

Fairfax County

Virginia Cooperative Extension

2011



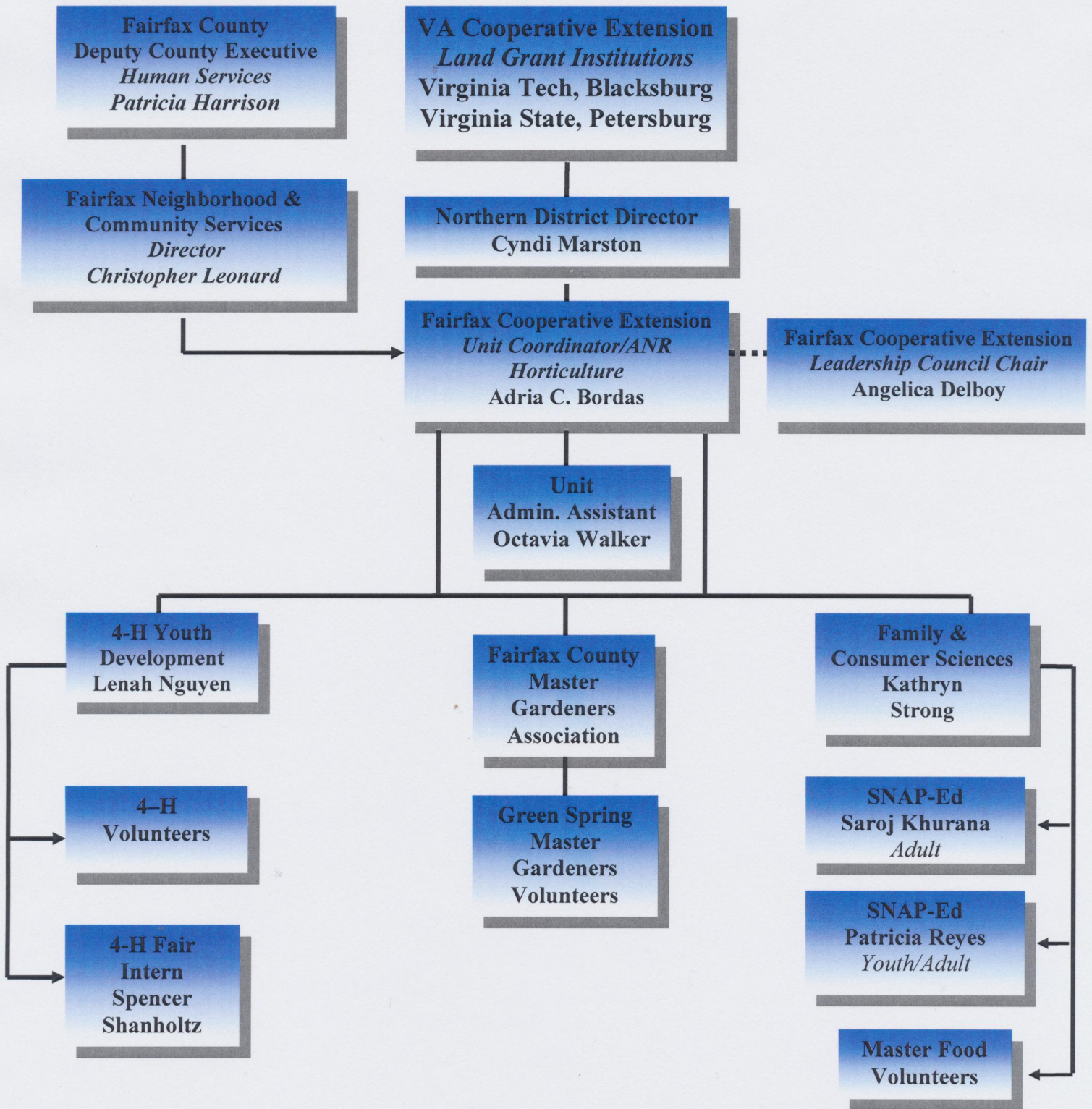
References

- A Capitol
- B President's House
- C Post Office
- D Judiciary Square
- E Navy Yard

Fairfax Court Order Book, 1783-1788, Page 321
that the parish line be the dividing line between the
districts of this County to be called Fairfax County
Truro district. John Moss is appointed Comptroller
Fairfax district. Martin Cockburn is appointed
Truro district.

