

Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University

 **VirginiaTech**
College of Agriculture
and Life Sciences



School of Agriculture
Virginia State University

Warren County Office

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Family and Consumer Sciences

Brittany Michael, Extension Agent, Warren VCE



Workshop Topics and Descriptions

Label Literacy & Healthy Grocery Shopping: This program is designed to teach the audience how to read food labels, nutrition facts, ingredients lists and use this information to make smart food choices. This program teaches how to get the family involved with grocery shopping, making smart lists and stretching your money in the store. Then there is a trip to different supermarkets to apply this new knowledge.

To Schedule a Program for Your Group:

Workshops are available as our schedule permits. To arrange one of these programs for your group or community organization, contact:

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220 N Commerce Ave - Suite
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Front Royal, VA 22630
Phone: (540) 635-4549
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E-mail: brittew@vt.edu

Or call your local office of Virginia Cooperative Extension to leave a message:
Clarke—955-5164
Frederick—665-5699
Page—778-5794
Shenandoah—459-6140

Sports Nutrition: Here athletes, coaches and their families learn about proper meal planning, BMI, energy uses in the body and are able to calculate their individual caloric needs.

Healthy You: This series is with preschool aged classrooms. The students have tasting party of fresh fruits and vegetables, then do a nutrition activity or craft. This program meets once a month during the school year.



Lunch Box Bites: These 20 minute programs on nutrition, exercise, finances or other requested topics have been formatted to fit during a lunch break or any time during/around the work day so that employees can take turns attending these programs.

www.ext.vt.edu

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**Health Fairs
Guest Speaking
Radio/Television
Segments
Pressure Canner
Testing
And other
appropriate requests.**



Students Living Smart: This program is developed to address different issues students face throughout school. Topics like reading food labels, portion control, positive self-image, BMI, fast food, sugar in drinks, disease risk, nutrition, finances and physical fitness will be adapted appropriately to different ages.

Living Well With Diabetes: This program is designed for people with Diabetes or with Pre-Diabetes risk factors. The participants receive information to help manage their Diabetes and have food demonstrations with suitable diabetic foods. (Meets once a week for 3 weeks, 2 hours each)

So Easy To Preserve: This program teaches the proper methods to preserve fresh produce. Hands-on canning and kitchen time is involved. There is a small fee for this program.

**Topics can be added
and lessons adapted
for different
audiences as
requested.**



Free Pressure Canner Testing: Have your Dial Gauge tested every year for accuracy before you start canning. We can also look over other canning equipment to ensure its reliability.



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Warren Extension Office at 540/635-4549/TDD* during business hours of 8:00 a.m. and 4:30 p.m. to discuss accommodations 5 days prior to the event.

*TDD number is (800) 828-1120.

Certification Course

ServSafe™: A Certification Course for Foodservice Managers for local food service establishments that covers: 1) Food safety impacts on the operation, 2) The flow of food through the operation: personal hygiene; purchasing; receiving and storing, preparing, cooking and serving; HACCP and 3) Managing your operation; cleaning and sanitizing; regulation and food codes. Cost of the course includes textbook and exam for National Food Safety Certification.

