



## 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

### Introducing New Extension Agent Jaelyn Munson, Health Educator



Jaelyn Munson is a native of Virginia, having grown up in Chesterfield County. She attended Brigham Young University in Provo, Utah and graduated with a Bachelor of Science degree in Exercise Sciences. Upon graduating she returned to Virginia and has worked in the wellness field in various settings throughout her 14 year career. Jaelyn is fortunate to have worked for employer focused wellness programs, agricultural based nutritional programming for youth and adults as well as general public wellness programming with the YMCA of Greater Richmond. Her career

has taken her to South Carolina, Illinois and Missouri and she is now returning to the east coast to work as a Health Educator with the CDC grant (1809 High Obesity Program) for the City of Petersburg. She is excited to be back in her old stomping grounds and is looking forward to making a positive impact in the Petersburg community. The following highlights the various parts of the CDC grant Ms. Munson is working on.:

- ◆ Farm to School initiatives with the Petersburg Public School System (school markets, educational materials and activities).
- ◆ Food Service Guidelines to faith-based organizations, workplaces, food retail stores, and early childhood care centers.
- ◆ Healthy Retail Store program (Shop Smart Eat Smart) will be shared with 3 retail stores in the city of Petersburg. Food Access: focusing primarily on extending reach of farmers markets through an implementation of mobile markets around the city.
- ◆ Improvement of the walkability/bike-ability of the city's streets and sidewalks; which includes a collaboration with the Bike Walk Petersburg Group and the City of Petersburg Planning and Community Development Department.
- ◆ Promoting additions and improvements of trails to and within the city: primarily the Appomattox River Trail (FOLAR) and the Ashland to Petersburg Trail (VDOT).

#### Petersburg HOPPs to Better Health A New Initiative Targets Obesity

Residents in the city of Petersburg could soon be "HOPping" their way to better health or at least walking briskly.

HOPPs, which stands for High Obesity Prevention Program, is a new collaborative

(Continued on page 2)

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.

**—Published Quarterly—**  
 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. Contributions to the newsletter are submitted by staff

Faculty and Staff

Family & Consumer Sciences/ Unit Coordinator  
 Katrina Kirby

Health Education Agent  
 Jaelyn Munson


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 Vacant

SNAP-ED Program Assistant  
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SNAP-ED Program Assistant  
 Annie Crawley, FNP Adult—VSU

SNAP-ED Program Assistant  
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**Katrina Kirby  
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<http://www.offices.ext.vt.edu/petersburg>



**Petersburg HOPPs to Better Health (continued)**

initiative aimed at making the city healthier by increasing access to nutritious foods and improving walking trails to get residents moving and more active.

The 5-year project is funded by a \$2.5 million grant - \$500,000 per year - from the Center for Disease Control and Prevention. Petersburg HOPPs is being led and administered by the Petersburg unit of the Virginia Cooperative Extension (VCE) and the Virginia Tech Center for Public Health Practice and Research (CPHPR). Petersburg HOPPs is partnering with the community, including the City of Petersburg, Crater Health District (Petersburg office), the Petersburg City Library Healthy Living and Learning Center, the Petersburg Wellness Consortium, River Street Farmers' Market, Friends of the Lower Appomattox River (FOLAR) and the Petersburg Healthy Community Action Team.



"This initiative is unique in that it is bringing together a community of organizations invested in seeing residents in Petersburg eat healthier, shed pounds and live longer," said Debra S. Jones, a Human Health specialist with Virginia Cooperative Extension Service at Virginia State University.

Petersburg HOPPs is currently planning activities that will benefit residents in the city, such as creating a mobile produce market, ensuring more fresh fruits and vegetables at corner stores and more places to walk and get fit, Jones said. By working to improve and connect routes to everyday destinations around the city, HOPPs hopes to foster and promote more walking around the city.

