SNAP), WIC, or Head Start.



For more information about the program, please contact:



[www.ext.vt.edu](http://www.ext.vt.edu)

Publication HNFE-6

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2013

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VT/0813/2M/HNFE-138NP

# What

## is the Family Nutrition Program?

Hands-on Nutrition Education for Young Families





# What

## can the Family Nutrition Program offer?

- An 8-10 comprehensive nutrition lesson series
- Hands-on instructional time
- Lessons taught in groups of 2-3 people or on an individual basis

## Participants will receive...

- Calendar with recipe ideas
- Measuring cups and spoons
- Grocery pad
- Stretch band
- Food thermometer
- Recipe book
- Graduation certificate



## Participants learn how to...

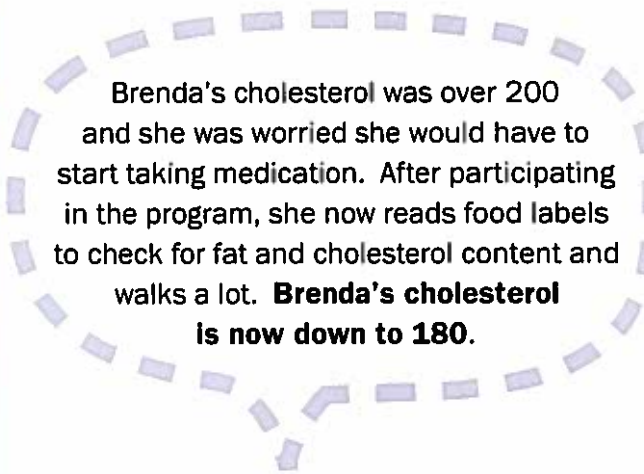
- Read nutrition labels
- Save money on groceries
- Make healthy food choices
- Be more active
- Learn optional lessons on nutrition during pregnancy and feeding an infant



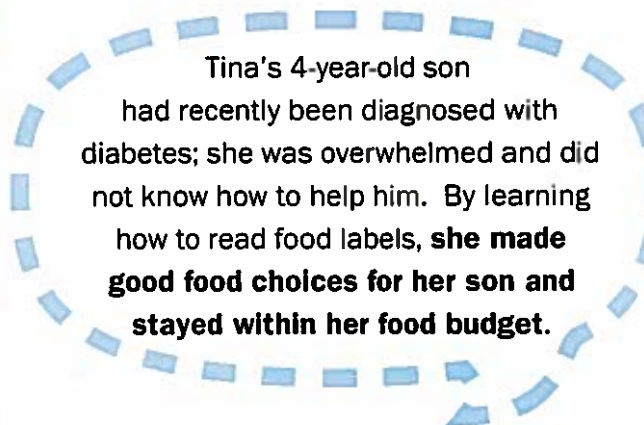
# Stories

## of former participants...

Daphne said,  
*"I need to eat better and lose some weight. I have lots of reasons to learn more about the food we eat."* After learning about foods and how to prepare them, **Daphne lost 97 pounds.** She looks great, has more energy and has more confidence.



Brenda's cholesterol was over 200 and she was worried she would have to start taking medication. After participating in the program, she now reads food labels to check for fat and cholesterol content and walks a lot. **Brenda's cholesterol is now down to 180.**



Tina's 4-year-old son had recently been diagnosed with diabetes; she was overwhelmed and did not know how to help him. By learning how to read food labels, **she made good food choices for her son and stayed within her food budget.**



## THE EXTENSION LEGACY....

Proudly Serving

The Richmond Community Since 1969

Virginia Cooperative Extension brings the resources of Virginia's land-grant universities, Virginia Tech and Virginia State University, to the people of the commonwealth. Through a system of on-campus specialists and locally based agents, we deliver education in the areas of agriculture and natural resources, family consumer sciences, community viability, and 4-H youth development.

With a network of faculty at two universities, 107 county and city offices, 11 agricultural research and extension centers, and six 4-H educational centers, Virginia Cooperative Extension provides solutions to the problems facing Virginians today.



