Montgomery County Activity Reports

Program Areas

Agriculture and Natural Resources
Family and Consumer Sciences
Four-H Youth Development
Family and Nutrition Program

Michelle Dickerson
Michelle Dickerson
Unit Coordinator
Extension Agent, 4-H Youth

VirginiaTech
Invent the Future®

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Dear Montgomery County Board of Supervisors:

Enclosed is the activity report for Montgomery County Extension. This report highlights the educational programs provided for the citizens of Montgomery County in the areas of Agriculture and Natural Resources, Family and Consumer Sciences, and 4-H Youth Development. It also highlights our activities towards professional development and training.

Please call me at the Montgomery County Extension Office (382-5790) if you have questions about our reports.

Sincerely,

Michelle Dickerson

Michelle Dickerson
Extension Agent, Unit Coordinator
4-H Youth Development

Copy: Mr. Craig Meadows, County Administrator
Ms. L. Carol Edmonds, Assistant County Administrator
Mr. Danny Peek, Southwest District Director
Extension Agents serving Montgomery County

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

Virginia Cooperative Extension

Extension personnel serving and receiving funding from Montgomery County:

Housed in Montgomery County (540-382-5790)
Michelle Dickerson, 4-H
Kelli Scott, Agriculture and Natural Resources
Leslie Matthews, Master Gardener Coordinator
Lesa Miller, 4-H Program Assistant
Angie Helm, Family and Nutrition Program Assistant

Housed in Floyd County (540-745-9307)
Dawn Barnes, Family & Consumer Sciences

Other District Extension personnel providing services to Montgomery County:

Housed in Floyd County (540-745-9307)
Jon Vest, Horticulture

Housed in Wythe County (276-223-6040)
Matthew Miller, Farm Business Management

Housed in Pulaski County (540-980-7761)
Morgan Paulette, Animal Science Agent
Sarah Burkett, Food, Nutrition & Health

Housed in Giles County (540-921-3455)
Jeannie Layton-Dudding, Animal Science Agent

Housed in Russell County (276-889-8056)
Bill Worrell, Forestry

4-H YOUTH DEVELOPMENT **JANUARY - AUGUST**

Conducted, coordinated, or assisted with the following educational programs or events:

- *Leadership Training* for Teen Counselors preparing for 2015 Junior 4-H Camp (23 participants)
- *CIT Training* for Counselors-in-Training preparing for 2015 Junior 4-H Camp (8 participants)
- *School Enrichment Science* monthly in-school programs for 4th grade students at Prices Fork Elementary School (54 participants)
- *Veterinary Science Workshop Series*, 8 hour workshop series for local youth at Virginia Tech's School of Veterinary Medicine (40 participants)
- *Growing Up Wild*, 8 hour wildlife education program for children in grades K-2 (16 participants)
- *Enviromasters*, 8 hour environmental horticulture program for youth in grades 5-8 (9 participants)
- *4-H Volunteer Training* for potential new club volunteers (2 participants for Robotics)
- *Wildlife Habitat Education Program* practice sessions (4 participants)
- *Belview Elementary After-School Garden Club* educational programs (8 participants)
- *Risk Management Training* for Master Gardener volunteers (21 participants)
- *Reality Store* for 10th grade Health students at Christiansburg High School (103 participants)
- *Stream Quality Assessment and Geocaching* field trips to Camp Alta Mons for 6th grade science students at Christiansburg and Blacksburg Middle Schools (total of 248 participants)
- *4-H Aerospace Project* for Kipps Elementary Science Night (approximately 150 participants)
- *Risk Management Training* for adult volunteers attending 2015 Junior 4-H Camp (8 participants)
- *Wildlife Tracks* for Kindergarten students from Eastern Montgomery Elementary School, field trip to Izaak Walton League Outdoor Classroom (68 participants)
- *Geocaching and Tree ID* for Harding Avenue Elementary School NRV Land Trust field trip to Stadium Woods (44 participants)
- *Introduction to Archery* for Blue Ridge Church Adventure Camp (15 participants)
- *Hokie Bug Day Camp* for local youth ages 9 to 13 (13 participants)

Attendance at county, district, or state meetings or professional development events:

