

---

# FAMILY CONSUMER SCIENCE FOOD AND HEALTH PROGRAMMING MENU

---



## Consumer Food Safety Education

- **HOME FOOD PRESERVATION**

Learn to safely preserve food at home with workshops on canning, freezing, and drying. Options include hands-on classes, canning demos, pressure gauge inspections, and personalized support.

- **SERVSAFE® RETAIL FOOD COURSES**

4-hr food handler course for adults who are employees at VA food establishments. The Certified Food Protection Manager is an 8-hour course for food employees with supervisory responsibilities. Passing score on final exam is required

## Volunteer Trainings

- **MASTER FOOD VOLUNTEERS**

A volunteer program with 20-30 hours of annual service for adults who are passionate about healthy lifestyles, food safety, food preservation, and cooking. Initial onboarding includes an 8-week training course. Make a difference in your community!

- **VACCINE AMBASSADORS**

10-hour training for volunteers to learn about the science of immunizations, current issues surrounding vaccines and how to improve access to vaccinations in your community.

## Nutrition and Health Education

- **TEEN CUISINE**

A 6-week cooking program that teaches nutrition and healthy eating through culinary skills. Program is intended for youth in grades 6-12.

- **FLOURISHING IN THE GARDEN**

A 7-week garden-based youth program that provides a holistic approach to mind-body-land. Incorporates gardening, nutrition education, and mindfulness through permaculture and yoga principles. Focuses on experiential learning through cooking and practicing yoga together.



---

## Nutrition and Health Education Cont.

- **DIABETES PREVENTION PROGRAM**

A 12 month, 22-session lifestyle change program and support group for those who are at risk of developing Type 2 diabetes. Prediabetes can be reversed! Find the support and encouragement you need to reduce your risk.

- **BALANCED LIVING WITH DIABETES**

6-session program to take control of your diabetes. Learn how to manage diabetes in a supportive environment where you will practice choosing healthy foods and being more active. Lower your A1c blood sugar levels and stay in touch with a class reunion!

- **CHRONIC DISEASE SELF-MANAGEMENT**

6-week program for adults living with chronic conditions to build a toolbox of strategies that will help them lead a fuller life. Strategies are useful for a variety of conditions like arthritis, depression, heart disease, cancer, and more.

- **LIFELONG IMPROVEMENTS THROUGH FITNESS TOGETHER (LIFT)**

8-week strength, flexibility, and balance program that promotes mindful movement. Helps aging adults improve strength and mobility, reduce risk of falls, and improve overall quality of life in a way that is fun, connected, and upLIFTing!

- **FITEX– FRIENDS, FAMILY & FITNESS**

8-week lifestyle program that uses social support, enjoyment, and self-monitoring to increase physical activity and fruit and vegetable intake. Promotes holistic well-being, one incremental step at a time. Find out how to Move Your Way.®



- **BOTVIN LIFESKILLS® TRAINING**

A program developed to help strengthen caretaker/children relationships and to prevent substance abuse and violence among youth. Promotes healthy alternatives to risky behavior. Curricula are available for grades 3-10 and the number of sessions vary by age group

- **MENTAL HEALTH FIRST AID**

8-hour training certification to learn how to identify, understand and respond to signs of mental health and substance use challenges among children ages 12-18 or among adults in the workplace.

