



# James City County Unit Newsletter

Fall 2009

## Passport to Healthier Lifestyle Choices

Passport to Healthier Lifestyle Choices is a special event hosted by James City County Social Services in a collaborative effort with the Food Bank of the Virginia Peninsula, and Virginia Cooperative Extension. The

event will take place at the James City County Human Services Center, 5249 Olde Towne Road from 9:30 a.m. to 12:30 p.m. This series of monthly nutrition assistance outreach events are scheduled to run the third Monday each month through June, 2010. (Upcoming dates: October 19, November 16, December 21, January 18) Participants, at their own pace, may experience a series of learning modules and observe demonstrations on healthy lifestyle choices, set-up and staffed by employees from the Foodbank of the Virginia Peninsula and Virginia Cooperative Extension in the multi-purpose room. Some participants may complete a session in 15 minutes, others will take longer and everyone is welcome to stay as long as they like. participants will 'travel' to three destinations. First on their travel itinerary is a visit to tour *The Villas of Learning New Lifestyles* where each month, they will experience a 10-minute presentation that will address healthier lifestyle choices; next stop is to *Taste and See Island*, there travelers will observe cooking demon-

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strations, taste test and get recipes based on foods distributed in their free (to eligible participants) box of USDA Commodities; and the final destination is to *Receivin' Resort* where 'travelers' sign up to receive their box of USDA Commodities and free produce.

A box of groceries from the Foodbank will be provided to the first 50 *eligible* participants (see the table to the right for maximum income limits) – including families and individuals that have applied for or are currently receiving benefits such as Food Stamps, TANF, WIC or the emergency food assistance program.

For more information contact Charlotte Kelley, Outreach Food Program Coordinator by calling 596-7188 or emailing [ckelley@nnfoodbank.org](mailto:ckelley@nnfoodbank.org).

Monthly Household Gross Income Limits 150% FPL	
People in the home	Income Limit
1	\$1,355
2	\$1,822
3	\$2,289
4	\$2,757
5	\$3,224
6	\$3,692
7	\$4,159
8	\$4,627

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Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

## Turf Love Program to Shut Down for Winter

Due to program changes, the popular Turf Love Program will not perform lawn visits until February of 2010 at which time we will resume accepting applications. Call the Virginia Cooperative Extension Office with any questions at 757-564-2170.

## James City/Williamsburg Master Gardener Volunteer Training Program

The purpose of the Master Gardener program is to learn, educate, and communicate environmentally sound horticultural practices to the community through trained volunteers. Trained by Virginia Cooperative Extension (VCE), Master Gardener volunteers are committed to offering information to the public. The range of public outreach and educational programs serving our area include turf and lawn, landscape, and plant disease clinics, therapeutic gardening, Extension help desk, and a range of gardening projects with children.

The James City County/Williamsburg Master Gardeners Volunteer Training Program is accepting applications throughout the month of October. The training is open to all citizens in James City County, Williamsburg, New Kent County and Charles City County. No previous gardening experience is necessary—only a desire to learn new skills, make friends with similar interests and support your community through volunteerism.

Many people are attracted to the program through a desire to understand gardening for their own personal interest or to enhance their own back yards, and after the training they find an even greater reward in the opportunity to apply their knowledge as volunteer educators, serving as partners with VCE. VCE Master Gardeners are a valuable resource and assist in bringing educational outreach to the community in all aspects of horticulture to protect and enhance the environment.

Well-known experts from the local community, area colleges and Colonial Williamsburg will be teaching classes on a wide range of horticultural subjects. Classes will be given on basic botany; identification and control of insects, weeds and diseases; turf, trees, shrubs, flowers, fruits and vegetables; pruning and landscape design; water issues, and other topics needed to become well-versed in sound horticulture practices.



Applications can be found at the Master Gardener website: [www.jccwmg.org](http://www.jccwmg.org).  
The application deadline is October 30, 2009.



## Holiday Gift Buying Tips: Staying in Budget

- Consider transferring items of family heritage to your children as gifts...photo albums, treasured books or jewelry.
- Look at items that you don't use that are put away...could someone enjoy them as a gift?
- Make gifts of food, such as a loaf of homemade bread. Take care, however to look at the true cost of food gifts...they may turn out to be quite costly!
- Make a list of those you wish to buy for. Include gift idea and dollar amount for each gift. If there isn't enough money saved, are there other gift ideas that are less costly?
- Consider shopping in less conventional markets, such as thrift shops, yard sales, budget or outlet stores.
- Give "gift certificates" for your time...3 hours of babysitting, yard work, running errands or odd jobs.
- Compile a booklet of favorite family recipes, tips, remembrances or stories.



## FALL 4-HCAMPS: Jamestown 4-H Educational Center

### Fall 4-H CLOVERBUD CAMP: November 14-15

This camp offers five to eight year olds the opportunity to experience the excitement of overnight camping. Campers learn critical life skills through songs, games, special programs, classes, and campfire experiences that camp offers. Camp fees are based on a sliding scale. Families choose what to pay. \$70 is the subsidized rate, \$80 is partially subsidized, \$90 is the true cost of the camp. Registration deadline is October 30.