Annual Report

2011 Fairfax County Cooperative Extension



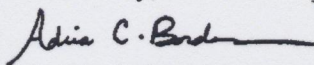
Message from the Unit Coordinator

Dear Friends of Fairfax Extension:

The Fairfax County Cooperative Extension staff and the Extension Leadership Council (ELC) are pleased to present the 2011 Fairfax Extension Annual Report. This report provides a snapshot of the educational programs we have developed to assist the people of Fairfax and surrounding jurisdictions.

Our 963 volunteers contributed 32,574 hours of program support to Fairfax County Extension. Invaluable volunteers allow us to extend our programs into many communities within the county; communities which may not have been served without their dedicated support. We wish to thank all of the volunteers, collaborators, contributors and decision-makers who have supported our programs.

Sincerely,



Adria C. Bordas

MISSION:

Virginia Cooperative Extension enables people to improve their lives through an educational process that uses scientific knowledge focused on issues and needs.

Fairfax County Extension Leadership Council (ELC)

Tania Hossain, Providence District Representative
Angelica Delboy, Co-chair and Re-Max Gateway
Dianne Hennessy King, Fairfax Nutrition Committee
Ann G. Marlow, Retired 4-H Extension Agent
Stephanie Schank, Past President, Fairfax 4-H Association
Charleen Deasy, Retired Family & Consumer Sciences Teacher
Marion Scaffidi, Fairfax County Association for Family and Education, Inc.
Adria Bordas, Unit Coordinator, Horticulture Agent
Lenah Nguyen, 4-H Agent
Kathryn Strong, FCS Agent
Saroj Khurana, Adult Food Nutrition Program Assistant
Patricia Reyes, Youth/Adult Food Nutrition Program Assistant
Meti Fekadu, At-Large Member
Marcia E. McDevitt, Retired Consumer Behaviorist
Melissa Smarr - At-Large Member



MISSION:

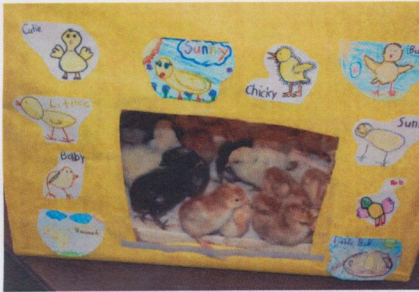
The Mission of the Extension Leadership Council is to develop and implement a program plan that will direct Extension's resources toward the resolution of identified issues and concerns.

Fairfax County 4-H Youth Development Program



This past year 12,787 Fairfax youth participated in the various programs offered by Fairfax 4-H with the help of 422 volunteers. Currently there are 25 4-H clubs in the county. Through participation in projects such as woodworking, nutrition, GIS, animal care, citizenship, and rabbits, all members learn communication, teamwork, leadership, and other life skills.

4-H is a community of young people (ages 5-18) across America who are learning leadership, citizenship and life skills.



Embryology Chick Delivery

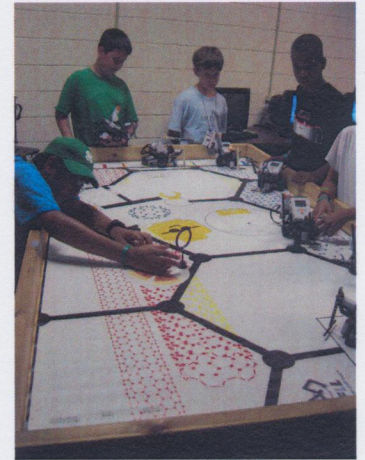
✿ **School Enrichment:** 8212 students and 270 teachers participated in the Embryology program. Ready, Set Grow! was supported by 52 Master Gardeners and attended by 2185 students in 29 schools. Both programs supported the Virginia SOL's.

