

# VIRGINIA COOPERATIVE EXTENSION

## Advancing Wellbeing of All Virginians

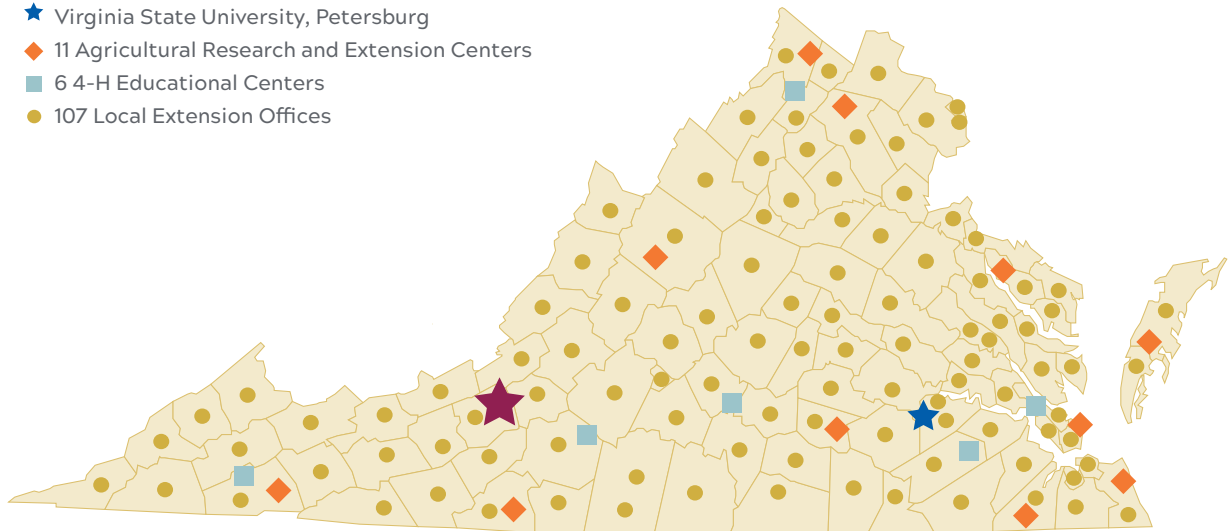
At Virginia Cooperative Extension, we take concrete action that advances the wellbeing of all Virginians. Whether we're building a more resilient food system, supporting local economies, or mentoring youth, we help manage our natural resources, bridge access to knowledge, and shape a brighter future for our communities.

**Extension faculty and staff come from a variety of backgrounds, which helps us better understand the distinct needs of all Virginians. It is through this lens that we can accurately and effectively assess, prioritize, and respond to local and state needs.**

Health and wellbeing  
Children and youth  
Safe and stable food supply  
Strong families  
Resilient communities  
Environmental health

Virginia Cooperative Extension has an existing network of facilities (107 city and county unit offices, 11 Agricultural Research and Extension Centers, six 4-H centers and two university campuses and satellites), professional extension staff, and university specialists to deliver vital educational programs to the public. This network is enhanced by a connection to the resources of the land-grant universities across the nation and is already located in every county and major city in the state.

- ★ Virginia Tech, Blacksburg Campus
- ★ Virginia State University, Petersburg
- ◆ 11 Agricultural Research and Extension Centers
- 6 4-H Educational Centers
- 107 Local Extension Offices



# VIRGINIA COOPERATIVE EXTENSION

## Addressing the needs that you care about in your community

### STRENGTHENING FAMILIES

Extension offers local programs that ensure that families have the skills and opportunities they need to manage their money, and develop strong family relationships to ensure secure and healthy families.

- Financial literacy and financial education
- Human development programming
- Caregiving across the lifespan
- Mental wellbeing

### YOUTH

As the youth development arm of Virginia Cooperative Extension, Virginia 4-H works throughout the commonwealth to help all youth learn by doing to help them become the best versions of themselves. 4-H youth are empowered to be upstanding citizens who are actively engaged in their communities and around the world.

- Helps youth become leaders in their communities
- Helps youth make healthy decisions and lifestyle choices
- Agriculture programs equip youth to feed the future
- Emphasizes the importance of STEM through hands-on projects

### COMMUNITY

Virginia Cooperative Extension works on the big issues, partnering with governments and organizations to solve systemic challenges in a way that benefits all Virginians. The commonwealth counts on us for their immediate land, health, and community needs to fix problems as they arise or seize opportunities.

- Addresses critical local needs
- Promotes economic prosperity
- Fosters justice, equity, and respect for all

### FOOD

Virginia Cooperative Extension programming results in safer food from farm to table, increased compliance with food regulations, and more markets available to producers.

- Community, local, and regional food systems
- Food safety, food preservation, and food-based businesses
- Master Food Volunteers

### ECONOMY

Virginia Cooperative Extension programming supports the sustainability and profitability of the Commonwealth's agriculture and forestry industries, Virginia's number one economic drivers that in turn support our communities and provide us with food.

- Agribusiness management and economics
- Agronomy and horticulture expertise
- Animal production and value-added marketing
- Emerging pests and pesticide management
- Natural resources management

### HEALTH

Extension is an integral part of helping Virginians follow a healthy lifestyle and learn how to prevent chronic diseases. Extension empowers people to make healthy choices so they can prevent, delay, and manage chronic diseases.

- Nutrition and fitness
- Chronic disease prevention
- Substance misuse and abuse