### Winter 4-H TEEN WEEKEND: December 4-6

Teens learn positive life skill development in the areas of leadership and citizenship for teens (14-18). while participating in hands-on activities that teach leadership, community service, and citizenship. Camp fees are based on a sliding scale. Families choose what to pay. \$65 is the subsidized rate, \$80 is partially subsidized, \$95 is the true cost of the camp. Registration deadline is November 20.

To registered visit <http://sites.ext.vt.edu/4hcenter/jamestown/programs/index.html> or call 253-4931.

## 4-H LEGO Robotics Club

### 2009-2010 Schedule

Meetings will be held 6:00 - 7:30 p.m. at the James City/Williamsburg Community Center on Longhill Road.

#### Section 1—Advanced

Oct. 19, Room D	Nov. 16, Room A
Dec. 16, Room A	Jan. 18, Room A
Feb. 15, Room A	March 15, Room A
April 19, Room A	May 17, Room A

#### Section 2— Beginners

Oct. 21, Room D	Nov. 18, Room A
Dec. 21, Room A	Jan. 20, Room A
Feb. 17, Room A	March 17, Room A
April 21, Room A	May 19, Room A

It's not too late to register! \$15 fee per person for the year. Contact the Virginia Cooperative Extension at 564-2170 for more information or to register.



For tips on cooking a great, healthy turkey visit [www.butterball.com](http://www.butterball.com). The USDA Meat and Poultry Hotline can personally answer your food safety questions on weekdays year round. Call the USDA hotline: 1-800-674-6854 or email [mpholine.fsis@usda.gov](mailto:mpholine.fsis@usda.gov)

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## Cutting the Fat From Holiday Menus

For chocolate	Use 3 tablespoons cocoa and 1 tablespoon oil for ounce chocolate	
For brownie & cake mixes	Use 1/2 - 2/3 cup non-fat yogurt or applesauce for fat and eggs required in package directions.	
For breads	Select bagels, English muffins, French bread	
For cracker/chip snacks	Select toast rounds and pretzels	
For sour cream or whipped cream toppings	Select low fat or non-fat	
For butter on vegetables	Use butter seasonings or herbs and spices	
For butter on bread	Use sparingly or use jam or jelly only	
For eggs	Use 2 egg whites for 1 whole egg or use egg substitute	
For salad dressings	Use low fat or fat free OR use flavored vinegars	
For sweet treats	Select graham crackers, gingersnaps, or dried fruit bars	
For poultry	Bake, broil, or grill; remove skin	
For pasta	Select red sauces	
For ice creams	Select frozen yogurt or low fat frozen desserts	
For gravies	Skim broth and use cornstarch paste made with cold water to thicken	



# Upcoming Programs 2009



## Being My Own Boss

Being unemployed can be draining, both financially and emotionally. For those who have always thought they wanted to be their own boss. This might be the time to take that leap. Motivated by the appeal of increased income, flexible work hours, and personal control, an estimated 5 million Americans manage home-based businesses as diverse as antique repair to yard maintenance. Join us to learn some of the basic skills needed to start your own business.



**Wednesday, October 28**  
**9:00 a.m.—2:30 p.m.**  
**Virginia Workforce Center**  
**5235 John Tyler Highway**  
**Williamsburg, VA**

Call Stacey Tidwell at 757-253-4738 to register or get more information. Registration is FREE.

## Taking Charge of My Life

Have you identified financial goals to gain control over your spending? - October 15  
 Do you use the Food Guide Pyramid when grocery shopping? - October 22  
 Do you know tips to stretch your food dollars? - October 29



Make plans to join us and learn how:

**Thursday Mornings**  
**10:00 a.m. - 12:00 p.m.**

**Rita Welsh Adult Learning Center**  
 The College of William & Mary  
 Located in the basement of Bryan Hall

*Workshop is free, registration is required.  
 To register, call 564-2170.*

## Getting a Handle on Spending

If ever there was a time to develop a spending plan (budget), now is the time. With fast run-ups in the cost of food, gasoline, and utilities, not to mention high costs for health care and subprime mortgages that are resetting to higher monthly payments, many families are feeling the pinch. It is not uncommon to see families paying \$100-\$200 a month for food and gas than they were a year ago. That extra monthly spending has to come from somewhere and a spending plan can help "find" it. This FREE workshop will help you do so.



**Thursday, January 14, 6:30-8:00 p.m.**  
 James City County Government Offices Building—Toano  
**Wednesday, January 27, 10:00 a.m.-12:00 p.m.**  
 Location to be announced

Registration required, deadline is January 8.  
 Call 564-2170 for more information or to register.

## Managing Money in Tough Times

Every day we make choices about how to spend money. Often, these choices are made without planning. Learning some simple steps to manage your money now will make life easier during these challenging economic times.

*Topics covered in this workshop include:*

- How to live within your income
- How to spend your money wisely
- How to reach personal financial goals

**Thursday, November 19 - 6:30 to 8:00 p.m.**  
**James City County Government Offices Building—Toano**

Registration is required. There is no charge for this workshop. Register by November 13 to reserve your spot by calling 564-2170.

*James City Extension Unit Newsletter is published and distributed free of charge by Virginia Cooperative Extension Editor and Layout Design: Tracy Wainwright*

Doris Heath

If you are a person with a disability and desire assistance or accommodation for any of the programs listed in this newsletter, please notify the Virginia Cooperative Extension, James City County Office, at 564-2170 seven days prior to the event.