Petersburg HOPPs is also supporting other initiatives that will help promote physical fitness. It is working with FOLAR and Bike Walk Petersburg with soon-to-begin expansions to the Appomattox River Trail and other initiatives to promote biking and walking.

## Petersburg HOPPs

(Petersburg High Obesity Prevention Program)

CDC 1809 HOP

### Our Project Goals

**Short-term**

- Demonstrate progress on activities to increase access to healthier foods.
- Demonstrate progress on activities to connect safe and accessible places for physical activity.

**Intermediate**

- Increase access to places that provide healthier foods.
- Increase access to safe and accessible places for physical activity.

**Long-term**

- Increase purchasing of healthier foods.
- Increase physical activity with an emphasis on walking.

### 5-Year Project Activities

- Make improvements to state and local programs/systems
- Establish new or improved pedestrian, bicycle, or transit transportation systems
- Explore evidence- and practice-based interventions to increase access to healthier foods and safe and accessible places for physical activity
- Establish healthy nutrition standards in key institutions such as hospitals, afterschool and recreation programs, etc.
- Work with food vendors, distributors and producers to enhance healthier food procurement and sales

### We Aim to Build Partnerships

- Worksites
- Schools
- Military
- Restaurants
- Local farmers
- Retail venues
- Grocery stores
- Fitness venues
- Planning district
- Local government
- Community coalitions
- Healthcare organizations
- Faith-based organizations
- Farmers markets
- Food banks/pantries
- Community members
- Community gardens
- Parks and Recreation

HOPPs recently hired two new employees to get the initiative up and running. Dr. Morgan Maxwell was recently hired as HOPPs Project Manager and Jaelyn Munson as its Health Educator. Jones said HOPPs is also welcoming new partners to help strategize on ways to best serve Petersburg residents and get them more active. For more information on becoming a partner, contact [petersburgHOPPs@gmail.com](mailto:petersburgHOPPs@gmail.com) or visit <https://www.ext.vsu.edu/phopps>.

**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**

**NOW THAT FALL IS HERE...FALL INTO A HEALTHY EATING PATTERN**

MyPlate is the USDA's guide to healthful and balanced eating at each meal.

You can follow it by dividing your plate among fruits and vegetables, whole grains, lean and varied protein and low-fat dairy.



**MyPlate Holiday Makeover**



<p>tweak the sweets fruit makes delicious desserts</p>	<p>Cheer to good health Drink water to manage calories</p>	<p>Bake healthier Use recipes with pureed fruits instead of butter or oil</p>	<p>Spice it up Use spices and herbs instead of sugar or salt</p>
<p>Brighten your meal- fill half your plate with fruit and vegetables</p>	<p>Skim the fat Try skim evaporated milk instead of heavy cream</p>	<p>Swap the grain Try 100% whole wheat products noodles &amp; pastas</p>	<p>Go easy on the gravy, bake instead of frying</p>



## 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



**Optimal Nutrition**, getting the right amount of food and nutrients, is a vital part of children's physical, emotional and academic development. When looking at children's diets, too much or too many calories, will cause a child to become overweight and not getting the proper amount of key nutrients can cause problems in concentrating, learning, not doing well on test and getting sick more often, causing them to miss school or fall behind in class. Children, 8-13 years of age, depending on their age, gender, weight, height, and activity level should have a calorie intake from 1600-5200.

MyPlate, which is divided into five (5) food groups, is a guide for healthy eating. The majority of these groups provide nutrients vital for health and maintenance of your body.

**Fruits:** Naturally low in fat, sodium, and calories, including potassium, dietary fiber, folate (folic acid), vitamins C; Sources of many essential nutrients that are under-consumed; Dietary Fiber, from fruits, helps reduce blood cholesterol levels; Fiber is important for bowel functions and helps to reduce constipation and diverticulosis.