Feel free to visit our website, read a publication, attend a program, or join a 4-H club—just a few of the many ways you can tap into Virginia Cooperative Extension.

We put research-based knowledge into the hands of people. We are credible experts and educators who provide information, education, and tools you can use every day to improve your life.

## Richmond City Staff

Twandra Lomax-Brown, Unit Coordinator  
Extension Educator, Family and Consumer Sciences

Brittany Council, Extension Educator  
4-H Youth Development

Barbara Howlett,  
Unit Administrative Assistant

Elvia Deering Program Assistant  
Adult Family Nutrition Program

Whitney Trent  
Adult Family Nutrition Program

Joe Logan, Program Assistant  
Youth Family Nutrition Program

Norma Harris, Program Assistant  
Youth Family Nutrition Program

For more information, contact us at:

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<http://offices.ext.vt.edu/richmond-city/>



[www.ext.vt.edu](http://www.ext.vt.edu)

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## RICHMOND CITY

Engage, Educate  
and  
Empower



## FAMILY and CONSUMER SCIENCES

Twandra Lomax-Brown, Educator

The family unit is the cornerstone of a healthy community. The Family and Consumer Sciences educator strives to improve the quality of life for Richmond City families through programs that use research-based knowledge to enhance the well-being of our residents. Educators engage, educate, and empower citizens to learn and make good choices for themselves and their families.

Our resources strengthen and sustain communities. We have three pillar areas of programming:

### Food, nutrition, and wellness

- Food safety
- Diabetes education
- Cooking for crowds
- Food preparation and preservation
- Master Food Volunteer training

### Family financial management

- Identity theft
- Renter's education
- Home Buyers education
- Credit management
- Household management
- Family financial volunteer training
- Master financial management

### Human development

- Workforce development
- Basic housekeeping
- Basic home maintenance
- Emergency preparedness
- Child care provider training
- Professional and social etiquette

## FAMILY NUTRITION PROGRAM

Norma Harris, Joe Logan and Elvia Deering, Program Assistants

Virginia Cooperative Extension's Family Nutrition Program is comprised of the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).

### Young Families and Adult FNP —

This program helps limited-income families acquire the knowledge and skills to buy and eat nutritionally served foods that can result in a healthier lifestyle when eating smart and moving more.



**Youth FNP —** Richmond City youth learn important skills that allow them to prepare healthy snacks and are educated about food safety and the importance of good nutritional habits. They are introduced to healthy eating and wellness concepts through curriculums such as Organwise Guys, Teen Cuisine, Healthy Weights for Healthy Kids, Literacy Eating and Activity for Pre-schoolers (LEAP), and other nutrition and wellness resources.

### Urban Agriculture

Through innovative, science-based programs, we promote effective services—all of which help reduce unnecessary costs to Richmond citizens and protect the environment. Our office currently does not have an agricultural agent, but we can assist with services such as:

- Master Gardener training program
- Free soil testing kit
- Insect, weed, and plant identification services
- Gardening, landscaping, and community gardening information
- Pest control information



## 4-H YOUTH DEVELOPMENT

Brittany Council, Educator

The Urban 4-H Outreach model has been successful in helping neighborhoods grow and develop stronger relationships while promoting lifelong learning. 4-H urban outreach provides youth opportunities to cultivate positive and healthy relationships, foster volunteerism, participate in skill-building and literacy tutoring, learn to respect diverse populations, experience cultural exposure, and help with community enrichment.

### Head - Clearer Thinking

- Decision making
- Problem solving
- Critical thinking
- Visionary leadership
- Knowledge useful in life

### Heart - Greater Loyalty

- Strong values
- Self-respect
- Positive relationships
- Informal citizenship

### Hands - Larger Service

- Workforce development
- Hands-on learning
- STEM
- Community Service

### Health - Better Living

- Healthy habits and lifestyles
- Environmental stewardship
- Creating safe, active, and healthy communities and families





# education

## The Extension Legacy

Virginia Cooperative Extension brings the resources of Virginia's land-grant universities, Virginia Tech and Virginia State University, to the citizens across the state. Through a system of on-campus specialists, locally based agents, and peer educators, we deliver education in the areas of agriculture and natural resources, family and consumer sciences, community viability, and 4-H youth development.