- Virginia Extension Service Association (VESA) Board meetings, serving as SW district representative (2 meetings)
- Montgomery County Extension Fair planning meeting (3 meetings)
- Virginia 4-H All Stars Midwinters Conference, serving as state Advisor
- Extension Leadership Council meetings (3 meetings)
- District Program Leadership Team meeting, serving as SW District Chair (6 meetings)
- Unit Coordinator meetings (3 meetings)
- Faculty review performance evaluation
- Montgomery County Extension staff meetings (3 meetings)
- Virginia Cooperative Extension Winter Conference
- 4-H Positive Youth Development Program Team strategic planning meeting
- Southwest District 4-H Agents Forum
- 4-H Administrative Board meetings (3 meetings)
- 4-H VA All Stars Executive Committee meeting (1 meeting)
- SW District 4-H Shooting Education Council meeting
- Montgomery County Prevention Partners spring meeting
- W. E. Skelton 4-H Center Pre-Camp planning meeting

Provided leadership, or provided resources and support for volunteer 4-H club leaders of the following community/project/after-school clubs or groups:

- Junior and Senior 4-Him Clubs
- Montgomery County Livestock Club
- Montgomery County Town and Country Club
- Teens for a Better Tomorrow Club (leader)
- Radford Rough Riders Horse Club
- Horseplay Horse Club
- NRV Sharpshooters Shooting Club (leader)
- Country Kids Club
- Christiansburg High School Teen Club (leader)
- Frogpond Cloverbuds
- Oh Snap BMS Robotics team
- Wildlife Habitat Education Program team (leader)
- Riner Dirt Diggers Junior after-school program
- Belview Green Clover garden after-school program (leader)

Coordinated Wildlife Habitat Education Program team attendance at 4-H Natural Resources weekend at Holiday Lake 4-H Center. The team, and their parents attended this 2-day program which included workshops about various natural resources topics.

Worked on District Program Leadership Team to plan training opportunities for new Extension Agents. Trainings included "Balancing Personal and Professional Life", "Generations at Work", "Relationship Building with County Government" (webinar), "Safety in the Workplace". Also attended three of these trainings as a participant.

Continue to work on Senior Agent Peer Review Committee working with Senior Agent applicants on their promotion package.

Coordinated presentation contests with local 4-H clubs and invited participating youth to compete in the Planning District 4 Area Contest. Worked with 4-H Agents in PD4 to organize 4-H Area Presentation, Public Speaking, and Share-the-Fun talent contests at Riverlawn Elementary School in Fairlawn. Eighty-three youth from PD4 counties participated in the contest.

Planned 4-H Day at the State Capitol with 8 registered to participate. Planning included transportation arrangements, making appointments for 4-H members to meet their legislators (a Senator and a Delegate), and scheduling Capitol building and Governor's Mansion tours. Event was cancelled due to inclement weather.

Coordinated school embryology project for teachers at Christiansburg, Falling Branch, Eastern Montgomery, and Gilbert Linkous elementary schools as well as the Juvenile Detention Center. We provided 8 incubators and over 8 dozen fertile eggs for 4-H hatching projects at each of these schools.

Applied for, and received, a 4-H Innovative Programming grant for a "4-H Eggstravaganza" project ($1000). This grant money will fund incubators and other program supplies. The program will include hatching projects and workshops on egg nutrition, egg food challenges, and egg art.

Coordinated volunteers to develop an exhibit for the Tractor Supply Clover fundraising campaign. The campaign runs for two weeks. The county 4-H program receives 60% of every clover sold during the campaign period. Volunteers share information about 4-H and encourage customers to purchase a clover.

Gave a presentation to the Montgomery County Farm Bureau about our Extension Fair and requested financial support to help with costs associated with the fair. Developed, with Fair committee, overall fundraising campaign to support the county Extension Fair. We received $1950 in donations.

Served on the record book and photography committee for the Roanoke Area Junior 4-H Livestock Show and the sheepman's contest committee for the SW District Sheep and Goat Symposium. Assisted with the Stockman's Contest at the NRV Fair.

Coordinated 2015 Junior 4-H Camp (Montgomery, Giles, and Floyd, counties) held at the W. E. Skelton 4-H Center at Smith Mountain Lake. Completed training requirements for teen counselors and adult volunteers who would attend and assist with camp. Held camp orientation meeting for parents and campers. Of the 381 total participants at Junior 4-H Camp, 179 campers (ages 9 to 13), teen counselors, and adults from Montgomery attended. Also promoted 2015 District 4-H Camp, a 4-day residential camp also at the W. E. Skelton 4-H Center. Of the 56 who attended District Camp, 24 were from Montgomery County.

