



Jan., Feb. & March, 2020

Vol IV Issue 2

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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 SNAP Ed Program Assistant**



Ms. Sheryl Clanton is the new VA Tech Virginia Cooperative Extension SNAP Ed. Family Nutrition Program Assistant housed in the Petersburg Extension office.

She works with limited income adults in the community delivering nutrition education at various sites throughout the year. If you would like to schedule a

Nutrition class with Ms. Sheryl or have a group that could benefit from a nutrition education class, you may reach Ms. Sheryl by calling 804-733-1880 or via email at [csheryl@vt.edu](mailto:csheryl@vt.edu)

**Register for Parenting Class**

The Virginia Cooperative Extension Program, City of Petersburg, is now accepting registration for "2020 Pathways to Effective Parenting Classes" for parents, grandparents, childcare providers and anyone needing help with parenting and communication skills. The information focuses on pre-school children, primary, elementary school-aged children and teens. Class will be held from 10 a.m. to 12:30 p.m., once a week, for eight full weeks. Certificates to be awarded to participants that complete their eight (8) week session. Pre-registration is required. Maximum of 25 participants per class. Register Early! Classes fill up quickly.




**Session 1 begins January 9, 2020.** Please call for a registration form, for questions call 804-733-1880 or email Alma deLeón at [almady@vt.edu](mailto:almady@vt.edu)


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.

**Virginia Cooperative Extension,  
 City of Petersburg  
 3811 Corporate Rd.  
 Petersburg, VA 23805  
 Phone: 804-733-1880  
 Fax: 804-733-1950**

Visit us on the web

 **Virginia Cooperative Extension**  
 Virginia Tech • Virginia State University  
<https://petersburg.ext.vt.edu/>



- Katrina Kirby  
 Extension Agent  
 Family and Consumer Sciences  
 Unit Coordinator  
[kirby2@vt.edu](mailto:kirby2@vt.edu)
- Jaelyn Munson  
 Extension Agent  
 Health Education  
[ajmunson@vt.edu](mailto:ajmunson@vt.edu)
- Vacant  
 4-H Youth Development
- Rosella Humbles  
 4-H Youth FNP, SNAP-ED, Program Assistant  
[rosella@vt.edu](mailto:rosella@vt.edu)
- Sheryl Clanton  
 Adult FNP, SNAP-ED, Program Assistant  
[csheryl@vt.edu](mailto:csheryl@vt.edu)
- Annie Crawley  
 Adult FNP, SNAP-ED, VSU Program Assistant  
[acrawley@vsu.edu](mailto:acrawley@vsu.edu)
- Alma D. deLeón-Daughtry  
 Unit Administrative Assistant  
[almady@vt.edu](mailto:almady@vt.edu)

**—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:

**Faculty and Staff**

Family & Consumer Sciences/  
 Unit Coordinator  
 Katrina Kirby

Health Education Agent  
 Jaelyn Munson


4-H Youth  
 Vacant

SNAP-ED Program Assistant  
 Rosella Humbles, FNP 4-H

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

SNAP-ED Program Assistant  
 Sheryl Clanton, Adult-VA Tech

**Support Staff**  
 Alma deLeón-Daughtry



**Katrina Kirby  
 Unit Coordinator**

## Stop Diabetes Now – Know Your Risk

Being proactive with your health is easier than ever and starts with knowing your health risks. A new report from the [Centers for Disease Control and Prevention](#) finds that 84 million American adults (1 in 3 adults) have prediabetes, but that 90 percent of them don't know that they have it.

Prediabetes is a condition in which a person's blood sugar is high, but not high enough to be classified as type 2 diabetes. It is an important sign that a person is at risk for developing type 2 diabetes, and is a risk factor for heart attack and stroke. The good news is that there are easy screening tests to tell if you have prediabetes, and the condition can often be reversed through simple changes in lifestyle. Who is at risk for prediabetes? In general, people who are overweight and aren't regularly physically active. People who have a parent, brother, or sister with type 2 diabetes are also at higher risk, as are men and people over 40 years old. In addition, women with a history of gestational diabetes are at greater risk for having prediabetes.

You can find out if you are at risk for prediabetes by taking a simple online risk test at [DoIHavePrediabetes.org](#). If after taking the test, you find that you are at increased risk, make an appointment to see your doctor, who will do a blood test to check your blood sugar. Diagnosis is the key. Once you know where you stand, you can take steps to reduce your risk.

The sooner people with prediabetes make healthy changes, the better their chance of reversing prediabetes. Now there is a proven program to help people do just that.