With a network of faculty at two universities, 107 county and city offices, 12 agricultural research and Extension centers, and six 4-H educational centers, Virginia Cooperative Extension provides solutions to the problems facing Virginians today.

Contact your local office or visit [www.ext.vt.edu](http://www.ext.vt.edu) to discover the wealth of knowledge available from Virginia Cooperative Extension.

## Healthy Communities



Children

education

health



elder care



[www.ext.vt.edu](http://www.ext.vt.edu)



Family Wellness



Family and Consumer Sciences

nutrition education  
Financial Management



[www.ext.vt.edu](http://www.ext.vt.edu)

Extending Knowledge · Changing Lives

Revised 2015

Publication 490-050

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University

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VT/0515/FCS-05

 **Virginia Cooperative Extension**  
Virginia Tech · Virginia State University



## The Cornerstone of a Healthy Community

The family is the cornerstone of a healthy community. Virginia Cooperative Extension strives to improve the well-being of Virginia families through programs that help put research-based knowledge to work in people's lives. Family and Consumer Sciences educators help Virginians learn to make good choices for themselves and their families. This, in turn, strengthens their communities and the state.

### A Vision for a Stronger Commonwealth

Our Extension agents teach Virginians how to improve their quality of life by giving them the skills to:

- Prevent chronic disease with a healthy diet
- Identify quality childcare
- Plan for home ownership
- Make good parenting decisions
- Handle and preserve food safely
- Be a wise grocery shopper
- Handle credit wisely
- Plan for elder care needs
- Manage finances successfully
- Prepare for and cope with disasters
- Manage home-based businesses

We work with other state and local agencies for many of our programs, and through these partnerships we maximize the impact and quality of our resources. Our staff and trained volunteers help build and strengthen these collaborations and extend our resources to more Virginians.

community

### Developing Life Skills

We help Virginians develop wellness life skills in our three pillar program areas:

- Food, nutrition, and health
- Family financial management
- Child development and parenting

Whether preventing chronic disease with a healthy diet, purchasing a family home, or identifying quality childcare, Virginians benefit from the comprehensive education in these three areas.

## Food Safety



### Making an Impact

Our programs reach tens of thousands of families across the commonwealth each year.

The Virginia Family Nutrition Program offers numerous nutrition education programs to low-income adults, youth, and families, on how to make informed, healthy food purchases on limited budgets for overall health. Every \$1 spent on quality nutrition education saves as much as \$10 in long-term healthcare costs. The program also uses multiple-pronged strategies to help make policy, systems, and environmental changes to promote access to safe, affordable, and nutritious foods.

The Healthy Weights for Healthy Kids curriculum promotes positive attitudes and behaviors toward diet, physical activity, and body image in youth ages 7 to 14. These programs and others like them successfully teach adults and children how to make wise nutritional choices, prevent chronic disease, and stay on a budget.

Our family financial management programs help Virginians learn how to establish spending plans and create goals. Programs on budgeting, improving credit score, planning for home ownership, reducing debt, and preventing identity theft help secure healthy financial futures for Virginia families.

Our programs for families teach helpful parenting techniques, how to strengthen parent-child relationships, and ways to encourage families to eat nutritious meals together. These skills help parents raise healthy children who are ready to succeed in school and life.

FCS-Family Resource/Financial Management Office aims to increase the capacity of communities and families to enhance their economic well-being. Financial well-being is defined by the Consumer Financial Protection Bureau (CFPB) as consumers:

- have control over day-to-day, month-to-month finances
- have the capability to absorb a financial shock
- are on track to meet financial goals, and
- have the financial freedom to make choice that allow one to enjoy life.

Our goal is to improve the financial status of individuals, families and entrepreneurs through financial management education programs, activities and coaching.