Coordinated teen participation in State 4-H Congress at Virginia Tech. Two teens attended for the week and participated in workshops, college fairs, and leadership activities. One of these teens ran for a 4-H State Cabinet position, SW District Ambassador. Five teens, including the two who participated for the entire week, participated in state competitions. Two of these competitors won the overall State Congress presentation award in their respective categories.

Coordinated, with our Extension staff and Montgomery County ELC, the 2015 Montgomery County Extension Fair at Alphin-Stuart Arena, Virginia Tech, Blacksburg (August 1-2). The fair included exhibits, a livestock show, horse show, fair games, educational demonstrations, and Extension program highlights. Approximately 150 citizens participated or attended the fair over the 2-day period.

Continue to serve as Montgomery County Extension Unit Coordinator responsible for financial and office personnel management and serving as the liaison for Montgomery County Administration and Board of Supervisors and the Montgomery County Extension Leadership Council.

Board of Supervisors Report, 2015

Jan – Aug 2015

Kelli Scott, Virginia Cooperative Extension-Montgomery County, Agriculture & Natural Resources

Plan of Work, Jan-Aug 2015:

General

- Work closely with NRV Agriculture and Tourism Consortium encouraging on farm activities and events and local food systems across the region. Appreciation of the Rural Character of the NRV.
- Assisting Farmers & Homeowners through phone calls, emails, producer meetings, farm tours, office visits
- Food Safety Training – Value Added Training for food producers
- Farmers Market Vendor Training
- Appalachian Foodshed Project – Appalachian Virginia Food Systems Network

Educational Programs

1. Virginia Beginning Farmer & Rancher Training
2. Virginia Farm Mentor Network
3. Beef & Pasture Management Programs
4. Food Safety of Locally Grown Produce
5. Pesticide Recertification
6. Virginia Pest Management Guide/Pesticide Safety
7. Agritourism/Agribusiness Workshop
8. Farmers Market Development Workshop
9. VA Urban Agriculture Summit
10. VA Farm to Table Conference
11. 2015 Kentland Agriculture Day – Research Focus
12. Increased Markets of Specialty Crops
13. Virginia Winter Forage Conference
14. Master Gardener Talks
15. Virginia Well Water Clinics
16. JR. HOKIE Showcase

Board of Supervisors Report, 2015

Jan – Aug 2015

Kelli Scott, Virginia Cooperative Extension-Montgomery County, Agriculture & Natural Resources

Areas of Concentration

- Agribusiness & Agritourism: (SEE FULL REPORT ATTACHED)
  The New River Valley Regional Agriculture & Tourism Coalition: Montgomery, Giles, Pulaski counties are looking at ways to preserve the rural character of the region, support traditional agriculture production, increase local food systems, community viability, tourism, and marketability of the region. Development of a Strategic Plan for the Region. Formal presentation to follow.
  - Workshops, Trainings, Strategic Planning Process
  - Work very closely with Lisa Bleakley in Montgomery County Tourism Development and Brea Hopkins from Montgomery County Planning Dept, as well as Kevin Byrd from NRV Planning District.
  - Assisted in Completing the Final Strategic Plan for the region. Available for distribution at the end of 2015.
  - Project has come to completion. The results of the strategic plan are attached to this report. The team is developing and will implement the NRV Planning for an Agriculture Future Conference on Sept 21st and 22nd. ***YOU ARE ALL INVITED TO ATTEND THE CONFERENCE. A REGISTRATION WILL BE COMING OUT SOON.***
- Virginia Beginning Farmer & Rancher Coalition Project:
  - Curriculum
  - Mentoring
  - Resources
- Christiansburg Community Garden
  - New River Valley Health District WIC Program
  - Health & Nutrition programs at VT
  - VCE-Montgomery County

Kelli Scott, Virginia Cooperative Extension-Montgomery County, Agriculture & Natural Resources

