1ST QUARTER NEWSLETTER

JAN, FEB, MAR 2020

City of Virginia Beach Agriculture

2449 Princess Anne Road
Building 14, Municipal Center
Virginia Beach, VA 23456

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Kathleen Sullivan, District Manager
Cory Hoar, Conservation Specialist

MESSAGE FROM THE DIRECTOR

Happy New Year as we welcome in 2020. I trust everyone is ready to embrace the new year and whatever is in store for each of us. I am excited about several things.

First, the Excellence in Agriculture banquet will take place on Thursday, March 19, 2020, at the Virginia Beach Convention Center. I encourage and hope everyone will consider coming out to celebrate agriculture, see old friends and make new friends as well and enjoy a wonderful meal. This event, which started in 1966, gives the agricultural community the opportunity to annually recognize individuals in your community and give thanks to our wonderful industry. Please call our office at 385-5775 if you would like to be added to the invitation list.

Second, I am excited about 2020 hopefully being the year of U.S. major trade agreements with our global trade partners. The world markets are an important AG component for the U.S. farmer and our ability to meet the world's demand for food consumption.

David Trimmer with the new NRCS District Conservation, Trenton Howell.

Farmers Market staff having fun on Halloween. Look who stopped in to see the Director - The butcher, the baker and candle stick maker.

Finally, I am excited about Virginia Beach agriculture. Even though there is plenty of prep work in the winter months, I am looking forward to strawberry season, spring planting, 4-H programs, agritourism and mother nature blessing us with a good spring.

That is of course our first step in being our own "Difference Maker" in all we do as we navigate through January and February and look toward the first day of spring in mid-March; with this I end with a smile, a thank you for all you do, and my best to you in this new year.

WHAT'S HAPPENING IN OUR RURAL COMMUNITY

Jenny McPherson, Rural Community Coordinator
Office: 757-385-8637 | Fax: 757-385-5684 | Mobile: 757-635-5824
jsmcpher@vbgov.com

The Farmers Market would like to say **THANK YOU** to our 2019 Annual and Special Event Sponsors.

Their support helped make the Farmers Market programs possible: Special Events, Friday Night Hoedowns, and Fun on the Farm Tours of our Rural Heritage Center.

Tidewater Virginia
B2R Bach to Rock
Bath Fitter
Beach Municipal Federal Credit Union
Beauty Pockets
Ben & Jerry's
blink Fitness
Butterfly Society of Virginia
Carefree Boat Club
Changing Lives Martial Arts
Chapman's Market
Club Pilates
Courthouse Academy
Direct Auto & Life Insurance
Elevate Performing Arts Center
Farm Bureau Virginia
Farm Credit
First Home Care
Joe Music
JES Foundation Repair Crawl Spaces & Waterproofing
Joy Catalano Realtor
King Tiger Martial Arts
LifeStorage
Lightbridge Academy
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Miss Rithie's Kitchen
Ocean Martial Arts VA Beach
paparazzi
Precision Pest Management
Princess Anne County Grill
Princess One Chiropractic
Simply Baths...by Quality Advantage
Raymond's Antiques
Relentless Chiropractic "Mobile Chiropractic"
RAC Richmond Alarm Company
Rose & Womble Patrick Dreelin
Sigora Solar
Southern States Farmer owned since 1923.
The Apartments at Spence Crossing
The Virginian-Pilot PilotOnline.com
Thompson Creek Window Company
UFC Gym Virginia Beach
"Unkol" Chuck's Alberta General Store
Usborne Books & More Independent Consultant
Vance Sperry
Veterans United Home Loans Amphitheater
Virginia Cooperative Extension Master Gardeners

WHAT'S HAPPENING IN OUR RURAL COMMUNITY

Jenny McPherson, Rural Community Coordinator
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We also want to thank the community for their patronage and invite you to join us throughout the year.