If you are interested in scheduling a program for your group or organization, contact:

**Dr. Larry A. Connatser**  
Assistant Professor & Family Management Resource Specialist  
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**Find your local Cooperative Extension office at [ext.vt.edu](http://ext.vt.edu)**

FOR MORE INFORMATION ABOUT  
FINANCIAL MANAGEMENT EDUCATIONAL PROGRAMS,  
CALL  
**(804) 524-5253**  
OR VISIT  
[www.ext.vsu.edu](http://www.ext.vsu.edu)



**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

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Virginia Cooperative Extension  
Virginia State University | College of Agriculture  
P. O. Box 9081  
Virginia State University, VA 23806

Founded in 1882, Virginia State University is one of Virginia's two land-grant institutions and is located 20 minutes south of Richmond in the village of Etrick. VSU's College of Agriculture consists of three academic departments: Agriculture, Hospitality Management, and Family and Consumer Sciences. Integrated within the College are an Agricultural Research Station, Randolph Farm, a 417-acre research and educational facility, and Virginia Cooperative Extension.

Virginia State University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award baccalaureate, masters and doctoral degrees and a certificate of advanced graduate study. For information regarding the status of the University's accreditation, contact the Commission on Colleges at 1866 Southern Lane, Decatur, GA 30033-4097, telephone 404-878-4501, Web site [www.sacscoc.org](http://www.sacscoc.org).

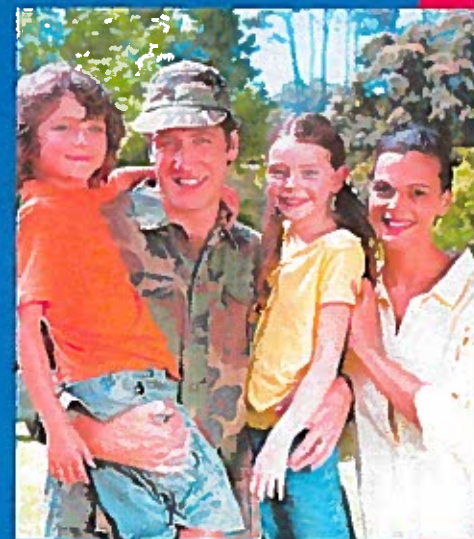
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NOVEMBER 2016



# Finding Balance

Financial Management Educational Programs for Financially At-Risk Veterans



Plus Opportunities for Individual Financial Coaching



**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University



"Extremely informative and useful concepts. **I will use the information learned in the program immediately with my family, co-workers and other groups I work with.** The financial management information and materials are very well done and would be helpful to a lot of soldiers and their families as they work to deal with today's economic situation."

-L. Allen



After military service, many U.S. Veterans experience challenges with employment and housing that put them financially at risk. Poverty, lack of supportive groups and networks, and substandard housing and homelessness affect about 1.4 million veterans and their families, making financial stability hard to reach. According to Veterans, Inc., returning veterans are twice as likely to become chronically homeless as other Americans.

Our educational programs are designed specifically to help these financially at-risk veterans and their families understand the steps they can take to achieve stability.

Topics covered in the program include:

- **Managing Credit and Debt**
- **Stress and Money Management**
- **Identity Theft**
- **Developing a Spending Plan**
- **Couples, Cash, and Conflict**
- **Saving: Why, How, Setting Goals**

*...as well as other topics that can specifically address the needs of your group or organization*

PRESENTED BY VIRGINIA COOPERATIVE EXTENSION STAFF AND MASTER FINANCIAL MANAGEMENT EDUCATORS / COACHES



"Thanks for a great workshop. I learned a lot of real life things I can do today to change my financial future AND I plan on doing so. I hope others will take the time to participate in this program **...living payday to payday is not a good or healthy way to live.**"

- M. Young



**"The program was outstanding!"**

The materials were excellent, the presenters were knowledgeable, patient and supportive. I will use the program content in my personal financial planning, and I will share the information with my family and friends. Great job. Thanks."

-R. Collins

These educational programs are designed to address major issues of today's economic environment and answer important financial questions, such as:

- **What causes credit/debt problems?**
- **How can I reducing the use of credit/debt?**
- **How can I better manage current credit/debt concerns?**

PARTICIPANTS ALSO WILL HAVE AN OPPORTUNITY TO VOLUNTARILY MEET WITH A FINANCIAL COACH AND ESTABLISH A THREE- TO SIX-MONTH CONTRACT WITH A COACH TO CREATE FINANCIAL GOALS AND TO ADDRESS ISSUES RELATED TO IMPROVING THEIR FINANCIAL SECURITY.







