## Virginia Cooperative Extension Virginia Tech • Virginia State University

Family and Consumer Sciences Programs

Nutrition, Cooking, Physical Activity, Food Safety, and Food Preservation

VCE Family and Consumer Science agents offer evidence-based programs to help encourage youth and adults adopt healthy eating and physical activity behaviors. Samples of these programs are listed below. Contact the VCE-Frederick County Office for more information. Most programs are offered several times a year, but special arrangements can be made for pre-arranged groups of 10 or more.

**Strong Women Healthy Hearts.** The SWHH program is a research-based exercise and nutrition program designed by researchers at Tufts University and taught by a trained VCE educator with the goal of helping women and men improve their heart health. It is a fun, hands-on way to make positive changes to help you eat better, move more and improve your general health and well being. This class meets weekly for 8 weeks. Fee: \$25, includes class materials and food for demonstrations.





**Strong Women Strong Bones.** The SWSB program is an evidence-based strength training program with the goal of helping women and men improve strength, balance, and flexibility. The focus is on performing exercises correctly, safely, and working all major muscle groups. This class meets twice weekly for the first 4 weeks and once a week for the second 4 weeks. Participants must provide their own weights. Fee: \$25.

**Cook Well, Eat Well, Lose Weight!** Are you lost in the kitchen and don't know the difference between braise, boil, sauté, fry, fold, or stir? This multi-session class focuses on basic, quick and healthy meal preparation, and skills for anyone wanting to learn more about food and cooking techniques. Learn how to stock your pantry, tips for portion control, shopping, and planning and how to put together delicious, quick healthy meals in just minutes. Each class features a food demonstration and tasting. Participants will have the opportunity to practice skills as they help prepare nutritious dishes. This class can be adapted to fit any agency or group and can be presented in two or more sessions. Fee varies.

**VCE Master Food Volunteer.** Combine your love of cooking, nutrition, physical activity, and helping others by becoming a VCE Master Food Volunteer. The MFV program helps Virginians by providing up-to-date, research-based knowledge on food preparation, nutrition, food safety, and physical activity. Identify volunteer opportunities that suit your skills and interests. The MFV course is a four-day, 30-hour course. Participants must reciprocate 30 hours of service within one year of training. Fee: \$90, includes lunches, training materials, apron, tote bag and class supplies.

**Cook Once, Eat for a Month.** Finding time to cook healthy meals is a frustration for many busy families. The **cook once** method helps families save money and provides healthy family meals by using some simple organizational skills and allotting a few hours each month to food prep. You will learn how to prepare and freeze several main dishes at one time so that you will always have something ready to eat at your fingertips. Participants will go home with at least two meals they have prepared in class. This class can be scheduled as a one or two-day session. Fee varies.





*Nutrition Programs for Youth.* VCE Extension Agents can work with teachers and schools to present in-school programming related to nutrition and gardening. These programs are suitable for elementary and middle-school aged youth. Contact Rebecca Davis at the number below for more information. No fee.



**Read for Health** is a nutrition education curriculum developed by the University of Maryland Extension SNAP-Ed program which uses language arts as a vehicle to teach nutrition and physical activity. These health messages are reinforced through activities and food tastings. The Read for Health curriculum targets kindergarten through first grade youth. No fee.

**ServSafe Manager Training.** Learn about foodborne illness, how to prevent it and how to train employees in food sanitation. Earn nationally accredited food safety certification from the National Restaurant Association. Passing this certification test fulfills the examination requirement. Two-day,16-hour course. Fee: \$150, includes textbook and exam.



*ServSafe Food Handler Training*. Learn about why food safety is important, personal hygiene, controlling time and temperature, preventing cross contamination, and cleaning and sanitizing. This course is appropriate for employees of food service operations, restaurants, hotels, and schools. Three-hour course. Fee: \$12.

**Cooking for Crowds** is designed for non-profit organizations such as places of worship and fire halls that cook food for the public as part of fundraisers or other public events. This program provides basic food safety education for people who are cooking large volumes of food without commercial food service equipment or training. Three-hour course. Fee: \$20 for 1-3 people per organization.

*Pressure Canning Low-Acid Foods* (vegetables/meats). This session will cover how pressure canning works and important safety information about how to operate a pressure canner. All participants will process a jar of green beans, carrots, or other low acid food to take home. Bring your dial gauge pressure canner lid to be tested for accuracy. Four-hour course. Fee: \$35, includes all materials for hands-on canning experience and canning cookbook.

*Water Bath Canning High-Acid Foods* (fruits, jams & pickles). Learn how to safely can your high-acid produce by participating in a hands-on canning activity. High acid foods include most fruits, jams, jellies, and pickled products. The class covers the necessary equipment, ingredients, and basic steps of water-bath canning. Three and one-half hour course. Fee: \$35, includes all materials for hands-on canning experience and canning cookbook.

**Free Pressure Canner Testing.** Dial-gauge canners need to be tested for accuracy every year. Weighted gauges do not need to be tested. High dome canners cannot be tested.

Other programs available on request.

Contact Rebecca Davis, M.A., M.S. Extension Agent Family and Consumer Sciences, Nutrition Serving Frederick, Clarke, Warren, Shenandoah, and Page Counties 107 N. Kent St., Second Floor Winchester, VA 22601 540-722-8315

If you are a person with a disability and desire assistance or accommodation, please notify Rebecca Davis at 540-665-5699 during the business hours of 8 a.m. and 5 p.m. \*TDD number is 800-828-1120.

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital, family, or veteran status, or any other basis protected by law. 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, Administrator, 1890 Extension Program, Virginia State, Petersburg.