The Farmers Market is open year round, so stop by to visit and shop with our merchants:

Beach N'Seafood
Chapman's Flowers
Creekmore's Place
Flutterby Soaps
Gilly's Creamery
Holland Produce
Kempsville Florist
Lisa's Tinker Treasurers
Moosewood Creek
Princess Anne County Grill
S & H Produce
Season's Best
Skipper Farms
The Country Butcher Shop

Special thanks to The Garden Box for being part of our Market for more than 18 years!

We have an exciting line-up of events for 2020, so please see our calendar included in the newsletter. Crafters and food vendors are welcome to all events. Please visit our website at www.vbgov.com/farmersmarket for an event application or stop by the Farmers Market office to reserve your space today.

Sponsorship opportunities are also available to promote your business at a single event or all year long. For more information, call the Farmers Market Office at 385-4388.

If you are interested in starting a business at the Farmers Market, we currently have two vacancies that will be available in 2020. To be notified of when the Request for Proposals (RFP) will be accepted, contact Facilities Management at 385-5659 to be placed on the mailing list.

Wishing everyone a Merry Christmas and Happy New Year,

Jenny

VIRGINIA BEACH FARMERS MARKET

MAYOR'S YOUTH LEADERS ACTION VOLUNTEERS POSE AFTER A LONG AND BUSY DAY AT SANTA'S WORKSHOP!

FARMERS MARKET HOLIDAY SPECIAL EVENT

Santa 's Workshop was held on December 7, 2019 at the Farmers Market.

HO HO HO SANTA WAS THERE...

FARMERS MARKET RECOGNIZED SPONSORS WITH APPRECIATION SWAG BAGS

RECOGNIZING SPONSORS

SOUTHERN STATES

CHANGING LIVES MARTIAL ARTS

COURTHOUSE ACADEMY

THOMPSON CREEK WINDOW COMPANY

KING TIGER MARTIAL ARTS

JES FOUNDATION REPAIR

MASF INDUSTRIES

Farmers Market

Erica Lane, Market Supervisor
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elane@vbgov.com

COME ON DOWN - WE ARE OPEN ALL YEAR!

Something is always happening at the Farmers Market

CLICK HERE FOR THE 2020 FARMERS MARKET EVENT CALENDAR

Thank YOU!

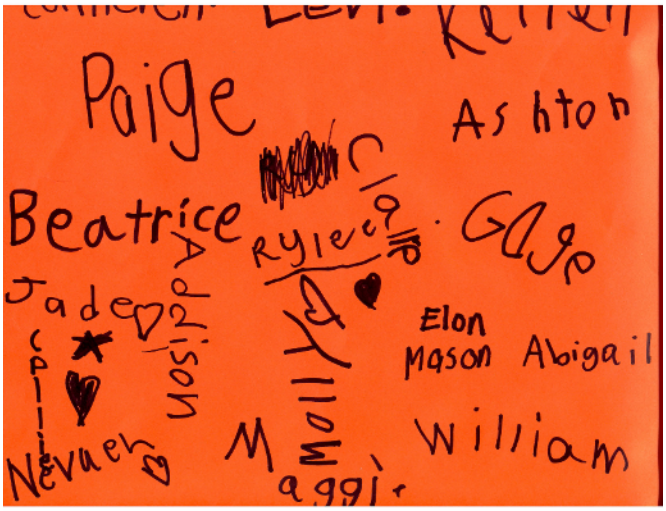
From Norfolk Collegiate First Grade

https://www.clipartwiki.com/iclipmax/hweR/

We had a wonderful visit! Our class learned so much. Thank you for having us! Emily Lindale

Fantastic Field Trip! Thank you so much for having us. I can't wait for next year! Kathy Garris

Norfolk Collegiate' s first grade class visited the **Farmers Market** on Oct. 29 to learn about Agriculture in Virginia and experience our **Rural Heritage Center**. They enjoyed a picnic at the end of the tour and always have a wonderful time. We love receiving the cards from the students and look forward to their visit each year.



AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator
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jhillegass@vbgov.com

Virginia Beach Agricultural Reserve Program Reaches 100 Easement Milestone!

I am pleased to report that with the end of the past fiscal year, the City of Virginia Beach has reached the 100 ARP easement milestone!

FY 2018-2019 saw three Agricultural Reserve easement closings totaling 152.17 acres and nine development rights secured. At the end of the budget year, cumulative acres total 9,821 comprising 867 development rights.

We have also started off this fiscal year with a bang, closing on 113 acres and capturing nine development rights! That means we are just shy of reaching 10,000 acres enrolled in the Agricultural Reserve Program. Once we reach this goal, we will have protected nearly half of all the farmland in Virginia Beach!

The Virginia Beach City Council has continued to make agriculture and forestry conservation a priority, recognizing the high value contributions to our local and state economy. Agriculture and forestry remain Virginia's first and third largest industries respectively and provide a variety of economic, environmental and social benefits to the City and the Commonwealth.

Part of our success is due, in part, to assistance from the Virginia Office of Farmland Preservation and the Virginia Farmland Preservation Fund administered by the Virginia Department of Agriculture. To date, we have leveraged over $1.5 million in state matching dollars.

The Virginia Farmland Preservation Fund also recently announced their participation in matching over 100 purchase of development rights across the Commonwealth. For more on this statewide milestone, CLICK HERE.

Upcoming Event

M A R C H 1 9 , 2 0 2 0

for the

2019 Virginia Beach Excellence in Agriculture Awards Banquet

at the Virginia Beach Convention Center - 6:00 p.m.
to celebrate the many contributions of the Virginia Beach agriculture industry.

Award recipients that will be honored this year:

2019 Virginia Beach Excellence in Agriclture Award & Proclamation - Frank T. Williams Farms

2019 Friend of Agriculture - Marvin Rollins and family

2019 Special Recognition Awards - 50 year plus reunion - W. R. Malbon, Jr., R. H. DeFord, Jr., and Frank T. Williams

Dinner will be served buffet style with a selection of Pan Seared Salmon, Beef Brisket and Herb Roasted Pork Loin.

If you would like to attend this event the cost is $35 per person.

RSVP and payment is required by March 2, 2020.

Checks should be made payable to ***Excellence in Agriculture*** and sent to Excellence in Agriculture Committee, 2449 Princess Anne Road, Building #14, Room 224, Virginia Beach, VA 23456.

For additional information, please contact the Department of Agriculture at 757-385-5775 and we will gladly assist you.

AGRICULTURE AND NATURAL RESOURCES

Roy D. Flanagan
Extension Agent
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RFlanaga@vbgov.com

Southeast Virginia Field Crop Conference

Location: Hickory Ruritan Club

2752 Battlefield Blvd S, Chesapeake, VA 23322

Date and Time: February 7, 2020
8:30 a.m.-3:30 p.m.

No cost to attend

Lunch provided

No RSVP required

Focus: Grain production, pesticide applicators re-certification. (ag. Private and Commercial), as well as the yearly Dicamba certification.

Important Upcoming Events

Southeast Virginia Fruit and Vegetable Conference

Location: Westminster Reformed Presbyterian Church, 3488 Godwin Blvd., Suffolk, VA 23434

Date and Time: February 27, 2020

8:30 a.m.-4:00 p.m.

No cost to attend

Lunch provided

No RSVP required

Topics Include:

Vegetable Production,

Tree Fruit,

High Tunnel,

Private pesticide applicators re-certification.,

New this year - Organic production session provided for those not needing pesticide applicators

Virginia Cooperative Extension
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AGRICULTURE AND NATURAL RESOURCES

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Important Upcoming Events

Southeast Virginia Hemp Production Meeting

Fee to attend - RSVP Required

Date and Time: February 28, 2020
8:30 a.m.- TBD

Lunch provided

Location: Tidewater Agricultural Research and Extension Center, 6321 Holland Rd., Suffolk, VA 23437

Focus: CBD Hemp Production

2020 Mid-Atlantic Strawberry Programs - Evening Program

No Cost - RSVP Required

Date and Time: March 2, 2020

5:30 p.m. - 9:00 p.m.

