

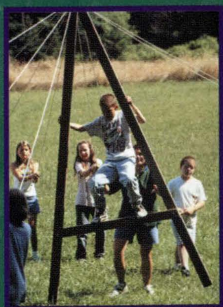
4-H'ers learn to understand and appreciate marine life.

character, and other important life skills through a strong science-based curriculum.

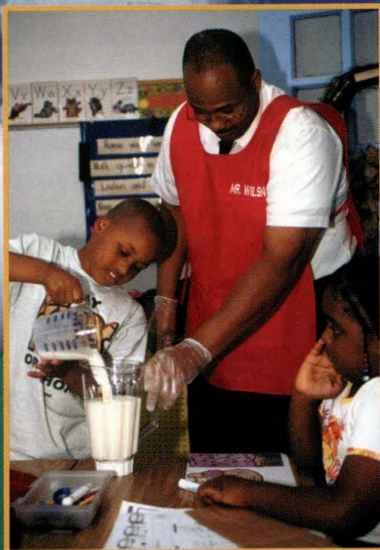
Through community-based and school-partnered programs, 4-H members learn how to: make sound decisions, manage resources, work with others, and utilize effective communication skills.

## 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.



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.

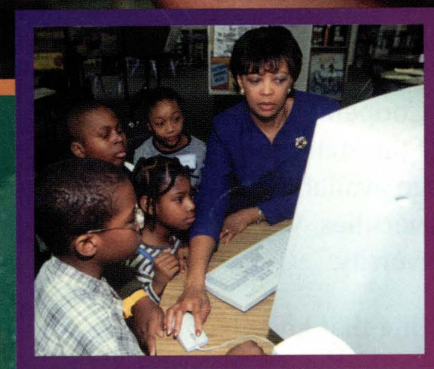


Parenting class participants learn problem-solving skills through hands-on activities.

[www.ext.vt.edu](http://www.ext.vt.edu)

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Virginia Cooperative Extension

Knowledge for the Commonwealth



VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY



VIRGINIA STATE UNIVERSITY



Field research is conducted at Agricultural Research and Extension Centers across the state.



Extension offices bring services to people in their own communities.

As the front door to the land-grant university system, Virginia Cooperative Extension uses objective, research-based educational programs to stimulate positive personal, economic, and societal change. Our educational programs lead to more productive lives, families, communities, and farms and forests while enhancing and preserving the quality of the commonwealth's natural resources.



University-based laboratories provide support for agents across the state.

Virginia Cooperative Extension provides every citizen of the state local access to the wealth of knowledge available through our two land-grant universities, Virginia Tech and Virginia State University.

Recognizing that knowledge is power, Extension uses the resources of the land-grant university system to deliver educational

programs through a network of 107 local county and city offices, six 4-H Educational Centers, and 13 Agricultural Research and Extension Centers.



Extension Leadership Councils get citizens involved in setting local priorities.

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.

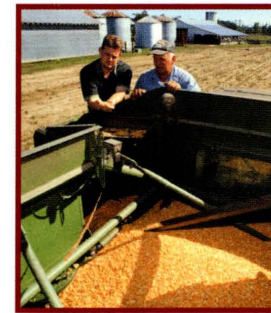
## Agriculture and Natural Resources

Educational programs in Agriculture and Natural Resources help sustain the profitability of agricultural and forestry production, while

Extension agents teach forest landowners about conservation and water quality.



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.



Virginia Cooperative Extension addresses issues dealing with the production of livestock and crops.

## 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,

