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## **Virginia Cooperative Extension**

Virginia Cooperative Extension offers educational programs in [107 offices in Virginia](#). Extension offices help citizens through workshops, seminars, demonstrations, telephone help, research-based publications, newsletters, radio, television and satellite broadcasts and interactive computer programs.

Each community's needs will help to determine the services offered by an extension office, therefore every cooperative extension office is different. Though extension offices are commonly known for their agriculture programs, many also serve older adults, families, and children. Services can help families and seniors with household financial issues and quality of life issues. Typically, extension offices offer programs on:

### **Nutrition and Wellness**

Nutrition and wellness programs and publications help people understand the role of food and nutrition in reducing disease risk and maintaining optimal health. Seminars or publications offered by extension include:

- Food safety and preservation
- Weight control
- Nutrition across the lifespan
- Exercise

### **Financial Management and Housing**

If you have recently experienced a change in your life that has impacted your household income - whether through retirement, job loss, or a divorce - check with your local extension office for help. There are extension programs that teach budgeting skills, financial planning, and learning how to live on a fixed income. Some programs, such as the Women's Financial Information Program, are offered for midlife and older women. Most programs are open to everyone. Financial

management, housing, and consumer education services may include:

- One-on-One Financial Counseling
- Financial Management Workshops
- Financial Wellness Program
- Home Selection, Maintenance and other Housing Issues, or
- Women's Financial Information Program

## **Parenting and Families**

Parenting and Family programs can help you better understand daily living issues, such as balancing work and family and help you to become more self-sufficient. Parenting and Family services are designed for caregivers, parents with young children, grandparents raising grandchildren, adult children caring for parents, and other community members. Local extension offices may offer seminars or publications on:

- Balancing work and family
- Managing change
- Caregiver training
- Prevention education

## **Disasters -- Preparation and Response**

From helping you understand how to prepare for the possibility of an emergency to giving you specific guidelines on food and water safety following a disaster, to detailed "after a disaster" sheets on every aspect of getting your life and home back together, the cooperative extension service is working to keep Virginians safe.

Materials and presentations available include:

- More than 30 "After a Disaster" information pieces covering everything from roof repairs to dealing with snakes, and from obtaining clean water to filing insurance claims.
- A personal checklist of important documents needed in case of disaster, and where/how to store them.
- Information on emergency supplies to have on-hand in case of disaster, and how-to tips on safe food and water.

For these publications, information on local cooperative extension services, and other information, visit the [Virginia Cooperative Extension](#) website.

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