- Extension Led Training Opportunities for Planning Commissioners
  - Lead by Jonah Fogel
  - More info at www.planvirginia.com
- Appalachian Foodshed Project
  - Increasing Local Food Systems
  - Food Access to All Citizens
  - Developed an Appalachian Virginia Food System Council
  - Creating a Road Map to increase local food systems across Appalachian Virginia
  - Collaborate with many diverse community partners, levering resources to accomplish goals.
- Appalachian Virginia Food System Council
  - charged with improving community partners' involvement, support, enhancement, and outreach of local food systems and farm viablity.
  - Community Work Sessions scheduled for winter 2014/15
- Virginia Master Gardener Strategic Planning Team
  - The Future Vision of the premier Volunteer program for Virginia.
- Virginia Master Gardener College Development & Management Team
  - Held on the campus of VT, June 22rd – 28th
- Montgomery County Farm to Community Project
  - *local and regional agricultural policy, training, and marketing initiatives that strive for a more just food system—for farmers and residents*
  - *Food Forum held at MC Govt. Center Nov. 21st.*
  - *Working on a Community Kitchen in Prices Fork*

- New River Valley Gleaning Team
  - Working to coordinate existing gleaning efforts in the area. Making fresh food available to low income residents through food banks & agencies.
  - **Living Example-)** *174 volunteers picked 14,000 pounds of turnips in one weekend. That is 42,000 servings of turnips that went to food agencies.*
- New River Valley Master Gardener Program
  - 2014 Training Completed, Development of 2016 Training
  - 100+ Projects & Activities across the area
  - Spring Plant Sale
  - Workshops
  - Plant Clinics/Outreach
  - Horticulture Help Desk
  - Newsletter/Local Publications
- Virginia Beginning Farmer & Rancher Program curriculum, ***Virginia Whole Farm Planning: An Educational Program for Farm Startup and Development*** is now public and available for use.
- JR. HOKIE SHOWCASE
  - VCE hosts all area 4th graders to the Alphin Stewart Arena for a week of Agriculture Awareness Training & Lessons.
- Written Articles
  - New River Valley Magazine
  - IN SEASON, statewide Master Gardener newsletter
  - The Grapevine, NRV Master Gardener newsletter
- WSLS News Coverage
  - Kentland AG Day

FAMILY AND CONSUMER SCIENCES

- Wrote news articles for local newspapers on nutrition, wellness, and food safety issues.
- Maintain a weekly radio program on WPSK which airs each Friday at 9:20 a.m. entitled "Health Bites". Nutrition, health, food safety, money management and parenting topics are covered each week.
- During May's 'America Saves' month conducted social media campaign with tips and resources for increasing personal savings.
- Serve on VCE Family and Consumer Financial Leadership Team to identify statewide financial programing needs as the Southwest District representative.
- Serve on VCE Food, Nutrition and Wellness Leadership Team to identify statewide food, nutrition and health needs as the Southwest District representative.
- Serve on District Program Leadership Team with the purpose of building a stronger Cooperative Extension program in the district.
- Attended several in-service opportunities to gather resources to address the needs of local residents in the areas of personal financial management and nutrition and health.
- Assisted with the Montgomery Well Water testing clinic. Well water samples were tested to identify any health and nuisance concerns.
- As part of a partnership, provided the "For the Love of Children" workshop, an all-day professional development workshop, for area family and center-based child care providers. Agents provided a Nutrition and Health session and shared information addressing Financial Wellness, 145 participants.
- Taught food safety trainings requested by various local groups with the majority of participants receiving certification at the end of courses.

- Requested by New River Community Action to teach session on 'Spending Plans' for new staff members, providing resources for their personal use and to share with their clients.

- Conducted monthly classes for area women in transitional housing. Classes are designed to increase job seeking skills and personal financial management preparing them to live on own.

- Co-led Reality Store experience for Christiansburg High School, designed to introduce students to spending plans, wants and needs and career choices.

- Led 4-H teen food challenge activity addressing healthy snacks. Youth teams prepared a healthy snack and learned of a new Virginia program.

- Co-taught 2-part series 'Strengthening Your Facilitation Skills", designed to increase the skills of community and organization leaders.

- Spoke with Virginia Tech Consumer Education class about 'Financial Mentoring' and real world experiences.

- Co-led 'Repurposing and Recycling' session for Junior Master Gardener members. Youth created garden art from common household items bound for the trash.

