Extension program assistants teach school children to prepare nutritious snacks.

Food, Nutrition, and Health

Food, Nutrition and Health programs help individuals of all ages adopt positive lifestyle patterns that reduce the risk of chronic disease. Educational programs emphasize appropriate food and nutrition choices, encourage physical activity, and improve health literacy as a means to ensure a healthier and more productive society.

Family and Community Sciences

Family and Community Sciences programs assist families and communities with critical issues related to economic stability and quality of life. Comprehensive, community-based programs provide education for establishing or improving economic self-sufficiency and foster an environment to sustain a dynamic and productive workforce.

Teamwork exercises at camp help 4-H'ers learn to work together.

Parenting class participants learn problem-solving skills through hands-on activities.

4-H'ers learn to understand and appreciate marine life.

Virgiina Cooperative Extension

Knowledge for the Commonwealth

Extension programs and employment are open to all, regardless of race, color, religion, national origin, gender, age, veteran status, national origin, disability, or political affiliation. An affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and U.S. Department of Agriculture cooperating. Steven H. Umbreger, Director. Cooperative Extension, Virginia Tech, Blacksburg; Lorenta W. Lyons, Administrator, 1890 Extension Program, Virginia State, Petersburg.
Extension is funded through the cooperative efforts of local, state, and federal governments. In addition, over 40,000 citizen volunteers contribute millions of hours every year helping identify and deliver needs-driven educational programs.

**Virginia Cooperative Extension:**
- Provides educational programs to individuals, families, organizations, and communities in the four broad areas of: 1) agriculture and natural resources; 2) 4-H youth development; 3) family and community sciences; and 4) food, nutrition, and health.
- Provides prompt access to unbiased, objective, research-based information and educational programs through an innovative network of human and technological resources.
- Collaborates with public and private partners to better utilize our resources, enhance our effectiveness, and reach a more diverse audience.
- Partners with citizen-led Extension Leadership Councils throughout the state to identify local needs and develop programs that lead to positive change.

**Agriculture and Natural Resources**
Educational programs in Agriculture and Natural Resources help sustain the profitability of agricultural and forestry production, while enhancing and protecting the quality of our land and water resources. Programming efforts address a broad range of issues and critical needs associated with 1) the production of livestock, food crops, and forests; 2) financial and business management; 3) soil and water conservation; 4) wise and safe use of pesticides; 5) natural resource management; and 6) rural economic development.

**4-H Youth Development**
4-H is the largest comprehensive youth development program in the nation. Young people from ages 5 to 18 engage in hands-on learning experiences under the leadership of 4-H Agents and trained adult and teen volunteers. 4-H fosters development in effective citizenship, leadership,