*are Extension Master Gardeners?*

Virginia Master Gardeners are volunteer educators who work within their communities to encourage and promote environmentally sound horticulture practices through sustainable landscape management education and training. As an educational program of Virginia Cooperative Extension, Virginia Master Gardeners bring the resources of Virginia's land-grant universities, Virginia Tech and Virginia State University, to the people of the commonwealth.

The VCE Master Gardener program is made up of more than 5,500 active and certified Master Gardener volunteers throughout Virginia who contribute over 350,000 hours of volunteer service each year. Almost 1,000 new volunteers are trained annually.

*Extension Master Gardeners work specifically toward the following goals:*

- Enhancing the environment through sustainable landscape practices
- Using horticulture and landscaping to positively impact youth
- Using horticulture and landscaping to promote community development and economic growth
- Producing food in public and private gardens to improve human nutrition and food security
- Using horticulture to improve the overall quality of life for Virginia's citizens



**FOR MORE INFORMATION:**

Please visit us online:  
[offices.ext.vt.edu/richmond-city](http://offices.ext.vt.edu/richmond-city)

Or contact:

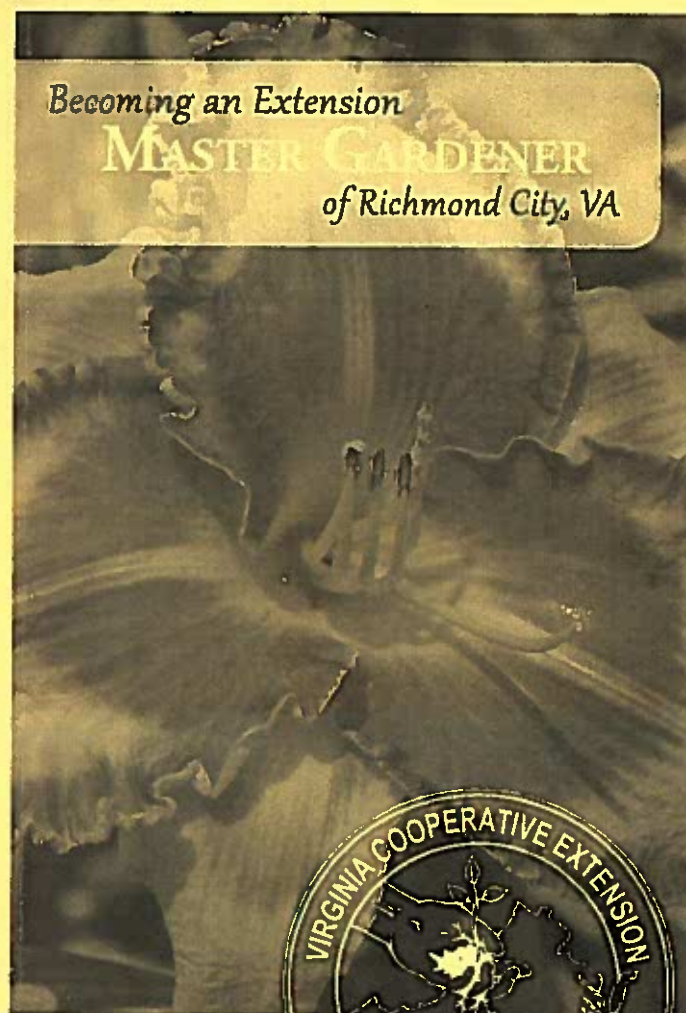
Richmond City VCE  
 615 N. 9th St., 1st Floor District Offices - East Floor  
 Richmond, VA 23219  
 Phone: (804) 646-4749

Email: [Richmond.VCE@ext.vt.edu](mailto:Richmond.VCE@ext.vt.edu) or [richmond.vce@ext.vt.edu](mailto:richmond.vce@ext.vt.edu)  
 or [www.ext.vt.edu](http://www.ext.vt.edu) Richmond City office: 646-4749