The **National Diabetes Prevention Program** helps people with prediabetes prevent or delay developing type 2 diabetes. A lifestyle coach works with participants over an extended period of time and uses tested methods to help them learn to manage their weight, establish a regular routine of physical activity, and develop a healthy eating pattern.

If you think you are at risk, take the following steps:

1. Take the online screening test;
2. If test indicates that you are at risk, make an appointment with your doctor; and Inquire about the National Diabetes Prevention Program being offered near you.

A Diabetes Prevention Program will be offered at the Petersburg Cooperative Extension office soon. Look for upcoming announcement by visiting the Virginia Cooperative Extension City of Petersburg website <https://petersburg.ext.vt.edu/>



## 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

### Meal Prep Shortcuts for Busy Families



Have you been seeing #MealPrep photos on social media recently? The pictures of perfectly portioned lunches for the week are inspiring, but might be a little intimidating. What busy parent has time or energy to arrange each ingredient just so for Instagram-worthy meals for an entire week? But you can take these meal prep strategies and adapt them to make cooking for your family easier during the weeknight rush.



**Focus on one recipe.** It might be tempting to jump in head first, but starting slow is a better way to prep meals ahead. Choose one recipe to make in bulk.

**Plan for just four days.** For best quality and food safety, food should be eaten within four days. You can still make a large batch to share with the whole family.

**Focus on the fruit and veggies.** Chopping veggies for meals in the week is a great prep habit to take up. You'll appreciate it when you can throw together dinner in 15 minutes and not have to chop anything! Wash, prep, and portion fruits and veggies for grab and go snacks.



**Keep a salad in the fridge.** It could technically fall under the previous tip, but it deserves its own call out. Invest in a salad spinner (it's 100% worth it). Make a simple salad each week and eat with any meal that needs a quick side. A head of lettuce, a few carrots and a bell pepper or cucumber will be cheaper than a bagged salad and can be made in just a few minutes. Bonus points if you make your own salad dressing, which is another simple and cheaper alternative to premade dressings.

**Make meal basics in bulk.** Cook a large batch of brown rice, dried beans, baked potatoes, or baked chicken thighs and use for multiple meals in the week. Change up the seasonings and you can use these in different meals without getting bored.

**Double up recipes and freeze for later.** This is the simplest meal prep strategy. It doesn't take much extra time or effort to make a double portion of whatever you're cooking. Freeze the extra meal and use later. These recipes make good freeze meals.



City of Petersburg Junior 4-H Camp  
will be held - July 6-10, 2020  
For Youth, Ages 9-13



For more details and registration forms go to <https://petersburg.ext.vt.edu/>

## 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



## Nutrition and Physical Activity Lessons Taught at Local Elementary Schools

The SNAP-Ed, 4H Family Nutrition Program had an exciting start to the 2019/2020 academic school year. Over 400 students at Pleasants Lane completed 6 nutrition and physical activity lessons during their resource period. The students engaged in activities, such as measuring and understanding the amount of sugar that is in common beverages and identifying the amount of fat in common food items. They also participated in physical activity charades. Over 300 students at Lakemont began the comprehensive lessons in October, and are expected to graduate in early 2020.



SNAP-Ed also partnered with the Healthy Living & Learning Center and the Virginia Cooperative Extension Master Food Volunteers to bring "Rev Your Bev Day" to Pleasants Lane Elementary School in November. Students were encouraged to drink water, and sampled various infused water recipes. The objective was to increase the appeal of water to help it better compete with unhealthy beverages. Another goal of the event was to encourage students to increase their water consumption.

All Family Nutrition Program curricula encourages students to eat more fruits and vegetables & to follow the USDA's MyPlate guide to healthy eating. Physical activity and proper nutrition play a key role in preventing chronic illnesses.

The Family Nutrition Program will begin 2020 at Vernon Johns Middle School, and Lakemont Elementary School. Programs are also planned for Walnut Hill, Cool Springs, & Blandford Academy before the completion of the 2019/2020 school year.



## 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!



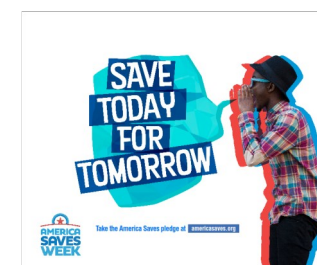
## Become a Virginia Cooperative Extension Volunteer

**The Master Food Volunteer** helps 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. A new training course starts soon.

