

education

The Extension Legacy

Virginia Cooperative Extension brings the resources of Virginia's land-grant universities, Virginia Tech and Virginia State University, to the citizens across the state. Through a system of on-campus specialists, locally based agents, and peer educators, we deliver education in the areas of agriculture and natural resources, family and consumer sciences, community viability, and 4-H youth development.

With a network of faculty at two universities, 107 county and city offices, 12 agricultural research and Extension centers, and six 4-H educational centers, Virginia Cooperative Extension provides solutions to the problems facing Virginians today.

Contact your local office or visit www.ext.vt.edu to discover the wealth of knowledge available from Virginia Cooperative Extension.

Healthy Communities

education
health
elder care

www.ext.vt.edu

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Family
Wellness

Family and
Consumer
Sciences

nutrition
education
Financial
Management

www.ext.vt.edu
Extending Knowledge · Changing Lives

 **Virginia
Cooperative
Extension**

Virginia Tech • Virginia State University

The Cornerstone of a Healthy Community

The family is the cornerstone of a healthy community. Virginia Cooperative Extension strives to improve the well-being of Virginia families through programs that help put research-based knowledge to work in people's lives. Family and Consumer Sciences educators help Virginians learn to make good choices for themselves and their families. This, in turn, strengthens their communities and the state.



parenting
Skills

www.ext.vt.edu

A Vision for a Stronger Commonwealth

Our Extension agents teach Virginians how to improve their quality of life by giving them the skills to:

- Prevent chronic disease with a healthy diet
- Identify quality childcare
- Plan for home ownership
- Make good parenting decisions
- Handle and preserve food safely
- Be a wise grocery shopper
- Handle credit wisely
- Plan for elder care needs
- Manage finances successfully
- Prepare for and cope with disasters
- Manage home-based businesses

We work with other state and local agencies for many of our programs, and through these partnerships we maximize the impact and quality of our resources. Our staff and trained volunteers help build and strengthen these collaborations and extend our resources to more Virginians.

Developing Life Skills

We help Virginians develop wellness life skills in our three pillar program areas:

- Food, nutrition, and health
- Family financial management
- Child development and parenting

Whether preventing chronic disease with a healthy diet, purchasing a family home, or identifying quality childcare, Virginians benefit from the comprehensive education in these three areas.

Making an Impact

Our programs reach tens of thousands of families across the commonwealth each year.

The Virginia Family Nutrition Program offers numerous nutrition education programs to low-income adults, youth, and families, on how to make informed, healthy food purchases on limited budgets for overall health. Every \$1 spent on quality nutrition education saves as much as \$10 in long-term healthcare costs. The program also uses multiple-pronged strategies to help make policy, systems, and environmental changes to promote access to safe, affordable, and nutritious foods.

The Healthy Weights for Healthy Kids curriculum promotes positive attitudes and behaviors toward diet, physical activity, and body image in youth ages 7 to 14. These programs and others like them successfully teach adults and children how to make wise nutritional choices, prevent chronic disease, and stay on a budget.

Our family financial management programs help Virginians learn how to establish spending plans and create goals. Programs on budgeting, improving credit score, planning for home ownership, reducing debt, and preventing identity theft help secure healthy financial futures for Virginia families.

Our programs for families teach helpful parenting techniques, how to strengthen parent-child relationships, and ways to encourage families to eat nutritious meals together. These skills help parents raise healthy children who are ready to succeed in school and life.



community

nutrition