✿ **Contest Day:** Thirty-five youth participated in this event that allows 4Hers to practice their speaking skills by competing in presentations, fashion revue and public speaking. 8 went on to compete at the district and state level.

✿ **4-H Camp:** The 2011 Fairfax Junior 4-H Camp involved 31 teen counselors, 15 counselors in training, and 140 campers. 46 scholarships were awarded to youth from limited-resource families.

Mission: The mission of 4-H is to assist youth and adults working with those youth to gain additional knowledge, life skills, and attitudes that will further their development as self-directing, contributing and productive members of society.

✿ **62nd Annual 4-H Fair:** This fun family event is the culmination of the 4-H year where 4-Hers display the final products of their project work. The fair drew about 10,000 visitors this year. 96 4-H'ers entered 964 exhibits.



Robotics class at 4-H Camp exhibits.

✿ **State and National Leadership:** Fairfax County 4-H'ers are assuming state and national leadership roles including: 3 were elected to serve on the State 4-H Cabinet, 1 was selected to represent the Commonwealth of Virginia at National 4-H Congress, 2 were selected to serve on the National 4-H GIS /GPS Leadership Team at the National ESRI Conference, and 1 was selected to present on biotechnology at 4-H National Conference.

✿ **Achievement Night:** 70 people attended this event with 33 4-Hers receiving awards and 42 volunteers being recognized.



4-H Fair Champions



Family and Consumer Sciences

Food, Nutrition, and Wellness



Kathryn Strong, FCS Agent

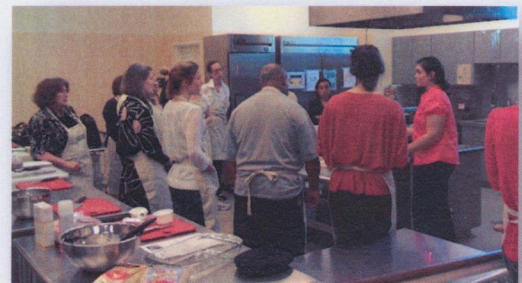
Family and Consumer Science programs help Fairfax County residents learn to make good choices for themselves and their families. This, in turn, strengthens the community and the county. Programs target safe food handling practices and key diet and exercise behaviors from the 2010 *Dietary Guidelines for Americans*.

Master Food Volunteers

VCE revived the Master Food Volunteer program in 2012, to help meet Fairfax County's growing needs for food, nutrition and wellness education. In May of 2012, VCE trained 16 people in basic nutrition, meal planning, cooking techniques, food safety, and exercise. In return, volunteers commit to 30 hours of service over the next year.



In the past few months, this new group of Master Food Volunteers has already helped develop and implement over 10 programs in the County and volunteered more than 40 hours.



Nutrition Education

The health consequences of poor diet and inactivity continue to plague the US and Fairfax County. To address this, Katie Strong, M.S., R.D., joined Fairfax County VCE in October of 2011. Katie will partner with nutrition advocates in Fairfax to strengthen existing nutrition programming and develop new approaches to address County needs. The key focus areas will be preventing chronic disease—including obesity—and using resources wisely.



VCE aims to improve diet and physical activity habits among residents. So far, residents receiving nutrition education have reported reducing their sodium and added sugar intakes while increasing intakes of fruits, vegetables, whole grains, calcium-rich foods, and fiber. Physical activity programs, such as VCE's *Fit Extension*, help children, adults, and seniors increase physical activity.



Food Safety Education

Each year, one in four Americans suffers from a foodborne illness, according to the Centers for Disease Control and Prevention. Through Fairfax County VCE, 16 foodservice workers completed a national certification exam in food safety management. Of the 127 adults and seniors completing other VCE food safety programs, 100% gained new knowledge on safe practices for food handling, allergies and intolerances, or safe home food preservation.

