

# Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University



## Caroline County

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Raising kids, Eating right, Spending smart

**We would be happy to present a Family and Consumer Sciences workshop to your organization with groups of 10 or more. For more information, call 804/ 633-6550 or [lvwright@vt.edu](mailto:lvwright@vt.edu).** Workshops are presented by the FCS Extension Agent, Program Assistants, and Master Volunteers.

**Active Aging** is a four-part serial workshop addressing issues of nutrition, physical health, and brain health of senior citizens.

**Better Kid Care provides professional development opportunities and educational information on caring for children.** We offer this program through face to face workshops and [on Demand Distance Education](#).

**Controlling Clutter** workshop includes hazards of household clutter, storage systems and techniques, controlling paper clutter, proper food storage, and tips for donating, recycling, and selling.

**Cooking for Crowds** is a four-hour food safety training for volunteer quantity cooks and food pantries. Participants learn up-to-date methods for safely handling and preparing food for large groups.

**Grandparents Raising Grandchildren** workshops cover the practical and legal aspects of grandparents caring for their grandchildren.

**Healthy Weights for Healthy Kids** is a 6-part experiential nutrition and health series for youth ages 8-12.

**Home Food Preservation 101** teaches the basics of home food preservation: water bath canning, pressure canning, freezing, and drying.

**Kids' Market Place** is a hands-on educational tool that introduces students to financial choices while having fun! It is designed to reinforce the economics Virginia's Standards of Learning for students in grades 3-5. Students enter a simulation where they become "adults", responsible for making their own financial decisions.

**Living Apart – Parenting Together** is a four-hour course that encourages parents to make parenting decisions without putting their children in conflict. The class meets the parent education guidelines established by the Supreme Court of Virginia.

**Money Talk: A financial course for women** is a five-week program designed to increase financial knowledge and empower women to make savvy financial decisions. Session topics include Financial Basics, Insurance, Investing Basics, Retirement Planning, and Planning for Future Life Events.

**Reality Store** is a financial simulation in which middle and high school students receive a hypothetical family situation with a monthly income and are then required to make spending decisions on housing, transportation, groceries, clothing, medical care, entertainment, savings, and other expenses without running out of money or going into debt.

**ServSafe Food Safety Training and Certification Course** was developed by The National Restaurant Association and designed for managers of food service operations including restaurants, hotels, schools, clubs, and institutions; food and beverage managers, catering managers, chefs, and dietary managers. The text is *ServSafe Essentials* and participants take a certification exam. Completion of this course fulfills Virginia Health Department requirements.

**Who Gets Grandma's Yellow Pie Plate?** Is a family-focused educational program that helps family members learn how to bring up the issue of personal property and raises awareness of the emotional ties and sentiments people have about items that have been a part of their lives for so many years

**Special Programs.** Please contact the FCS Extension Agent about the specifics of the programs below.

**FIT Extension Program** is designed to help families, friends, and co-workers across Virginia to reach their health goals together.

**Master Financial Education Volunteers Program** is a 20 hour volunteer training program developed to extend VCE financial management programming efforts.

**Master Food Volunteer Training Program** is a 30-hour volunteer training program developed to extend VCE food, nutrition and health programming efforts.

**Success for Teen Parents Program** is for pregnant and parenting teens and covers the stages of pregnancy and parenthood, child development and parenting, nutrition and health, relationships, careers, and community resources.

**Just In Time Parenting** is a free, age-paced E-newsletter for parents and caregivers.

## One-on-One Meetings

Individuals can meet one-on-one (or small group) with our trained Family and Consumer Sciences (FCS) Master Volunteers to discuss money management or nutrition and health concerns. The Master Financial Education Volunteers can help you create a spending and saving plan, reconcile debt, set and achieve financial goals, establish record keeping systems, and other financial issues. The Master Food Volunteers can provide you with information on basic nutrition, health, wellness, physical activity, and food safety. *Want to improve your credit score? Got a picky eater? Need your pressure canner dial gauge tested? Contact Pegi Wright, FCS-Extension Agent, to arrange an appointment at 804/633-6550*

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

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.

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