



**Family Nutrition  
Program  
Program Assistants**

Barbara Rather



Christine Kimbrel

The Family Nutrition Program's mission is to teach limited-resource families and youth how to make healthier food choices and become better managers of available food resources for optimal health and growth.

Programs focus on basic nutrition, physical activity, safe food handling, and thrifty food shopping.

The funding comes from the United States Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA) to offer the [Expanded Food and Nutrition Education Program \(EFNEP\)](#) and from the USDA's Food and Nutrition Service (FNS) to offer [Supplemental Nutrition Assistance Program Education \(SNAP-Ed\)](#) in Virginia.



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If you are a person with a disability and desire assistance or accommodation, please notify the Lunenburg office at (434) 696-5526 during business hours of 8:00 a.m. and 5:00 p.m. \*TDD number is (800) 828-1120.



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## Mission

Virginia Cooperative Extension enables people to improve their lives through an educational process that uses scientific knowledge focused on issues and needs.

## Working Together

Virginia Cooperative Extension is a dynamic organization that stimulates positive personal and societal change, leading to more productive lives, families, farms and forests as well as a better environment. Recognizing that knowledge is power. Extension helps people solve their own problems through research-based educational programs in 107 local offices, six 4-H Educational Centers, and 12 Agricultural Research and Extension Centers. It is a product of cooperation among local, state, and federal governments in partnership with tens of thousands of citizens and Extension Leadership Councils.

The Virginia Cooperative Extension Lunenburg County Office is your local extension connection and your gateway to Virginia Tech and Virginia State Universities.



### Family and Consumer Sciences

Donna Daniel  
Extension Agent, FCS

Family Consumer Sciences programs assist families and communities with critical issues related to parenting, economic stability and quality of life. Comprehensive, community based programs provide education for establishing or improving economic self-sufficiency; fostering positive growth and development of human capital; and adopting food and nutrition choices that contribute to a healthy, productive society.

<http://sites.ext.vt.edu/livingwell/>



### Area Food Safety Extension Agent, Family and Consumer Sciences

Eric Bowen

Area Food Safety focuses on food safety issues as it relates to consumers, retail establishments, food entrepreneurs and direct marketer. Educational food programs are provided in various capacities.



### Agriculture & Natural Resource

Lindy Tucker  
Extension Agent, ANR

Educational programs in Agriculture and Natural Resources help sustain the profitability of agriculture and forest production while protecting and enhancing land and water resources.

Programming efforts address a broad range of issues from traditional agricultural management and production in livestock and crops, to farm business management, soil and water conservation, alternative agriculture, land and water quality, pesticide safety, forestry and wildlife, and commercial and consumer horticulture.

### What We Offer

- Pesticide Safety Training
- Soil Testing & Fertilization Recommendations
- Insect, Disease, & Weed Identification & Control Measures
- On-Farm Visits
- Forage Testing
- And Other Services



4-H Youth Development  
Dillon Robinson  
Extension Agent, 4-H

4-H is the comprehensive youth development program of Virginia Cooperative Extension. Youth from ages 5-19 engage in hands-on learning experiences under the guidance of 4-H agents and trained volunteers. 4-H fosters development in effective citizenship, leadership, strong character and other life skills, while simultaneously teaching the latest subject matter knowledge.



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



4-H enrollment is open year-round, and volunteers are always needed! For more information about upcoming programs, call the office or check out "Lunenburg County 4-H" on Facebook.