**Vegetables:** Naturally low in fat and calories and is a sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamins A and C; Diets rich in potassium may help maintain healthy blood pressure; Vitamin A keeps eyes and skin healthy and helps to protect against infections; Vitamin C aids in iron absorption; Vegetables are divided into five (5) subgroups: Dark Green (broccoli, kale, spinach, collard greens), Starchy (corn, green peas, green lima beans, potatoes), Red and Orange (carrots, pumpkin, sweet potato, tomato); Beans and Peas (black beans, lentils, pinto beans, white beans); Other (cabbage, cauliflower, celery, cucumbers, green beans, zucchini, onions).



**Grains:** Important sources of many nutrients, to include dietary fiber, B vitamins (thiamin, riboflavin, niacin, folate) and minerals (iron, magnesium, selenium). B-vitamins are a key role in metabolism; Vitamin B help the body release energy from protein, fat and carbohydrates and is essential to the healthy nervous system. Grains are divided into two (2) groups: Whole Grains, which contain the entire grain kernel (bran, germ, endosperm), Refined Grains, which has been milled, the process of removing the bran and germ to extend their shelf life, and it removes the dietary fiber, iron and other B vitamins.

**Protein Foods:** Meat, poultry, fish, dry beans and peas, eggs, nuts, seeds, to include protein, B vitamins (niacin, thiamin, riboflavin, B6), vitamin E, iron, zinc, magnesium; Protein function as building blocks for bones, muscles, cartilage, skin, blood, enzymes, hormones, vitamins. Proteins, fats and carbohydrates are nutrients that provide calories.

**Diary:** Improve bone health and may reduce the risk of osteoporosis and is important to bone health in childhood and adolescence, when the bone mass is being built; Calcium builds strong bones and teeth and maintain bone mass; Dairy products include potassium, and vitamin D (milk) which helps the body to maintain proper levels of calcium and phosphorous; Dairy is low in fat or fat-free products provide little or no solid fat.

**Water** is an important nutrient for your body as well. Our body weight is made up of approximately 2/3 of water. Water, like other nutrients, helps our organs, including skin and heart, and it helps to regulate your body temperature. If you feel thirsty or dry-mouth, that can be a sure sign that your body is in need of water. Try to drink eight (8) glasses (8 ounces) of water a day. If aiming for that goal is difficult, then juices, soups and other foods with water can help meet your water needs.

### References:

Dietary Guidelines for Americans: <http://www.cnpp.usda.gov/dietaryguidelines.htm>

Fruits and Veggies More Matters: <http://www.fruitsandveggiesmorematters.org/fruit-veggie-nutrition>

ChooseMyPlate: <http://www.choosemyplate.gov/>

## 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!

### 2020 FCS Pathways to Effective Parenting Classes

The City of Petersburg is now accepting registrations for "2020 Pathways to Effective Parenting Classes" for parents, grandparents, childcare providers and anyone needing help with parenting and communication skills. Information focuses on pre-school children, primary, elementary school-aged children and teens. Certificates to be awarded to participants that complete the entire eight (8) week session. **Session one begins January 9 thru February 27, 2020.** Pre-registration is required. Maximum of 25 participants per class. Classes fill up very quickly. Call 733-1880, or download form on website, or email [almady@vt.edu](mailto:almady@vt.edu) to request.

### Virginia Cooperative Extension Volunteers



**Master Food Volunteers** help support Extension's family and consumer sciences agents through education and outreach efforts. These volunteers are involved in programs related to food preparation, nutrition, food safety, and physical activity.

**The Master Financial Education Volunteer** program focuses on helping families build their financial capacity through classes on topics such as managing money, planning for home ownership, getting out of debt, retirement planning, and preventing identity theft. The program also provides one-on-one mentoring. If you have an interest in becoming a Master Food or Financial Education Volunteer, contact Katrina Kirby ([kirby2@vt.edu](mailto:kirby2@vt.edu)), coordinator for the local VA Coop. Ext. Petersburg Master Food and Master Extension Volunteer Program.



