

**VIRGINIA COOPERATIVE EXTENSION**  
**City of Petersburg "0730"**  
**3811 Corporate Rd.**  
**Petersburg, VA 23805**  
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**OFFICIAL BUSINESS**

**EQUAL OPPORTUNITY EMPLOYER**



## Petersburg Office Newsletter

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"If you are a person with a disability and desire assistance or accommodation, please notify the Petersburg Extension Office at 804-733-1880 during business hours of 8:00 a.m.—4:30 p.m. Monday through Friday 5 days prior to any event."

\*TDD number is 800/828-1120

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The "Petersburg Office" newsletter is distributed free-of-charge by Virginia Cooperative Extension—Petersburg Office. The purpose of this newsletter is to provide current information on 4-H Youth Development, Family and Consumer Sciences and Family Nutrition Program for adults and youth.

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 Unit Coordinator

### Stress and Coping

By Katrina Kirby, FCS Agent

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.



Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use.



If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911.

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517).

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs.

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

Additional information can be found at the Substance Abuse and Mental Health Services Administration (SAMHSA) website.

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Your local Extension agents are professional educators ready to help you find the knowledge you need. With your help, Extension agents bring research and education from Virginia Tech and Virginia State University into your home and community. They can help you judge the value of information so you know how to make the best choices for you and your family.

Virginia Cooperative Extension programs are open to all people regardless of race, color, religion, sex, age, national origin, disability or political affiliation. Persons with a disability, who desire assistance or accommodations in order to attend this program, please notify Extension Agent, Katrina Kirby at 804-733-1880 at least five (5) days before the program.

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Visit us on the web



<https://petersburg.ext.vt.edu/>

**(Stress & Coping continued from page 1)**

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- Reduce stress in yourself and others
- Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.
- When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.
- Learn more about taking care of your emotional health.

**For parents**

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. Not all children and teens respond to stress in the same way. Some common changes to watch for include:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)

*Continued on Page 5*

**COVID-19 PREVENTATIVE MEASURES**

**CLEAN YOUR HANDS OFTEN**

The best way to prevent illness is to avoid being exposed to this virus. Washing your hands is easy, and it's one of the most effective ways to prevent the spread of COVID-19.

**HANDWASHING STEPS**

- 1** Wet your hands with clean, running water 
- 2** Apply soap 
- 3** Lather and scrub your hands for at least 20 seconds 
- 4** Rinse your hands well under clean, running water 
- 5** Dry your hands using a clean towel or air dry them 

**WHEN TO WASH HANDS**

- After blowing your nose, coughing, or sneezing
- Before and after caring for someone that is sick
- After going to the bathroom
- Before and after preparing food
- During food preparation as needed
- Before eating food

**HAND SANITIZER**

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.



<https://www.cdc.gov/coronavirus/2019-ncov/>

Stay Informed: [ext.vt.edu/covid-19updates](http://ext.vt.edu/covid-19updates)



**Family Nutrition Program (FNP) - EFNEP Adults**  
**Welcome to the Virginia Family Nutrition Education Program**  
**A USDA Food & Nutrition Education Program in Petersburg**  
**Contribution by Annie Crawley, Program Assistant**



**COVID-19 AND FOOD SAFETY FAQ**  
**IS CORONAVIRUS A CONCERN AT GROCERY STORES?**

**CDC, FDA and USDA are not aware of any reports at this time that suggest COVID-19 can be transmitted by food or food packaging. Current evidence shows the biggest risk of transmission of COVID-19 is being around individuals who are symptomatic (and to a lesser extent, infected but not showing symptoms.) Food businesses should be following employee health policies and local health department recommendations to keep these individuals home.**

**CAN I GET SICK WITH COVID-19 FROM TOUCHING FOOD OR PACKAGING IF THE CORONAVIRUS WAS PRESENT ON IT?**

- There is no indication that food packaging material has served in significant connection to virus transmission.
- If concerned, handling of food packaging can be followed with handwashing and/or using hand sanitizer.

**HOW SHOULD PRODUCE BE HANDLED?**

- Consider using hand sanitizer before and after selecting produce items.
- Avoid touching multiple produce items when making selections.
- As per good food handling practices in general, wash hands before food preparation or eating, avoid touching the face and consider supplementing handwashing with the use of hand sanitizer.

**WHAT STEPS CAN I TAKE TO MINIMIZE RISK WHEN SHOPPING AT THE GROCERY STORE?**

- Use hand sanitizer when entering stores, and wash hands and/or use sanitizer as soon as possible after leaving.
- Try to maintain social distancing as much as possible while shopping.
- Avoid touching surfaces or items unnecessarily and avoid touching your mouth, nose or face.
- Do not go shopping when showing symptoms or think you have been exposed to the virus.