- Addressed client calls seeking information about home canning, food safety, regulations and additional consumer questions.

- Conducted session 'The Science behind Home Food Preservation' at Montgomery-Floyd Regional Library; Blacksburg.

- During 4-H camp provided "Camp Cooking' class for youth. Youth explored "Choose My Plate' through word and taste. They were given the opportunity to try new foods along with their favorites.

- Led two financial literacy sessions for Department of Social Services clients. Addressed setting spending plans and credit histories and credit scores.

- During Montgomery County fair, led food challenge activity addressing healthy snacks during which youth built, and ate, their own healthy snack. Also made available information and resources concerning safe home food preservation.

Virginia Cooperative Extension

Virginia SNAP-ED Works

Supplemental Nutrition Assistance Program Education

Every **$1 spent** on quality nutrition education saves as much as $10 in long-term healthcare costs.

THE CHALLENGE

3.1 million Virginians (1 in 10 people) face food insecurity

29.8% of Virginia children are overweight or obese

63.4% of Virginia adults are overweight or obese

Obesity costs more than **$3.3 billion** dollars each year in Virginia

THE SNAP-ED SOLUTION

TEACH families how to buy and prepare healthy foods

HELP families stretch tight budgets and buy nutritious options

CREATE a culture of health

SUPPORT farmers markets to establish Electronic Benefits Transfer (EBT) and matching programs for SNAP participants

THE RESULTS

SNAP-Ed Works for Virginians

- 92% of families buy and prepare MORE HEALTHY FOODS
- FEWER FAMILIES go hungry
- Nutritious foods BECOME AFFORDABLE AND ACCESSIBLE, such as at Farmers Markets
- More Farmers Markets with SNAP EBT STRENGTHEN LOCAL ECONOMIES

In 2014, Virginia **SNAP-Ed** reached **88,376** limited resource children and **25,413** adults throughout the commonwealth.

For further information and resources go to
www.movemore.ext.vt.edu

Funded by the USDA Food and Nutrition Service and Virginia Department of Social Services.

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VT/0415/HNFE-301
*18 USC 707

VIRGINIA Family Nutrition Program
Eat Smart Move More

Virginia Cooperative Extension
Virginia Tech • Virginia State University

Angela Helm

Family Nutrition Program/VCE Montgomery

- 1/9/15 Conducted a cooking demonstration and prepared food for 41 family's at the Fieldstone Food Bank in Christiansburg.
- 1/30/15 Conducted a cooking demonstration and prepared food for 43 family's at the Fieldstone Food Bank in Christiansburg.

Total 84 Participants in January

- 2/4/15 Provide an in-home class on Nutrition for a county resident and her three children who are just learning English.
- 2/5/15 Provide an on-site class on Nutrition for a county resident at the local library
- 2/11/15 Provide an in-home class on Nutrition for a county resident and her three children who are just learning English.
- 2/25/15 Provide an in-home class on Nutrition for a county resident and her three children who are just learning English.
- 2/27/15 Conducted a cooking demonstration and prepared food for 41 family's at the Fieldstone Food Bank in Christiansburg.

Total 54 Participants in February

- 3/2/15 Taught a Health and Nutrition Class at Meadowbrook Library: 5 county residents attended
- 3/4/15 Provide an in-home class on Nutrition for a county resident and her three children who are just learning English.
- 3/11/15 Provide an on-site class on Nutrition for a county resident at the local library
- 3/17/15 Provide an on-site class on Nutrition for a county resident at the local library
- 3/17/15 Taught a Health and Nutrition Class at Meadowbrook Library: 5 county residents attended
- 3/18/15 Provide an in-home class on Nutrition for a county resident and her three children who are just learning English.
- 3/23/15 Provide an in-home class on Nutrition for a county resident who is working toward gaining custody of her child that is current in the care of social services.
- 3/24/15 Taught a Health and Nutrition Class at Meadowbrook Library: 5 county residents attended
- 3/25/15 Provide an in-home class on Nutrition for a county resident and her three children who are just learning English.
- 3/26/15 Provide an on-site class on Nutrition for a county resident at the local library