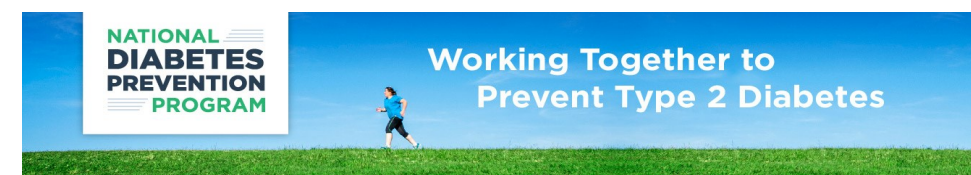
Extension Master Food Volunteer participating in the safe handling of poultry.



Master Financial Education Volunteer at "America Saves" event. Over 200 participants pledged to save.



Petersburg Poverty Simulation, a successful event, with the help of many Volunteers.



Check our website for upcoming Preventing Diabetes program, starting early spring.

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



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



# LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

\*For more information about each type of turkey, visit [fsis.usda.gov](http://fsis.usda.gov).

## 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

- Refrigerator:** Safe to store the turkey for another 1 – 2 days in the refrigerator. This is the USDA recommended thawing method. **How to thaw:** Allow approximately 24 hrs. for every 4-5lbs of bird.
- Cold water:** Cook immediately after thawing. **How to thaw:** Submerge the bird in cold water & change every 30 mins.
- Microwave:** Cook immediately after thawing. **How to thaw:** Use defrost function based on weight.

For more information on safe thawing methods, visit [fsis.usda.gov](http://fsis.usda.gov)

**DID YOU KNOW?** It's safe to cook a frozen turkey though cooking time will be 50% longer!

## Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils, Plates, Countertops, Cutting boards **SHOULD ALSO BE WASHED**

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

**SO DON'T WASH YOUR TURKEY!!**

## SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

## COOK

Your bird is not safe until it reaches **165 °F** — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature:

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

## CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

- Safe in fridge: 3-4 days
- Safe frozen, but use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION: Visit [foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit [AskKaren.gov](http://AskKaren.gov). Visit [Pregunteleakaren.gov](http://Pregunteleakaren.gov) for questions in Spanish.



### 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*.

**4-H Empower, A Youth & Family Summit:** *Where:* Greater Richmond Convention Center; *Date:* Oct. 24; *Cost:* \$65; *Ages:* 14-19; *Deadline:* Oct 10; <https://register.ext.vt.edu> (click **Community**)



**State Lead 4-H Teen Leadership Summit:** *Where:* Greater Richmond Convention Center; *Date:* Oct. 26-27; *Cost:* \$50; *Ages:* 14-19; *Deadline:* Oct 5; contact Petersburg Unit office for Team Registration.

**4-H Food Challenge:** *Where:* Airfield 4-H Center, Wakefield; *Date:* January 24-26; *Cost:* \$130; *Ages:* 09-13; *Deadline:* Jan. 3 (Contact Trevor Saunders 757-899-4901).

**Winter Teen Weekend Camp:** *Where:* Airfield 4-H Center, Wakefield; *Date:* Feb. 23–25; *Cost:* \$130; *Ages:* 14-19; *Deadline:* Jan. 31 (Contact Trevor Saunders 757-899-4901).

**TALT (Teen & Adult Volunteer Training)** *Where:* Airfield 4-H Center, Wakefield; *Date:* Mar 13-14; *Cost:* \$TBA; *Ages:* 14-18; *Deadline:* TBA (Contact Trevor Saunders 757-899-4901).

**Spring 4-H Cloverbud Weekend Camp:** *Where:* Airfield 4-H Center, Wakefield; *Date:* March 27-29; *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.

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



**2020 Petersburg Jr. 4-H Camp:** *Where:* Airfield 4-H Center, Wakefield; *Date:* July 06-10; *Cost:* TBA; *Ages:* 9-13; *Deadline:* June 22