- **DEALING WITH DEMENTIA**

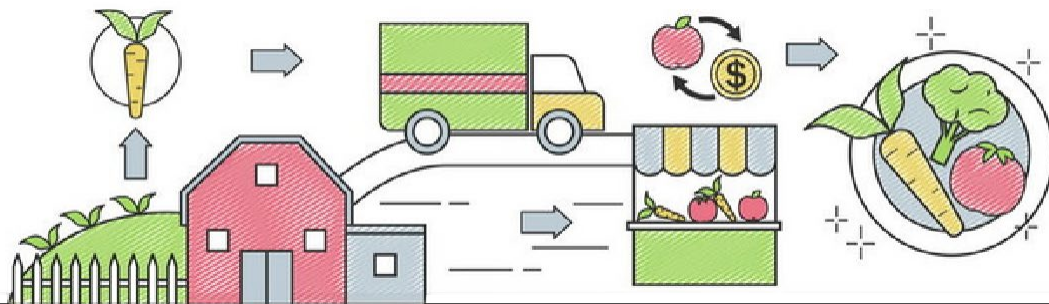
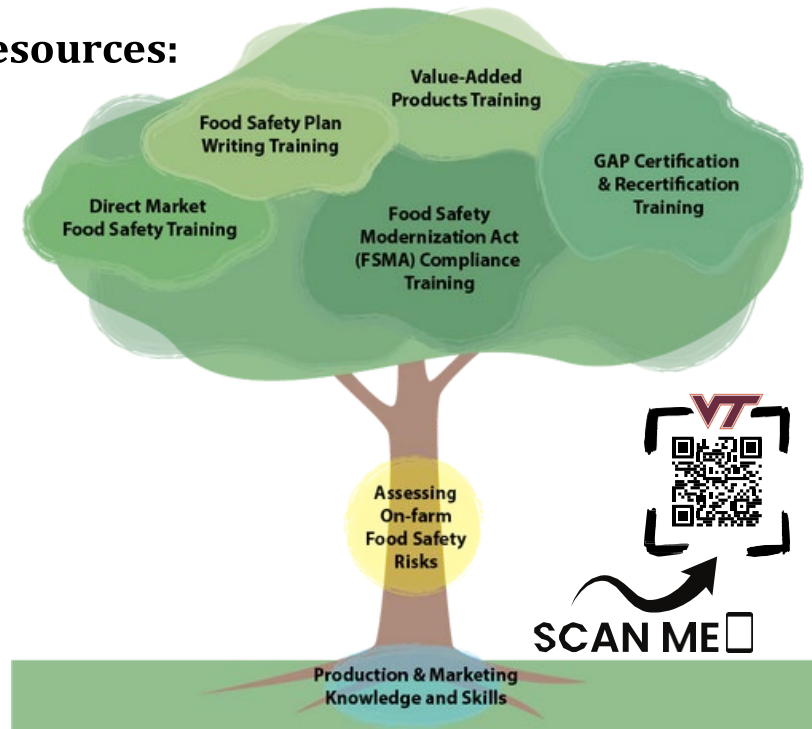
4-hour supportive workshop to help caregivers navigate the unique challenges of caring for someone with dementia. Learn how to manage problem behaviors, handle stress, and leave with a better understanding of dementia.



## Producer Food Safety Resources:

Virginia Tech provides resources and workshops to help growers and food producers enhance food safety practices, access new markets, and earn certifications. Key support areas include:

- **Accessing Markets:** The Fresh Produce Food Safety Team conducted a state-wide market assessment to help growers align with buyer specifications across sectors like schools, hospitals, and retail, expanding market opportunities.
- **On-Farm Food Safety:** Virginia Tech offers tools like a seven-part factsheet series, video modules, and self-assessment checklists to help growers and processors manage food safety risks related to hygiene, water use, storage, and transportation.
- **Direct Market Food Safety:** Resources for selling raw, processed, and prepared foods in direct markets like farmers' markets, covering product-specific safety guidelines, labeling, packaging, and sampling.
- **GAP Certification:** Virginia Tech provides guidance for achieving and maintaining GAP certification, including video modules, resources like the "Bridging the GAPS Farm Guide," and tools to help small farms through the certification process.



### • FOOD PRODUCER TECHNICAL ASSISTANCE NETWORK

Food Producer Technical Assistance Network at Virginia Tech was developed to support food entrepreneurs. They provide assistance with starting a food business, nutrition label content, food safety analysis, and pertinent food regulations. Their goal is to help Virginia's food-processing industry produce high-quality, safe, and innovative food products.

Contact the Food Science & Technology for more information or scan QR code to the left: Phone: (540) 231-8391 Email: [fstinfo@vt.edu](mailto:fstinfo@vt.edu)

SCAN ME!