Dinner provided

Where: Virginia Beach Ag. Department, Conference Room, 2449 Princess Anne Rd., Building 14, second floor, Virginia Beach, VA 23456

Focus: On-farm data collection and monitoring for maximum production and efficiency

2020 Mid-Atlantic Strawberry Programs-Field Walk

No Cost - No RSVP

Date and Time : March 2, 2020

12:30 p.m. - dark

Where: First location will be Henley Farms, 3513 Charity Neck Rd., Virginia Beach, VA 23456, then will move to second location Vaughan Farm's Produce, 1258 Princess Anne Rd., Virginia Beach, 23457

Focus: Annual Plasticulture Strawberry

2020 Mid-Atlantic Strawberry Programs

Strawberry School and Trade Show

No cost - RSVP Required

Date and Time: March 3, 2020

8:30 a.m.- TBD

Lunch provided

Where: Virginia Beach Advanced Technology Center, 1800 College Crescent, Virginia Beach, VA 23453, Large Auditorium, 2nd Floor

Focus: All aspects of annual plasticulture strawberry production

HORTICULTURE

Andrea Davis, Horticulture Extension Agent
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Virginia Cooperative Extension
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Kick off the New Year with

New Gardening Knowledge and Ideas!

Virginia Cooperative Extension has many opportunities for you to learn through lectures, hands-on workshops, and tours. You can even have a speaker come to your next group event through our Speakers Bureau (https://www.vbmg.org/speakers-bureau.html). More information on educational events and programs can be found at https://www.vbmg.org/upcoming-events.html or by calling the Virginia Cooperative Extension

The **Virginia Flower and Garden Expo** will also offer opportunities for you to learn more about gardening. This year's show will run **January 24-26** at the Virginia Beach Convention Center. There will be life-size landscapes, art, children's activities, garden vendors, and speakers. Visit the VCE booth for lots of horticultural information and learn more about upcoming events in Virginia Beach at the VCE Master Gardener booth. This show will really get the creative juices flowing!

We have discount coupons for the Virginia Flower and Garden Expo at the Extension Office.

If you are looking for opportunities to volunteer in the New Year, consider becoming an Extension Master Gardener Volunteer in Virginia Beach. Training classes are held in the fall. Look for more information about our Orientation Sessions in May for the 2020 Fall Training Program.

As always, our Extension **Master Gardener Help Desk** is here to help with your horticulture questions Monday through Friday from 9:00 a.m.-3:00 p.m. in Room 234 in Building 14 of the Municipal Center, by phone (**385-8156**), or email (vbmghelp@vbgov.com).

HORTICULTURE

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Upcoming VCE Educational Events

**Workshop pre-registration information at https://www.vbmg.org/upcoming-events.html*

Feb 29 - Tree Talks*, 8:30 a.m. @ Hampton Roads Agricultural Research & Extension Center

Mar 2 - Can the Woolly Bear Caterpillar Predict Winter?, 7:00 p.m. @ Advanced Technology Center Theater

Mar 14 – Rain Barrel Workshop, 10:00 a.m. @ Virginia Beach Farmers Market

Mar 23 - For the Love of House Plants, 7:00 p.m. @ Advanced Technology Center Theater