For more information on Family and Consumer Science programming, contact Katie Strong, Extension Agent, at kstrong@vt.edu.

Agriculture and Natural Resources

Horticulture

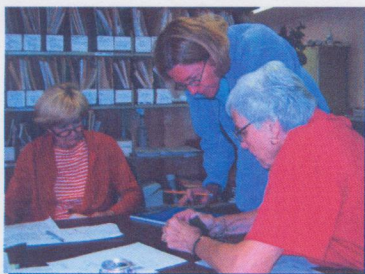
Currently our Horticulture Extension program directs and trains two groups of Master Gardeners. The *Fairfax County Master Gardener Association* has 265 active Master Gardener volunteers and receives support from Merrifield Garden Center. The *Green Spring Master Gardener* group has 123 active volunteers and receives support and training in collaboration with the Fairfax County Park Authority. Master Gardeners take part in numerous community-based volunteer projects and educational activities throughout the county. Below are a few highlights.

Comments from Community Members:

I love the Ready, Set, Grow! Program! I'm submitting my request as quickly as possible! Thanks for such a wonderful educational experience!

Horticulture Impacts:

- 388 Master Gardeners donated 25,033 hours of volunteer time and made 44,291 community contacts. There were over 38,100 visitors to the 24 Master Gardener Neighborhood Plant Clinics held at 18 locations throughout Fairfax County, May through September.
- VCE Plant Diagnostic Lab: Received 647 inquiries in 2011. Services are available to all county residents, businesses, and County facilities.
- The Home Turf: Keep It Simple, Keep It Green, a homeowner nutrient management program is fully operational. This program educates participants in soil testing, fertilizer applications and non-point source pollution topics. Currently, 261,042 square feet of turf area has a nutrient management plan, where there are more than 45 households.



Working hard at the lab



VCE Workshops and Classes



Hands-on Classes

- In June, commercial pesticide applicators were given one last chance for recertification of their Applicator's Certificate at the tenth Annual Northern Virginia VCE-Pesticide Recertification Procrastinators Conference and Last Call Conference. 65 professional landscapers and pest management operators were in attendance. Survey results showed: 97% gained new knowledge allowing them to make safe and informed decisions about pesticide use. 93% learned information that would save them from legal or regulatory action.
- The Ready, Set, Grow! Program surpassed expectations again this year. 52 Master Gardener volunteers visited 29 Fairfax County Public Schools teaching 2,185 fourth grade students about plants, seeds and the importance of horticulture to our lives. This program satisfies requirements for the Virginia Standards of Learning
- 6th Annual EcoSavvy Gardening Symposium 'Pollinators' was organized and hosted by the Green Spring Master Gardeners. The symposium focused on how the urban garden is part of a larger ecosystem and presented information on how homeowners could protect these natural resources from depletion or permanent damage. The program was standing room only with 100 participants.
- Basic Gardening Series, Master Gardener Speakers Bureau and Children's education programs continue to be a great success. More than 100 educational programs were presented in a "hands on" approach with Master Gardeners as the presenters.

Supplemental Nutrition Assistance Program Education (SNAP-Ed)

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) is a grant funded program based on USDA's My Plate guidelines aimed at combating the obesity epidemic.

Adult participants are empowered to make healthy choices and upon graduation of the program are left with skills to lead healthy lifestyles.

This program is designed to provide nutrition assistance to people with low income. It can help you with ideas for nutritious food and a better diet.



Saroj Khurana
SNAP-Ed Adult Program Assistant



Eat Smart, Live Strong

Enjoy fun and lively activities with other older adults! Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong

South County Senior Center



Setting their own goals to include more fruits and vegetable and 30 minutes of activity.