**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. A new training course starts soon.

If you have an interest in becoming a Master Food Volunteer or a Financial Education Volunteer, please contact Katrina Kirby (kirby2@vt.edu), coordinator for the local Virginia Cooperative Extension Petersburg Master Food and Master Financial Extension Volunteer Program or call 804-733-1880. Registration and detailed information will also be posted on our website soon; <https://petersburg.ext.vt.edu/>. Announcements will also be sent to local media outlets.

## 5 Steps to a New Financial You in 2020



*With the New Year comes an opportunity to make some improvements to your financial health. Do not make just another resolution that disappears by Valentine's Day. Take your financial wellness to a completely new level: a New Year, a new financial you.*

### These five steps will help you to establish your best financial path for 2020:

**Take stock of your finances.** Take account of all your income, expenses, and existing savings/investment accounts. In addition, no matter how nice you were, do not forget to include any naughty debts you may have incurred in the spirit of the season.

**Sketch out a budget "template" for the year to come.** Think big picture. Plan your holiday spending and find the method for budgeting that you're going to use in 2020, and rough out what you'd like it to look like from month to month. Be pragmatic about your needs and be honest about where your money is going. Plan to make adjustments and really dig into your spending habits when you check back in on a regular basis.

**Check your credit report.** It is your legal right to get a free copy of your credit report every 12 months from each of the three major credit-reporting bureaus. Add a visit to **AnnualCreditReport.com** to the calendar as an annual "holiday" or divvy up the bureaus to get a free report from a different bureau every four months (continued see **5 Steps** page 4).



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.

**Petersburg HOPs**  
(Petersburg Health Options Partnership)

Partnerships created to support efforts in building healthy lifestyle opportunities for Petersburg residents.



In an effort to increase access to healthier food throughout the city, on November 26<sup>th</sup> the Petersburg VCE office hosted a farmer's market outside of the Department of Social Services building. Prior to the market, Jaelyn Munson collaborated with River Street Market and a local farm, Browntown Farms, to source local produce for the day. "I also held educational days at DSS to promote the market to clients and educate about the VA Fresh Match program which allows SNAP recipients further their spending dollars," Munson said.

Also, at the market, Extension staff provided cooking demos for sweet potatoes and collard greens—both of which Browntown Farms were selling. Overall, the market was a great success and all involved are looking forward to repeating it in 2020!

### 5 steps continued from page 3...

**Set up bank and credit alerts, and financial reminders.** Whether you are at your computer or on your mobile device, you are in an ideal position to receive notifications about upcoming payments, suspicious activities on an account, transactions over a certain dollar amount, low balances, and more. Find out what online services your financial institution offers and supplement what they do not with an app or calendar reminder. It is all right there at your fingertips.

**Make a Commitment to Yourself to Save.** Those who make a commitment to themselves and their family to save usually save more than those who do not. Think of this as your New Year's Resolution.

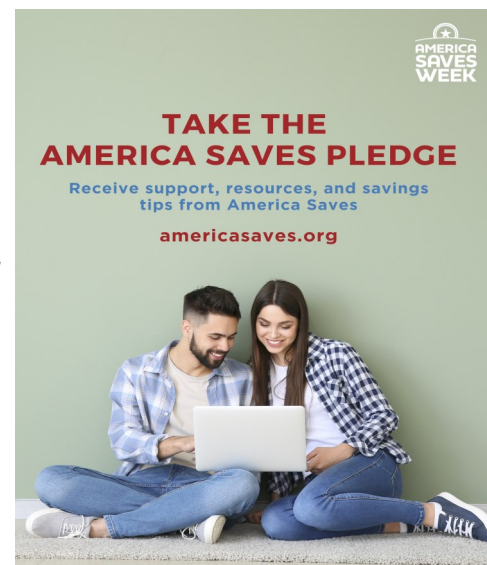
A new financial you is an achievable goal for 2020. Even if you are already saving, it's good to take a look at your goals and decide if you can save more or start a new savings goal.

America Saves Week is February 24 - 29, 2020. Join others who are pledging to pay down debt, save money, and take financial action during America Saves Week 2020. Make your commitment today by taking the "America Saves Pledge", get regular advice, and support from America Saves while you save.

Your local Extension office will be hosting special events during the week. Be on the lookout for additional information regarding this SAVES campaign. If you are interested participating please contact your local Extension office.

To learn more about spending and saving visit <https://americasavesweek.org>

Information managed by the nonprofit Consumer Federation of America (CFA).



### 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 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. 21-23; 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).



**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).

**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: TBA; Ages: 9-13; Deadline: June 22