- 3/26/15 Taught a Health and Nutrition Class at Christiansburg Library: 6 county residents attended
- 3/27/15 Conducted a cooking demonstration and prepared food for 43 family's at the Fieldstone Food Bank in Christiansburg.
- 3/30/15 Taught a Health and Nutrition Class at Christiansburg Bluff apartments for 5 county residents
- 3/31/15 Taught a Health and Nutrition Class at Meadowbrook Library: 5 county residents attended

Total 90 Participants in March

- 4/1/15 Provide an in-home class on Nutrition for a county resident and her three children who are just learning English.
- 4/6/15 Provide an in-home class on Nutrition for a county resident who is working toward gaining custody of her child that is current in the care of social services.
- 4/7/15 Taught a Health and nutrition Class in conjunction with Montgomery County Parks and Recreation 15 participants
- 4/8/15 Taught a Health and Nutrition Class in Christiansburg for 23 county residents
- 4/9/15 Provide an on-site class on Nutrition for a county resident at the local library
- 4/9/15 Taught a Health and Nutrition Class at Christiansburg Library: 6 county residents attended
- 4/13/15 Taught a Health and Nutrition Class at Christiansburg Bluff apartments for 5 county residents
- 4/13/15 Taught a Health and Nutrition Class at Linden Green apartments for 4 county residents
- 4/15/15 Taught a Health and Nutrition Class at Ellet Road apartments for 3 county residents
- 4/16/15 Taught a Eating on a Budget Class in conjunction with Montgomery County Parks and Recreation 15 participants
- 4/20/15 Provide an in-home class on Nutrition for a county resident who is working toward gaining custody of her child that is current in the care of social services.
- 4/20/15 Taught a Healthy Smoothies Class in conjunction with Montgomery County Parks and Recreation 10 participants
- 4/21/15 Taught a Health and Nutrition Class at Meadowbrook Library: 5 county residents attended
- 4/22/15 Taught a Health and Nutrition Class in Christiansburg for 23 county residents
- 4/23/15 Provide an in-home class on Nutrition for a county resident who is working toward gaining custody of her child that is current in the care of social services.
- 4/23/15 Taught a Health and Nutrition Class at Christiansburg Library: 6 county residents attended
- 4/24/15 Conducted a cooking demonstration and prepared food for 41 family's at the Fieldstone Food Bank in Christiansburg.

- 4/27/15 Taught a Health and Nutrition Class at Christiansburg Bluff apartments for 5 county residents
- 4/27/15 Taught a Health and Nutrition Class at Linden Green apartments for 4 county residents
- 4/28/15 Taught a Health and Nutrition Class at Meadowbrook Library: 5 county residents attended
- 4/29/15 Taught a Health and Nutrition Class at Ellet Road apartments for 3 county residents

Total 177 Participants in April

- 5-2-15 Displayed nutritional information at Meadowbrook Center Garden day attended by over 300 residents.
- 5/4/15 Worked in the Community garden 3 hours with 2 county residents
- 5/11/15 Worked in the Community garden 3 hours with 2 county residents
- 5/11/15 Taught a Health and Nutrition Class at Linden Green apartments for 4 county residents
- 5/14/15 Taught a Health and Nutrition Class in Christiansburg for 23 county residents
- 5/14/15 Taught a Health and Nutrition Class at Ellet Road apartments for 3 county residents
- 5/18/15 Worked in the Community garden 3 hours with 2 county residents
- 5/20/15 Provide an in-home class on Nutrition for a county resident who is working toward gaining custody of her child that is current in the care of social services.
- 5/26/15 Taught a Health and Nutrition Class at Meadowbrook Library: 5 county residents attended
- 5/27/15 Taught a Health and Nutrition Class in Christiansburg for 23 county residents
- 5/27/15 Taught a Health and Nutrition Class at Ellet Road apartments for 3 county residents
- 5/28/15 Provide an in-home class on Nutrition for a county resident and his young child
- 5/29/15 Conducted a cooking demonstration and prepared food for 42 family's at the Fieldstone Food Bank in Christiansburg.