Seniors learning to cook an easy, healthy meal

96% participants showed improvement in one or more food resource management practices (i.e. Plan meals, compare prices, does not run out of food or use grocery lists).

96% participants showed improvement in one or more nutrition practices (i.e. plan meals, makes healthy food choices, prepare food without adding salt, read nutrition labels).

89% participants at exit demonstrated acceptable food safety practices (i.e. thawing and storing foods).

7 Ways To a Healthier YOU

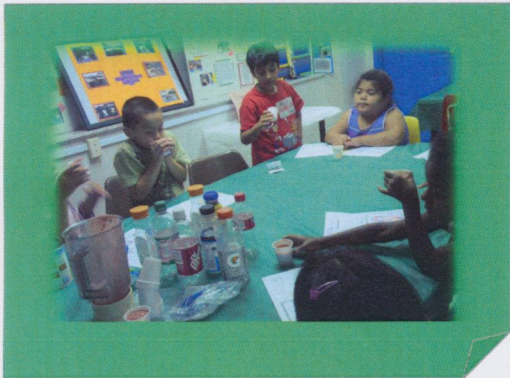
Simple Advice:

Being a healthier you does not mean you need to have an expensive diet or join a gym. A healthier you start with following some simple steps mentioned below:

1. Enjoy your food, but eat less. Don't deprive yourself from what you love. Eat what you want but make sure you eat less of it. Don't feel like you have to finish the whole cookie if that is what you love to eat. Instead eat a small bite.
2. Avoid oversized portions. The easiest way to avoid big portions is to eat on a smaller plate and don't help yourself to the second serving.
3. Make half your plate fruits and vegetables. The more colors that are on your plate the better it is for your health.
4. Make at least half your grains whole grains. A no carb diet is not the way to go. Eat breads but make sure it is whole grain.
5. Switch to fat-free or low-fat (1%) milk. This includes yogurt, cheese, milk used for tea/coffee. If you don't have whole milk in the fridge, you won't drink it. Plus low fat milk is cheaper than whole milk.
6. Compare sodium in foods like soup, bread, and frozen meals then choose the food with lower numbers.
7. Drink water instead of sugary drinks. Nothing beats plain old water. Keep it simple. If you don't like water taste, add a lemon for flavor.



Family Nutrition Program



Tasting a smoothie (no sugar added). Kids learn eating healthy is delicious too. They asked for seconds 😊

The Family Nutrition Program (FNP), which includes the Supplemental Nutrition Assistance Program - Education (SNAP-Ed), offers free nutrition education opportunities for families and individuals with limited resources.

This Grant-Funded Program uses the Dietary Guidelines for Americans and My Plate.



Patricia Reyes
SNAP-Ed Program Assistant

Participants are empowered to make healthy choices and upon graduation of the program are left with skills to lead healthy lifestyles. We believe that **PREVENTION is the key.**

Adult Participants Surveyed:

- 73%** showed improvement in one or more food resource management practices (i.e. plans meals, compare prices, does not run out of food or uses grocery lists).
- 64%** showed improvement in one or more nutrition practices (i.e. plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels).
- 67%** at EXIT, demonstrated acceptable food safety practices (i.e. thawing and storing foods).



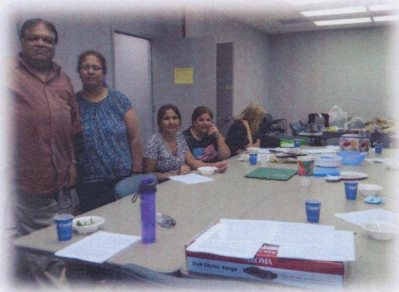
Kids learn what it really means to be smart from the inside out. They love to exercise and want to try more vegetables/fruits 😊

OUR MISSION:

- Help families to make healthier food choices.
- Help families to become better managers of available food.
- Encourage families to have more physical activity.

RESULT:

More families choose a healthy life style.



