

Arlington County

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Community Voices

“Extension Master Naturalists adopted Arlington’s Powhatan Springs natural area eight years ago. Since then, hundreds of volunteers from the adjacent community have joined with Master Naturalists to plant native trees and shrubs and stay vigilant in the battle against invasive plants.”



Lyndell Core
Manager, Arlington County Parks

50

Home visits made by
Energy Master Volunteers

Partners for Solutions

“4-H provides youth the opportunity to engage in activities of interest and develop skills that provide purpose, direction, and joy. As a 4-H agent, it is an honor to facilitate youth programs on career exploration, leadership, entrepreneurship, life skills, and public speaking within the Northeast District.”



Deborah Madden
Agent



Youth prepare summer salad.

Sharing Knowledge

Rising food prices make it difficult for families on limited budgets to prepare healthy meals. Eat Smart, Move More focuses on the guiding principles of Virginia Cooperative Extension’s Family Nutrition Program. In partnership with local agencies, community centers, and schools, agents and nutrition specialists teach families healthy eating on limited budgets.

Over the summer, youth and families with limited incomes participated in a four-part series, Garden to Go. The FNP specialist, Master Food volunteers, summer intern, and Family and Consumer Sciences agent taught classes on gardening, cooking, food safety, budgeting food dollars, and shopping wisely. Master Gardeners donated soil, vegetable plants, and additional containers for residents to plant a garden within their housing complex.

For many, this was their first experience putting their hands into soil to plant vegetables. The physical workout of planting a garden helped youth connect to where food comes from and the labor involved. At each session, youth prepared a healthy dish to share with their parents. Garden to Go taught participants that a healthy family starts with making the choice to take charge of one’s health.

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Funding by Source



33% State

31% Local

15% Federal

15% Grants

5% Other

Total Funding: \$414,550

\$2.25

return on investment
for every dollar
invested by the county
in **Arlington County**

\$2,806,835

value of extension
volunteer hours in
Arlington County

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visit www.cals.vt.edu/make-a-gift.