Green Industry Professional Development Opportunities

Jan 14-15 – Crew Manager Certification Course, Mid-Atlantic Horticulture Short Course @ The Founders Inn

http://mahsc.org/crew-manager.html

Jan 15-16 - **Pesticide Certification Course, Mid-Atlantic Horticulture Short Course** @ The Founders Inn

http://mahsc.org/registered-technician.html

Feb 26 – **Pesticide Certification Review**, VTC Come to the Bay @ Oceanfront Sheraton

http://cometothebay.org/program.html

Mar 25 – **VCE Pesticide Re-certification Class** @ Norfolk Botanical Garden

https://virginia-beach.ext.vt.edu/

4-H NEWS

Sarah Farley
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4-H SUMMER CAMP ANNOUCEMENT

The Virginia Beach 4-H Junior Camp for youth 9-13 years old will be held August 3-7, 2020 at the Airfield 4-H Center in Wakefield, VA. This fun-filled week will be packed with exciting classes and activities as well as nightly campfires. The cost for camp this year will be $360 and includes transportation to and from camp, a camp t-shirt, meals, lodging, special activities and programs.

Mark Your Calendar!

NEW this year, camper registrations take place online through Eventbrite.

Registration will go LIVE at **9:00 a.m.** on **Monday, February 3**. Payment must be made within 2 weeks of registration to hold each camper spot.

Camp information is available to view on Eventbrite now:

https://vb4hcamp2020.eventbrite.com.

If you have questions after reviewing the information, please contact the 4-H Extension Office at 385-4769.

Follow Us on Social Media!

Virginia Beach 4-H

Virginia Beach 4-H

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4-H NEWS

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4-H Extension Agent
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SFarley@vbgov.com

4-H CAMP COUNSELOR APPLICATIONS

We are now accepting applications for Virginia Beach 4-H Camp Counselors/Counselors-in-training.

Information can be found online at **tinyurl.com/vb4hcc20**.

Applications are due on January 31, 2020 in-person or online. Teens must be 14 as of January 1, 2020 to 19 years of age to apply for a counselor or counselor-in-training position.

Teens must attend 24 hours of training, go through an interview process and attend Training Weekend May 2-3, 2020 at Airfield in order to be considered for the positions. Monthly trainings for applicants will begin in February 2020.

Training Dates:

Tuesday, February 11, 2020 – 6 – 9 p.m. – Parks & Rec Administration Bldg, Room 101

Tuesday, March 10, 2020 – 6 – 9 p.m. – Municipal Center Bldg 19

Tuesday, April 7, 2020 – 6 – 9 p.m. – 4-H Office, Municipal Center Bldg 14

Saturday & Sunday, May 2-3, 2020 – Training Weekend at Airfield 4-H Center – Cost TBA

Interviews – May 12, 13 and 14, 2020 at the 4-H Office – 6 - 9 p.m.

Interview date scheduled at the April training.

Tuesday, June 16, 2020 - 6 – 9 p.m. – TCC - Advanced Technology Center

FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

President, National Extension Association of Family & Consumer Sciences

Office: 757-385-4769 | Fax: 757-385-5684

Creative ways to save throughout 2020

At the beginning of each year we always develop "New Year's Resolutions" and you may or may not follow through with them throughout the year. In 2020, instead of making financial New Years Resolutions that may be forgotten by April; this year make financial goals and develop strategies to achieve them.

The Consumer Financial Protection Bureau provide consumers with resources to achieve financial goals, and they also provided six ways to save throughout the year.

January and February; make a plan that includes a set financial goal, from there break your goal into specific steps, set up a system that will work for you, and get help in sticking to your plan. A strategy to develop your financial savings plan would be to incorporate SMART Goals, which implies the goal must be Specific, Measurable, Actionable, Realistic, and Time bounded.

March and April; if you will be receiving a tax refund this year, put a minimum of 10% in your savings.

May and June; setup an automatic direct savings deposit in a financial institution or product that will take some effort to retrieve your money.

July and August; establish a savings account for the unexpected. We all encounter emergencies from time to time and having money in an emergency account will allow you to use your money instead of your credit cards.

September and October; you may consider thinking about long-term saving goals such as children's college fund or retirement.