**WHAT IS MY GROCERY STORE DOING TO MINIMIZE MY RISK?**

- Many stores are following CDC guidelines on cleaning and disinfection. Some are limiting hours to allow for additional cleaning and disinfection.
- Stores may also be providing hand sanitizer to customers and asking sick employees or customers to leave.



Stay Informed: [ext.vt.edu/covid-19updates](http://ext.vt.edu/covid-19updates)  
<https://www.cdc.gov/coronavirus/2019-ncov/>



## Family Nutrition Program (FNP) - 4-H Youth

Welcome to the Virginia Family Nutrition Education Program  
A USDA Food and Nutrition Education Program in City of Petersburg  
Contribution by Rosella Humbles, Program Assistant



### Winter Lessons Taught at Local Elementary Schools

The Virginia Cooperative Extension's Family Nutrition Program's mission is to help families and youth to make healthier food choices and become better managers of available food resources for optimal health and growth.

In January and February, Vernon Johns Middle School students participated in the Teen Cuisine program. Students practiced necessary hand washing steps, safe knife skills, proper measuring techniques, and appropriate mathematical calculations while preparing various meals.

During the first lesson, participants followed the USDA's MyPlate Guide for healthy eating by filling half their plate with fruits and vegetables. Students practiced reading recipes, and safely slicing fresh fruit, while preparing a sweet and flavorful 'Strawberry Spinach Salad'. The salads were paired with a variety of sandwiches. The ingredients for the sandwiches were donated to the Vernon Johns' Family & Consumer Sciences department by area businesses.



When preparing the 'Chicken Quesadilla', students learned to read the nutrition facts labels and choose ingredients that have higher amounts of fiber and vitamins, and lower amounts of sodium, fats and sugar. Also, we incorporated onions & bell peppers for added nutrients.

We discussed the importance of eating a healthy breakfast, and reinforced the lesson by fixing the 'Breakfast Fruit Pizza'. To serve as the base, we used whole grain English muffins, packed with fiber. We added apple butter that has half the amount of sugar as most store-bought jellies. To encourage students to eat a variety of fruits, the pizzas were topped with an assortment of mangos and berries.

The students also revamped a common meal, 'Simple Spaghetti', by using a low sodium tomato sauce, and boosting the flavor with herbs & spices. With the added flavor from the basil, parsley, onion and garlic, students were more receptive to the taste of the whole grain noodles.



While preparing a refreshing 'Green Smoothie', participants discovered how many added sugars are in common processed foods and drinks and how to choose healthier options. To incorporate a variety of vegetables and fruits we added spinach and berries to this sweet beverage.

Finally, in efforts to encourage students to get most of their energy and nutrients from well-balanced meals, we discussed the dangers of consuming an excess of unhealthy snacks that are high in added sugars, saturated fat, and sodium. As a nutritious alternative, students baked 'Fruit Chewy Cookies' made with whole grain oats.

Upon completing the six lessons, graduates were presented with a certificate of completion. They were gifted a package of dry & liquid measuring cups, measuring spoons, a spatula and a water bottle. These reinforcements encourage students to continue practicing healthy eating habits daily.

All ingredients, except for the donated sandwiches, were purchased within the Petersburg City limits. Each recipe cost less than \$2 per serving. All "recipes" can be found on the Family Nutrition Program's website [EatSmartMoveMoreVA.org](http://EatSmartMoveMoreVA.org)



## Family and Consumer Sciences

Katrina Kirby, Extension Agent



Family and Consumer Sciences (FCS) views the family unit as the cornerstone of a healthy community. As the Petersburg FCS Extension Agent, I am here to help individuals, families, and communities make informed decisions about their well-being, relationships, and resources to achieve an optimal quality of life. The bottom line is Today's families find themselves wanting to keep up with the ever-changing world whether it's their finances, health or family; that's where we come in!

**Due to COVID-19 Pandemic**, all face to face programming has been postponed until further notice. Follow us on Facebook to participate in programs being offered on-line. You may also view Extension daily updates by visiting [ext.vt.edu/covid-19updates](http://ext.vt.edu/covid-19updates)

Fall Programs tentatively scheduled for the Petersburg area are listed below. Registration information will be posted on our website at <https://petersburg.ext.vt.edu/>

**Volunteer Master Gardner Program  
Parenting Class (8-week session)**

**"Your Money Your Goals" training for Front Line Workers  
National Diabetes Prevention Program**



### Stress and Coping...Continued from page 2 For parents

- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs.