Total 412 Participants in May

- 6/2/15 Provide an in-home class on Nutrition for a county resident and his young child
- 6/4/15 Taught a Health and Nutrition Class at Meadowbrook Library for 5 county residents
- 6/8/15 Worked in the Community garden 3 hours with 2 county residents
- 6/8/15 Taught a Health and Nutrition Class at Linden Green apartments for 4 county residents
- 6/10/15 Taught a Health and Nutrition Class in Christiansburg for 23 county residents
- 6/10/15 Taught a Health and Nutrition Class at Ellet Road apartments for 3 county residents
- 6/11/2015 Meadowbrook Back Pack Program: provided Health snack for 22 family's
- 6/11/15 Provide an in-home class on Nutrition for a county resident and his young child
- 6/15/2015 Worked in the Community garden 3 hours with 2 county residents
- 6/15/15 Taught a Health and Nutrition Class at Linden Green apartments for 4 county residents

- 6/16/15 Taught a Health and Nutrition Class at Meadowbrook Library: 5 county residents attended
- 6/18/15 Meadowbrook Back Pack Program: provided Health snack for 22 family's
- 6/22/15 Worked in the Community garden 3 hours with 2 county residents
- 6/22/15 Taught a Health and Nutrition Class at Linden Green apartments for 4 county residents
- 6/23/15 Provide an in-home class on Nutrition for a county resident and his young child
- 6/24/15 Taught a Health and Nutrition Class in Christiansburg for 23 county residents
- 6/24/15 Taught a Health and Nutrition Class at Ellet Road apartments for 3 county residents
- 6/25/15 Meadowbrook Back Pack Program: provided Health snack for 22 family's
- 6/26/15 Meadowbrook Back Pack Program: provided Health snack for 22 family's
- 6/26/15 Provide an in-home class on Nutrition for a county resident who is working toward gaining custody of her child that is current in the care of social services.
- 6/26/15Conducted a cooking demonstration and prepared food for 37 family's at the Fieldstone Food Bank in Christiansburg.
- 6/29/15 Worked in the Community garden 3 hours with 2 county residents
- 6/30/15 Provide an in-home class on Nutrition for a county resident who is working toward gaining custody of her child that is current in the care of social services.

Total 178 Participants in June

- 7/2/15 Meadowbrook Back Pack Program: provided Health snack for 22 family's
- 7/6/15 Worked in the Community garden 3 hours with 2 county residents
- 7/6/15 Taught a Health and Nutrition Class at Linden Green apartments for 4 county residents
- 7/8/15 Taught a Health and Nutrition Class in Christiansburg for 23 county residents
- 7/9/15 Meadowbrook Back Pack Program: provided Health snack for 22 family's
- 7/13/15 Worked in the Community garden 3 hours with 3 county residents
- 7/16/15 Meadowbrook Back Pack Program: provided Health snack for 22 family's
- 7/17/15 Provide an in-home class on Nutrition for a county resident and his young child
- 7/20/15 Worked in the Community garden 3 hours with 3 county residents
- 7/20/15 Taught a Health and Nutrition Class at Linden Green apartments for 4 county residents
- 7/21/15 Provide an in-home class on Nutrition for a county resident who is working toward gaining custody of her child that is current in the care of social services.
- 7/22/15 Taught a Health and Nutrition Class in Christiansburg for 23 county residents
- 7/22/15 Taught a Health and Nutrition Class at Ellet Road apartments for 3 county residents
- 7/23/15 Meadowbrook Back Pack Program: provided Health snack for 22 family's
- 7/27/15 Worked in the Community garden 3 hours with 3 county residents
- 7/27/15 Taught a Health cooking class Meadowbrook Library open to the public. 14 county residents attended
- 7/30/15 Meadowbrook Back Pack Program: provided Health snack for 22 family's

- 7/31/15 Conducted a cooking demonstration and prepared food for 42 family's at the Fieldstone Food Bank in Christiansburg.

Total 237 Participants in July

- 8/3/2014 Worked in the Community garden 3 hours with 3 county residents
- 8/3/15 Taught a Health cooking class Meadowbrook Library open to the public. 14 county residents attended
- 8/3/15 Taught a Health and Nutrition Class at Linden Green apartments for 4 county residents
- 8/4/15 Taught a Health and Nutrition Class at Willow Woods Apartments for 2 county residents

Professional Development:
Received National Nutrition Certification January 23, 2015
Attended Nutrition Training at the SWVA Higher Learning Center 1/28/15
Attended Training for Farmacy Garden 4/28/15
Attended Educational conference in Roanoke 5/5/15-5/7/15