Remember when saving for the long-term it takes planning and commitment on your end. With long-term saving, you will need to consider your financial cost for college and/or the amount of money that would sustain you throughout your retirement. Take a little time to research all your possible financial resources to help you achieve your long-term financial goals.

November and December; set goals to save as a family. Help your children learn about the importance of saving, and develop a saving mindset, by opening a savings account in the child/children's name. Talk with younger children about saving money.

The Consumer Financial Protection Bureau has resources to assist parents and grandparent with talking to young children,

teenagers, and young adults about money.

Most importantly make sure to monitor and evaluate your saving strategies throughout the year and make adjustments when needed.

FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

President, National Extension Association of Family & Consumer Sciences

Office: 757-385-4769 | Fax: 757-385-5684

Are you tired of living paycheck to paycheck?

Get a fresh financial start with Bank On Hampton Roads. Build your plan to reach your financial goals.

NO COST!

January classes forming now: **www.bankonhr.org**

#financialchallenge

FAMILY AND NUTRITION PROGRAM

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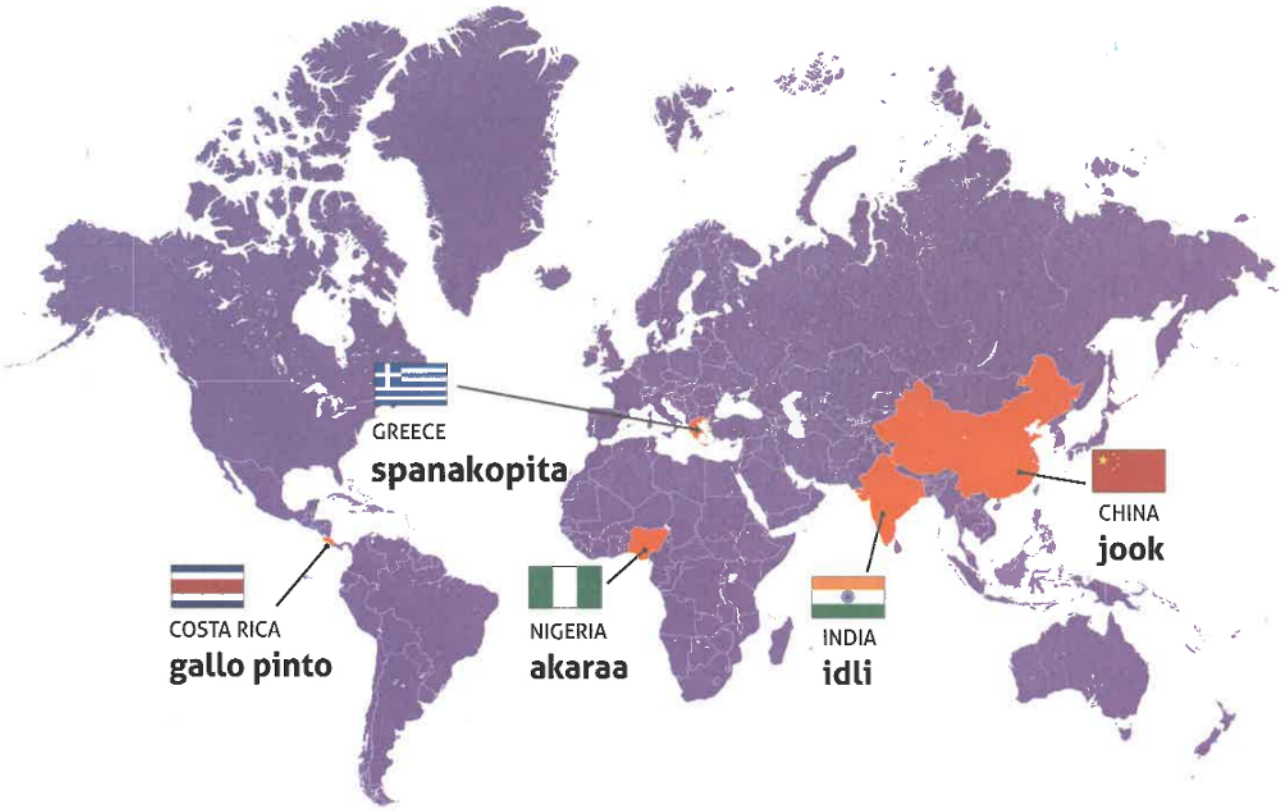
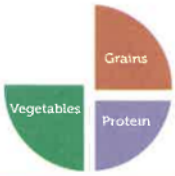
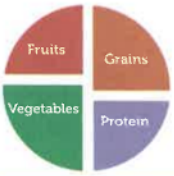
Breakfasts From Around the World