Participants have a good time learning and sharing tips from their own culture. They are more likely to try new fruits and vegetables 😊



Learning how to make healthy and low-cost meal for your family. Participants learn eat smart and move more 😊

ACKNOWLEDGEMENT TO PROGRAM SUPPORTERS

Asian American Chamber of Commerce
Adolescent & Family Growth Center
Bartlett Tree Experts
Beers & Cutler
Capital Area Food Bank
Capitol Region Invasive Pest Symposium
Chick-Fil-A
Clyde Jackson 4-H Camp Scholarship Fund
County Computer Clubhouses
Cox Communications
DC Department of Urban Forestry
Diabetes Control Project, Virginia Dept. Health
ESRI GIS and Mapping Software
Fairfax 4-H Association
Fairfax Alcohol and Drug Services
Fairfax County Board of Supervisors
Fairfax County Department of Housing and
Community Development
Fairfax County Economic Development
Fairfax County Forest Pest Program
Fairfax County Headstart
Fairfax County Master Gardener Association, Inc.
Fairfax County Neighborhood and Community Services
Fairfax County Office for Children Head Start
Fairfax County Park Authority
Fairfax County Police Department
Fairfax County Public Libraries
Fairfax County Public Schools
Fairfax County Tree Commission
Fairfax County Urban Forestry
Fairfax County Wetlands Board
Fairfax Department of Family Services
Fairfax Extension Leadership Council
Fairfax Multicultural Center
Food for Others
Fort Belvoir CYSS Staff
Fort Myers CYSS Staff, Henderson Hall Joint Base
Friends of Frying Pan Farm Park
4-H Camp Scholarship Donors
4-H Fair Catalog Advertisers, Sponsors, & Exhibitors
Frying Pan Farm Park
George Mason University, Fairfax, VA
Glasgow Middle School
Graham Roads Elementary
Green Spring Gardens Master Gardeners
Harris Teeter
Harry and Marie Middleton
Healthcare Textiles
HELP Service Company
Herndon Senior Center
Hester Clark Volunteer Training Fund
Hunters Woods Elementary

James Lee Community Center Theatre
Jimmy Johns Gourmet Sandwiches
Kingsley Commons Management
Knights of Columbus
Knox Presbyterian Church
La Madeline
Langston Hughes Middle School
Mama Baird 4-H Camp Scholarship Fund
Meadowlark Gardens
Merrifield Garden Center
Moe's Southwest Grill
Mount Vernon Dog Training Club
National Wildlife Federation
Neuropsychological & Family Therapy Assoc.
Northern Virginia Black Chamber of Commerce
Northern Virginia Audubon at Home
Northern Virginia Nursery & Landscape Assoc.
NOVA Soil Water Conservation District
Prince William Fairfax Farm Bureau
Professional Grounds Maintenance Society-DC
Branch
Project SUCCESS
Quantum Properties Management
ReMax Distinctive
Reston Interfaith, Inc.
Silverwood Associates, Inc.
Support & Training Resources for Independence
& Vocational Education (STRIVE)
US Army Reserve CYS Staff
US Department of Agriculture (Forest Service)
US Department of Defense
Operation Military KIDS Initiative
USDA Summer Food Service Program
Virginia Cooperative Extension Volunteers
Virginia Department of Pesticide Services
Virginia Dominion Power
Virginia National Guard
Virginia Polytechnic Institute and State University
Virginia State General Assembly
Virginia State University
Volunteer Fairfax
Wegmans
Whole Foods Market
Young Somali Professionals of North America

How To Reach Us:

Virginia Cooperative Extension

Fairfax County Office

12011 Government Center Parkway, 10th floor

Fairfax, Virginia 22035-1111

Phone: 703/324-5369.....FAX 703/324-5337

Web Site: <http://offices.ext.vt.edu/fairfax/>

**Fairfax County
Neighborhood and Community Services**



 **VirginiaTech**
Invent the Future

Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University www.ext.vt.edu

**VSU**
VIRGINIA STATE

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.