



**Virginia SNAP-Ed  
Q3 2024**

# Quarterly Program Snapshot



**Virginia  
Cooperative  
Extension**  
Virginia Tech • Virginia State University

## Overview

The third quarter involved several trainings and preparation for the launch of new curricula.

## Employee Updates

### New Employees

We have several new youth Nutrition Education Facilitators:

- Terence Ragland, Albemarle
- Aisha Siddiqui, Fairfax
- Jaylen McMahon, Hampton
- Anita Eggleton, Prince William (moved from an adult NEF position)

Heather LiVorio also started as the new Online Instructional Designer. In this role, she will help create asynchronous online programs for audiences not served by Peer Educators working with adults and provide support to online volunteer training.

## Priority Goal: Increase Program Access for SNAP-Eligible Adults, Youth and Families

### MyPlate Listening Session

In June, Virginia State University hosted a listening session and panel discussion about MyPlate and nutrition security for USDA, facilitated by Dr. Caree Cotright, Director of Nutrition Security and Health Equity, for the USDA Food and Nutrition Service.

It was a great showcase of how MyPlate is utilized within different programs, initiatives, audiences, and settings to support healthy eating and nutrition security. Virginia DSS SNAP Outreach and Virginia SNAP-Ed were well-represented. Tia Powell, Coordinator for Indigenous Initiatives, presented on partnerships with tribal organizations, and Ann Vargo (SNAP-Ed Agent) conducted a food demonstration at a farmers market and food prescription program pick-up location.



*Tia Powell presenting about Virginia SNAP-Ed partnerships with federally-recognized tribal organizations*



*Dr. Caree Cotright, Director of Nutrition Security and Health Equity*

### **People's Garden Distinction**

The Virginia SNAP-Ed sponsored community garden in Waynesboro has been accepted as a USDA People's Garden. Kaye Shaner, a senior adult Nutrition Education Facilitator, partnered with other local agencies to start the garden. She also provides a variety of nutrition education at the garden.



## Eat Smart, Move More...At Home and At Schools

### Eat Smart, Virginia

Virginia SNAP-Ed adapted a teen curriculum on healthy eating and physical activity from *Eat Right Philly* called *Eat Smart Virginia*. The training was held on June 25 and 26 in Blacksburg with youth Nutrition Education Facilitators and SNAP-Ed Agents.



## Shop Smart, Eat Smart

### Nourish

Several resources related to the [Nourish social marketing](#) and referral project were created for SNAP-Ed Agents to use with food pantry partners, including:

- What to Know about Nourish
- Intro to Nourish for Neighbors video – A recording explaining what Nourish is to neighbors to be shared with pantry partners especially if they have a tv or some way of advertising the video in their pantry setting for neighbors to watch
- Nourish Blog & Recipe Schedule – To be referenced when scheduling food demos at pantry; an effective strategy to link up the Nourish monthly recipe or theme of the blog post to a food demo recipe or education
- Nourish magnets, stickers, and posters

## Eat Smart, Move More...In Tribal Communities

A total of three MOAs are currently in place with federally-recognized tribes in Virginia. In quarter 3, there were two ongoing SNAP-Ed programs that were offered at the Chickahominy Tribe - Eastern Division:

- Literacy, Eating, Activity for Preschoolers (LEAP) offered by trained SNAP-Ed volunteers
- Healthy Eating and Staying Active comprehensive program series for older individuals



*Tia Powell and Liz Hayes (adult nutrition education facilitator) attended the Chickahominy health fair*

## Journal Publications

Liebe RA, Chantit'a Holmes, and S Misyak. Differing Within-Household Food Security Statuses Are Associated with Varied Maternal Mental Health Outcomes. *Nutrients* 2024, 16, 1522. <https://doi.org/10.3390/nu16101522>

## Employee Trainings By Setting *(In Chronological Order)*

The following list includes all structured trainings and professional development opportunities provided to Virginia SNAP-Ed employees from April 1, 2024 - June 30, 2024 by SNAP-Ed setting. These do not include weekly check-ins with employees, either individually or by district.

### ALL

Training Title	Employees in Attendance	Description	Training Type	Date	Number of Attendees
FNP Professional Development Webinar Series: Reinventing Food Pantries	All	Meghan Butler and Sydney Orgel spoke to us about this topic	Virtual	April 18, 2024	30
FNP All-State Training: Changing our Language	All	Courtney Slater spoke to us about the negative effects on the mental and physical health of stigma and weight bias can have	Virtual	June 4, 2024	93
FNP All-State Training: FNP Guide to Communicating Health Messages	Youth NEFs and SNAP-Ed Agents	Overview of the FNP Guide to Communicating Health Messages	Virtual	June 4, 2024	64
FNP All-State Training: The Power of YOU: The Value You Bring to the Room	All	Mylira Green spoke to us on how to harness our unique strengths, talents and experiences to make an impact	Virtual	June 4, 2024	89
FNP All-State Training: Understanding Credible Nutrition Information	Youth NEFs and SNAP-Ed Agents	This session will reviewed the process of developing the Dietary Guidelines and review how to spot red flags of misinformation in other food and nutrition resources	Virtual	June 5, 2024	48
FNP All-State Training: Trends in Aging Nutrition	Adult NEFs	Valisa Hedrick provided insight into trends, nutrients of public health concern, and other considerations for working with aging audiences that may participate in Healthy Eating and Staying Active	Virtual	June 5, 2024	30
FNP All-State Training: Native Nutrition Principles	All	Valerie Segrest gave us an overview of Native Nutrition Principles	Virtual	June 5, 2024	85

Training Title	Employees in Attendance	Description	Training Type	Date	Number of Attendees
FNP: All-State Training: Adolescent Nutrition	Youth NEFs and SNAP-Ed Agents	Nicolin Girmes-Grieco provided an overview of teen eating patterns, nutrients of public health concern for this age group, and topics of interest to teens in preparation for the launch of Eat Smart Virginia, our new teen curriculum	Virtual	June 6, 2024	38
FNP All-State Training: FNP Guide to Communicating Health Messages	Adult NEFs	Overview of the FNP Guide to Communicating Health Messages	Virtual	June 6, 2024	33
FNP All-State Training: State of the State & Awards Ceremony	All	Celebrate our employees' accomplishments and talk about FNP's success from the past year	Virtual	June 6, 2024	75



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, sex (including pregnancy), gender, gender identity, gender expression, genetic information, ethnicity or national origin, political affiliation, race, religion, sexual orientation, or military status, or any other basis protected by law.