People from cultures around the world eat breakfast. Breakfasts in other countries reflect cultural traditions of the people that live there. You can eat a healthy breakfast that includes foods from the food groups that reflect your traditions and tastes. Take a look at some breakfasts kids might eat in other countries. Notice what food groups are included in these popular meals.



Food Groups	Breakfast in Different Countries
	**China:** A favorite breakfast in China is jook, a rice dish (Grains) topped with greens and mushrooms (Vegetables) and tofu, and strips of meat or egg (Protein Foods).[2]
	**Costa Rica:** A typical breakfast in Costa Rica includes Gallo Pinto — a mix of black beans (Vegetables and Protein Foods) with rice (Grains), spiced with cumin, pepper, and garlic. It is usually served with eggs but sometimes with chopped beef (Protein Foods) or plantains (Vegetables) as well. Gallo Pinto is often accompanied by an assortment of fruits like pineapple, watermelon, and papaya (Fruits).[3]

2. Food and Agriculture Organization of the United Nations. (2007) Food-based dietary guidelines - China. Retrieved from: http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/china/en/
3. Mattei, J., Malik, V., Wedick, N. M., Hu, F. B., Spiegelman, D., Willett, W. C., et al. Global Nutrition Epidemiologic Transition Initiative. (2015). Reducing the global burden of type 2 diabetes by improving the quality of staple foods: The Global Nutrition and Epidemiologic Transition Initiative. Globalization and Health, 11, 23. http://doi.

FAMILY AND NUTRITION PROGRAM

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Eat Smart • *Move More*

Southwestern Turkey Casserole

Prep Time: 15 minutes **Total Time:** 1 hour 15 minutes

Vegetables | Grains | Dairy | Protein | Oils

Ingredients

1 teaspoon canola oil
1 onion, chopped
1 bell pepper, chopped
1 pound lean ground turkey
10 ounces frozen corn, thawed
8 ounces canned low-sodium diced tomatoes
1 cup 1% milk
½ cup cornmeal
2 tablespoons chili powder
1 teaspoon garlic powder
Nonstick cooking spray
¾ cup reduced fat cheddar cheese, shredded

Nutrition Facts

6 servings per container
Serving size **1 serving (267.4g)**

Amount per serving
Calories **340**

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 90mg	**30%**
Sodium 280mg	**12%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 3g	**11%**
Total Sugars 7g	
Includes g of Added Sugars	
Protein 29g	
Vitamin D 1mcg	**4%**
Calcium 207mg	**15%**
Iron 3mg	**15%**
Potassium 529mg	**10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Directions

- In a skillet, heat oil over medium heat. Add onion and bell pepper and sauté for approximately 3 minutes.
- Add ground turkey to skillet and cook until browned.
- Pour corn, tomatoes, and milk into the skillet. Stir well.
- Stir in cornmeal, chili powder, and garlic powder.
- Heat oven to 350°F and coat a baking dish with nonstick cooking spray. Pour mixture into baking dish and cover with aluminum foil.
- Bake for 45 minutes. Uncover and bake for 20 minutes more.
- For the last 5 minutes of baking, sprinkle cheese over the dish. It is ready when a knife inserted in the center comes out clean.