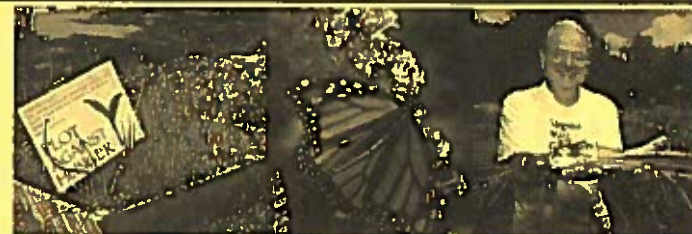


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If you are a person with a disability and desire assistance or accommodation, please notify John Freeborn, at (541) 231-2714 during business hours of 9:00 a.m. and 5:00 p.m. TDD) number is (800) 828-1120.



*Sharing Knowledge,  
 Empowering Communities*







## HOW

### *do I become an Extension Master Gardener?*

The 100-hour training program provides research-based information on a variety of horticultural and environmental topics. Training sessions are offered annually from September to December. Preregistration is required. Contact the Richmond City VCE office for more information (offices. ext.vt.edu/richmond-city).

## WHEN...

### *do I become an Extension Master Gardener?*

By completing the classroom instruction, you become a Master Gardener Intern. The title of VCE Master Gardener is granted after you complete a minimum of 50 hours of volunteer service conducting horticultural education programs.

To complete annual recertification you must:

- Contribute at least 20 hours of volunteer service each year
- Participate in at least 8 hours of continuing education



## WHY...

### *become an Extension Master Gardener?*

By sharing sound horticultural knowledge and teaching environmentally responsible landscape practices, Extension Master Gardeners improve communities throughout the Commonwealth of Virginia.

“With the Master Gardener program there’s always more to learn & there’s always more being developed to learn.” *Barbara*

Sharing  
Knowledge



Empowering  
Communities

“The Master Gardener program is great because it combines two things that you love - your community & gardening.” *Jim*

Extension Master Gardener training involves a variety of topics:

- Botany
- Soils & fertilizer
- Entomology (insects)
- Propagation
- Vegetables
- Fruits
- Turf
- Woody plants
- Herbaceous plants
- Water quality
- Pruning
- Plant pathology (diseases)
- Plant damage (diagnosis)
- Pesticides
- Landscape design
- Indoor foliage



## WHAT...

### *do Extension Master Gardeners do?*

- Provide guidance on sustainable landscapes
- Conduct plant clinics
- Oversee teaching and demonstration gardens
- Staff the VCE Master Gardener Help Desk
- Run annual spring educational seminars

Extension Master Gardeners make a difference by participating in specific projects including:

- **Richmond Science Museum BayScape Garden**, a demonstration garden of native plants.
- **Richmond Public Seed Library**, organizing and distributing seeds to the public.
- **Junior Master Gardener Afterschool Program**, done at various schools in the city.
- **Public Library Help Desk**, held at the main branch of the Richmond Library each Saturday morning through growing season.



## Tips for shopping at a farmers market:

- Markets are fun: live music, tastings, and special events – make them a family outing!
- Some things sell out quickly, so come early.
- The food at the market is locally grown and may only be available during a certain season. Find out what is in season (and at its tastiest!) at [www.vdacs.virginia.gov/vagrown/pdf/producechart.pdf](http://www.vdacs.virginia.gov/vagrown/pdf/producechart.pdf).
- You can ask farmers questions, and they can often tell you great recipes for produce that is new to you.
- For low-cost, healthy recipes like us on Facebook at [www.facebook.com/vafnp](http://www.facebook.com/vafnp).

## Fruits and vegetables – great for your family!

- Model healthy eating for your kids by having cut fruits and vegetables handy for healthy snacks. Low-fat yogurt and peanut butter make great dips.
- Challenge your family to eat the rainbow – choose fruit and vegetables with a variety of colors. Make it a game to see who can have the most colorful plate.
- If you are trying to stay thin and trim, eating fruits and vegetables is the way to do it. They have been proven to help keep the weight off while keeping you full and satisfied.