There are many things you can do to support your child. Take time to talk with your child or teen about COVID-19 outbreak. Answer questions and share the facts about COVID-19 in a way that your child or teen can understand. Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you. Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand. Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities. Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

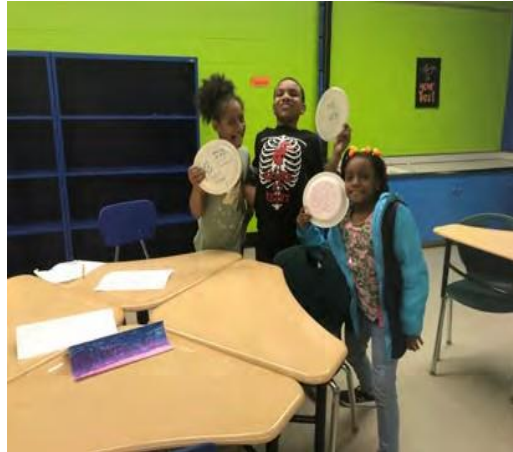


Don't forget to like us on Facebook @ <https://www.facebook.com/PetersburgVirginiaCooperativeExtension>



## Jaelyn Munson Health Educator Agent

As the CDC 1809 High Obesity Prevention Grant Health Educator Agent, I am here to plan, develop and implement various programming that supports environmental and policy change within the City of Petersburg to increase healthier lifestyle choices among residents.



During January and February, Health Educator Agent, Jaelyn Munson, led the **4-H Health Rocks!** curriculum for a group of students at the Boys and Girls Club in Petersburg.

Throughout the course of the curriculum, students learned the process of making decisions, what risks are involved with using drugs or alcohol, and the consequences of our decisions around drugs and alcohol.

Students were given the opportunity to experience what its like for someone to be under the influence by wearing impaired vision goggles (pictured below) as well as create various take-home activities to share the message with family members.

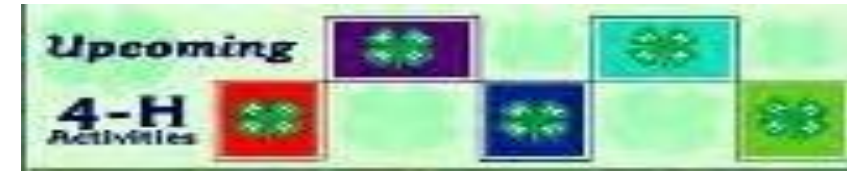
The program was a success and will be implemented again in coming school years as the relationship between VCE Petersburg and the Boys and Girls Club is strengthened.



Virginia Cooperative Extension Agents are creating on-line curriculum for youth.  
Stay Informed: [ext.vt.edu/covid-19updates](http://ext.vt.edu/covid-19updates)



“Virtual Programs” is currently being offered on line. The kids had so much fun Coding the first time, they are now doing it every Wednesday ! Look up Virginia Cooperative Extension Newport News on Facebook to register. They will email you a zoom site to click on and participate. Check it out!!



### 4-H Youth Development

Listed below are some exciting activities being sponsored by 4-H. Please note the location of each activity/program. There are events/activities that have TBA listed behind cost and deadlines.

**Programs listed below are subject to change due to COVID-19 Pandemic. Visit our website for updated information or email Ms. deLeón ([almady@vt.edu](mailto:almady@vt.edu)) with questions.**



**4-H Space Camp (Postponed):** Where: Airfield 4-H Center, Wakefield; Date: April 17-18; Cost: \$130; Ages: 09-13; Deadline: April 10 (Contact Trevor Saunders 757-899-4901).

**TALT (Teen & Adult Volunteer Training)** Where: To be announced; Date: May 8-9; Cost: TBA; Ages: 14-18; Deadline: TBA (Contact Trevor Saunders 757-899-4901 to request registration information).



**4-H/NRA Youth Shooting Education Week Camp:** Where: Airfield 4-H Center, Wakefield; Date: June 15-19; Cost: TBA; Ages: 9-17; Deadline: June 8

**Summer 4-H Cloverbud Weekend Camp:** Where: Airfield 4-H Center, Wakefield; Date: July 17-19; Cost: TBA; Ages: 5-8; Deadline: TBA (Contact Airfield 4-H Center, 757-899-4901).



**Cloverbud Camp is designed for youth ages 5-8.** It gives them the opportunity to experience the excitement of overnight camping. Through the many songs, games, special programs, classes and campfire experiences that camp offers, youngsters can learn how to plan ahead, work with others, and how to develop a love of the outdoors. The weekend event includes meals, lodging, and program activities. All interested individuals should contact the Airfield 4-H Center at (757) 899-4901 to request registration information.

**Petersburg Camp Volunteer Cluster Training:** Where: Airfield 4-H Center, Wakefield; Date: July 1; Cost: TBA (Contact Alma deLeón at 804/733-1880).



**2020 Petersburg Jr. 4-H Camp:** Where: Airfield 4-H Center, Wakefield; Date: July 06-10; Cost: \$250. Ages: 9-13; Deadline: June 16