(Recipe adapted from http://www.epicurious.com.)

Quick Tips

- Always wash produce before cutting.
- You can replace frozen corn with canned corn. Remember to drain and rinse all canned vegetables. Draining and rinsing may remove up to 40% of the excess sodium.

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www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

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FAMILY AND NUTRITION PROGRAM

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Meet the new Adult Expanded Food and Nutrition Education Program (EFNEP) Assistant -

Jerome Lawrence

Hello everyone,

It is a thrill to be on board as your new Adult Expanded Food and Nutrition Education Program Assistant for the City of Virginia Beach.

My overall goal is to seek new community partners and strengthen existing ones while establishing more widespread awareness, and ultimately facilitate larger group participation throughout the community.

Service is a passion. I retired after thirty years as a Navy Chief Warrant Officer, and over the last six years combined, I also served as Assistant Registrar in the Virginia Beach Voter Registrations and Elections Office, and briefly as Deputy Director of Elections and Deputy Registrar in the City of Norfolk. Formal studies include a B.A. degree in Interdisciplinary Studies from Columbia College, MO., and a M.A. degree in Human Resources Development from Webster University, MO.

My lovely wife Carolyn is a Virginia Beach native, and if I may say, that makes us all family, and another reason why I'm excited for us to work, learn, and grow together.

Thank you all, and I will see you around the community.

EFNEP
Expanded Food and Nutrition Education Program

VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY
UT PROSIM

FAMILY AND NUTRITION PROGRAM

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The Virginia Family Nutrition Program

Hands-on Experiences in Nutrition and Healthy Living

Mission

The Virginia Family Nutrition Program is dedicated to helping families make healthier food choices and become better managers of available food resources for optimal health and growth. The Expanded Food and Nutrition Education Program (EFNEP) provides free nutrition and healthy lifestyle education programs to limited-resource Virginians. It is funded by USDA.

EFNEP Programs Include:

- A series of 8 meetings to promote nutritious foods, cooking skills, food budgeting, and safe food handling
- Hands-on learning where participants share ideas and try new recipes
- Food preparation and tastings in at least three of the meetings
- Learning and practicing ways to be more active
- Nutrition education events at food banks, community centers, and health fairs

Participants will receive many of these FREE...

- "Cooking is a SNAP" Cookbook
- Measuring cups and spoons
- Vegetable scrub brush
- Exercise stretch band
- Food & refrigerator thermometer
- Water bottle
- Cutting mat set
- Silicone spatula
- Insulated lunch bag
- Grocery list pad
- Graduation Certificate

What Participants Are Saying

"I learned how to check my portions, reduce my salt intake, and substitute ingredients for flavoring. My doctor reports that my blood pressure is now close to normal. I'm walking and moving more and have lost 3 pounds after two weeks of classes."

"I lost 9 pounds after learning about ways to cut back on soda. I am now drinking more water and cooking healthy and delicious food for myself and my kids. I am enjoying the classes so much, I do not want them to end."

VIRGINIA BEACH

FARMERS MARKET

2020 Event Calendar

Craft Show at each Event
10:00 a.m. - 4:00 p.m.

Celebrate Agriculture
March 21

Farmers Market Birthday Bash
April 25

Strawberry Jamboree
May 16

Honey Festival
June 20

Apple Extravaganza
September 19

Harvest Fair
October 17

Fall Festival
November 7

Santa's Workshop
December 5

Special Events
VB Master Gardener Plant Sale
May 2 - 3

Seasonal Events
Friday Night Hoedowns
April - October
7:00 - 10:00p.m.

Special thanks to our Annual Sponsors:

City of Virginia Beach

3640 Dam Neck Road | vbgov.com/farmersmarket | facebook.com/vbfarmersmarket | 757.385.4388