## The Family Nutrition Program

- Are you looking to lose or maintain your weight?
- Do you want to feed your family healthy meals without breaking your budget? We can help! Learn how with The Family Nutrition Program.
- It is FREE and FUN!
- You will meet and make new friends and learn to cook new foods that lower your grocery bill
- Call today to learn more about the program 1-888-814-7627



The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services.

[www.ext.vt.edu](http://www.ext.vt.edu)

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VT/0414/HNFE-199NP

Use Your  
**EBT (food stamp)  
Card at Your Local**

# VIRGINIA FARMERS MARKET!



Feed  
your  
family  
the best  
Virginia  
has to  
offer.



**Virginia  
Cooperative  
Extension**  
Virginia Tech • Virginia State University

HNFE-62NP





## How to use your EBT card at a farmers market

Using your EBT card at a farmers market:

1. Find the market manager's information table.
2. He or she will swipe your EBT card for the amount you request. You will receive \$1 wooden tokens. These tokens act like cash in the market.
3. Use your tokens to buy fruit, vegetables, meat, eggs, baked goods, herbs, and more!



### Buy fresh, local foods with SNAP

- Many farmers markets are now able to accept your SNAP (food stamp) benefits.
- Food from the farmers market is locally grown, healthy, and tasty.
- Visit your local farmers market and experience the difference yourself.

To find the farmers market nearest you, visit [www.vdacs.virginia.gov/vagrown/index.shtml](http://www.vdacs.virginia.gov/vagrown/index.shtml)

## What you can buy with your SNAP benefits at the market:

- Meat
- Honey
- Vegetables
- Herbs
- Fruit
- Jams and preserves
- Eggs
- Plants that produce food
- Wrapped baked goods to be consumed at home
- Cheese

You cannot buy hot prepared foods, alcohol, and non-food items, same as the grocery store.

## What to do with leftover tokens:

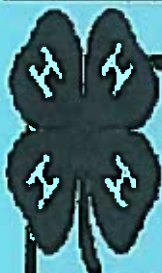
- Keep unused tokens to use at another time in the market.





## 4-H Quick Facts

- 4-H Motto: "To Make the Best Better."
- Curriculum based sessions!
- Over 185,000 youth enrolled throughout in Virginia!
- Foreign exchange student opportunities!
- More than 8,000 youth within Virginia participate in the 4-H camping program!
- Comprised of 13,000 plus 4-H leaders as both teens & adults!
- Diverse, integrative substance abuse awareness program known as Health Rocks!



I pledge my **HEAD** to clearer thinking  
My **HEART** to greater loyalty,  
My **HANDS** to larger service, and  
My **HEALTH** to better living,  
for my club, my community, my country and my world.

For more information please feel  
free to contact:

Brittany A. Council

4-H/ Agriculture & Natural Resources

Extension Educator

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East District Initiative - First Floor  
Richmond, VA 23223

### Hours:

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# Richmond

## City 4-H



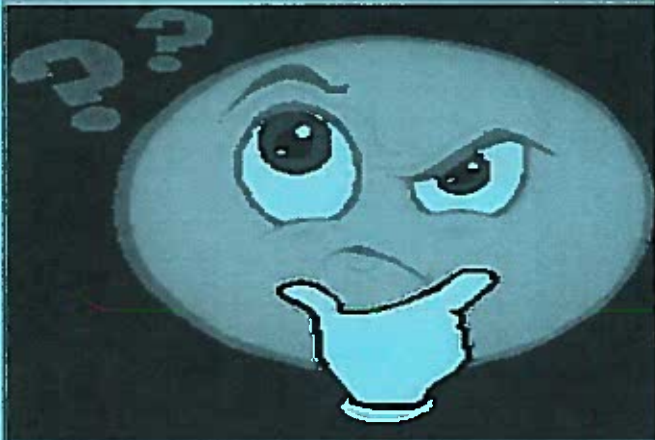
I pledge my **HEAD** to clearer  
thinking.

My **HEART** to greater loyalty.

My **HANDS** to larger service.

My **HEALTH** to better living, for  
my club, my community, my  
country, & my world.





## What is 4-H?

4-H is the youth development education program of Virginia Cooperative Extension. 4-H is an inclusive, rich youth program with learning experiences that allow young people an opportunity to partner with caring adults and volunteers in a fellowship unlike any other program available to youth today. Through 4-H, young people are encouraged to participate in a variety of activities that emphasize 4-H's "learning by doing" philosophy of youth development.

### 4-H Mission

- ◊ To assist youth, and adults working with those youth.
- ◊ To gain additional knowledge, life skills, and attitudes that will further their development as self-directing, contributing, and productive members of society.

## Why Chose 4-H?

4-H provides a large variety of educational learning opportunities and experiences. Leadership, citizenship, and life skills are taught through learn-by-doing projects, local club programs, and 4-H camps, as well as at county, district, state, and national events. If you're interested in joining 4-H, contact Brittany A. Council, 4-H/ANR Extension Agent with the Virginia Cooperative Extension Richmond City office at (804)-786-4150 and ask about the 4-H program.

### Opportunities in Your Community

- ◊ Community 4-H clubs (9 through 18 years of age)
- ◊ Project 4-H clubs (9 through 18 years of age)
- ◊ In-school 4-H clubs (9 through 18 years of age)
- ◊ After-school 4-H clubs (9 through 18 years of age)
- ◊ 4-H School Enrichment clubs (9 through 18 years of age)
- ◊ Special Interest 4-H groups (9 through 18 years of age)
- ◊ Cloverbud 4-H groups (5 through 8 years of age).

## 4-H in Richmond City

The 4-H program in Richmond City is a thriving program that strives to meet the needs of youth by integrating informal education via the experiential learning model ("Learn by Doing"). Richmond City 4-H links 4-H clubs and programs to careers and trades that youth may be interested in as they develop into successful adults. The following programs are offered via Richmond City 4-H:

- ◊ *Family Nutrition Program*
- ◊ *Urban Gardening*
- ◊ *Character Education*
- ◊ *Junior Summer Camp*
- ◊ *Leadership & Citizenship Programs*
- ◊ *Career Development*
- ◊ *Collegiate Engagement*
- ◊ *So much more!!!!*

### Age Eligibility

4-H enrollment age is 5-18 years old based on the 4-H year (October 1 through September 30).

Eligibility for 4-H membership terminates on December 31 of the year the member has his or her 19th birthday.





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# Farm. Fresh. PLEDGE!



[VirginiaGrown.com](http://VirginiaGrown.com)

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Spend \$10 a week on Virginia grown products, help grow Virginia's economy and earn a chance to win a Virginia Grown/Virginia's Finest gift basket. Visit [VirginiaGrown.com](http://VirginiaGrown.com) for details.

\$10 \$10 \$10 \$10 \$10 \$10 \$10

\$10 \$10 \$10 \$10 \$10 \$10 \$10

# What's in Season?

Fresh From The Farm...Fresh To You  
 Look for Virginia Grown when you want the  
 freshest locally grown products available.



## VIRGINIA FRUIT AND VEGETABLE AVAILABILITY CALENDAR

[www.virginiagrown.com](http://www.virginiagrown.com)

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
APPLES												
ASIAN PEARS												
ASPARAGUS												
BEETS												
BLACKBERRIES												
BLUEBERRIES												
BROCCOLI												
CABBAGE												
CANTALOUPE'S												
CUCUMBERS												
EGGPLANT												
GRAPES												
GREEN BEANS												
GREENS/SPINACH												
HERBS												
NECTARINES												
ONIONS												
PEACHES												
PEPPERS												
POTATOES												
PUMPKINS												
RASPBERRIES												
SQUASH												
STRAWBERRIES												
SWEET CORN												
SWEET POTATOES												
TOMATOES												
WATERMELONS												

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Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Farmers' Market: \_\_\_\_\_

Yes! Add me to your mailing list.

Earn one punch for every \$10 spent. Collect 14  
 punches and earn a chance to win a Virginia Grown/  
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