



Virginia Cooperative Extension

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Greenville/Emporia Extension Office

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Greenville/Emporia**
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<http://www.facebook.com/greenville.emporia.vce>

Program Registration:

<https://register.ext.vt.edu/>

NOTICE

The Greenville/Emporia Extension office is open. We ask that when visiting our office that you wear a face covering.

We urge you to take all necessary steps to stay healthy and follow guidelines outlined by local health departments.

Visit <https://ext.vt.edu/> for resources on the COVID-19 pandemic.

For further information please visit:

Facebook Page: www.facebook.com/greenville.emporia.vce

Website: www.greenville.ext.vt.edu

Berry Jams Party Bites

Prep Time: 10 minutes

Total Time: 15 minutes

Servings: 6



Ingredients:

- 6 egg(s), hard boiled and chopped
- 1/3 cup light mayonnaise
- 3 tablespoons pickle relish
- 1/4 teaspoon ground black pepper
- 12 whole-wheat bread slice(s)
- 1/2 head(s) lettuce, roughly chopped
- 1 tomato(es), sliced

- Combine eggs, mayonnaise, relish, and pepper in a mixing bowl. Mash and mix well.
- Broil or toast bread (optional).
- Layer egg salad, lettuce, and tomato between 2 slices of bread.

To view alternate serving size ingredients, go to:

<https://eatSMARTmoveMoreVA.org/recipes/egg-salad-sandwiches/>

Sneek Peek

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What does 4-H have to offer?

By Hannah Parker, Associate Agent
4-H Youth Development



Have you ever wondered...

What is 4-H? OR What 4-H programs are offered in Greenville/Emporia?

4-H is America's largest youth development organization with approximately six million young people participating across the United States. 4-H stands for head, heart, hands and health. The focus of 4-H activities is to educate youth in leadership, citizenship, healthy living, and various other life skills by partnering youth with caring adult volunteers through a variety of hands-on activities that emphasize 4-H's "learning by doing" philosophy. Here at 4-H, we realize that every child has valuable strengths and influence to improve the world around us.

A wide variety of 4-H programs are offered for youth between the ages of 5 to 19 in Greenville/Emporia. 4-H Community and Project Clubs, such as Teen Club, Animal/Livestock Club, and Shooting Sports Club meet monthly throughout the year.

4-H Teen Club focuses on teaching youth citizenship and leadership life skills through a variety of educational opportunities such as, career/college preparation, character education and service learning.

Many youth in the Greenville/Emporia Teen Club serve as Counselors and Counselors in Training (CITs) during our annual week long Jr. Summer Camp at Airfield 4-H Center, which will take place July 18-22, 2022! Joining Teen Club is a great way to start training to become a CIT or Counselor for summer camp! Teen Club typically meets the 3rd Thursday of each month.



Like us on Facebook (GreenvilleEmporia 4-H) and follow us on Instagram (@greenville_emporia_4h) to keep up-to-date on the latest 4-H news in our community

4-H Opportunities in our Community:

Teen Club (ages 13-19)

Day Camps/Workshops (Holiday Camp, Apple Pie Workshop, etc.)

Animal/Livestock Club (ages 9-19)

Jr. Summer Camp – Week long camp conducted at Airfield 4-H Educational Center in Wakefield, VA

Shooting Sports Club (ages 9-19)

After-School 4-H Clubs (Partnership with the Greenville County Public School 21st CCLC program)

Cloverbuds (ages 5-8)

In-School 4-H Clubs (STEM and Reading Literacy focus)

Special Interest Clubs (various topic areas)

Healthy Living Programs – Yoga for Kids & Food Challenge (Cooking Competitions)

STEM and Agriculture Programs

Citizenship/Leadership Programs – Character Counts!

AND much, much more!!



By Sara Rutherford, Associate Agent
and Unit Coordinator
Agriculture and Natural Resources

Prepare Now for Summer Storms and Hurricanes

Virginian's have experienced ice storms, thunder storms, tornadoes, hurricanes, floods, and power outages. It is wise to be prepared for the unexpected. Here are some steps you can take to prepare for an emergency.

Step 1: Assemble Your Emergency Kit. Select items to place in the grab bag that best meet your own needs. Items for the grab bag may include the following: One day's clothing and shoes for each family member, personal care products (for example toothbrush, feminine hygiene products, diapers), towel and washcloth for family members, blanket(s) or sleeping bag(s), flashlight and extra batteries, granola bars/trail mix, extra set of car keys, copies of important documents: medical, prescriptions, passport, birth certificate, driver license, insurance and bank information and cash. If you have to leave your home quickly, don't forget your prescription medications, eyeglasses and/or hearing aids.

Step 2: Develop a Family Communications Plan. If you are separated and unable to get in touch with other members of your family, each member should have the same contact out-of-state. Use a standard sized index card to write following information on for each individual. The card holders name, an emergency contact person in your local area & their phone number, a contact living out-ofside of your local area & their phone number, location of a neighborhood meeting place, and individual information like the person's blood type, medical conditions, allergies and name and phone number for their health care provider.

Step 3: Develop a Family Evacuation Plan. In an emergency, you may have to leave your home quickly. If evacuation is necessary, listen to the radio for more information. Also make sure that everyone is familiar with the best exits out of your home, a neighborhood meeting place, local radio station and the location of the grab bag(s), fire extinguisher, and first-aid kits. You will also need to have a plan for the safe care and transport of pets and livestock.



Step 4: Develop a Plan for In-Home Care for members with Special Needs. Here are some helpful hints for family members with special needs. Inform the local fire department about the person's special needs in advance. Identify a neighbor or a family member who can help if a care provider is not available and familiarize the care provider with the steps he/she has to take in case of an emergency. Consider helping neighbors who may have special needs in times of emergency.

Twice Each Year When you change your clocks for daylight savings time, you should check the batteries in smoke and carbon monoxide detectors, check the pressure gauge on your fire extinguisher, practice getting out of your home quickly with your family, update your grab bag and use and replace any food in your kit that will soon expire.

Disaster Declarations: Local governments have direct responsibility for the safety of their residents. The day-to-day activities of the emergency preparedness program have been delegated to the County/City Administrator and Emergency Services Coordinator. They will direct and control emergency operations in time of emergency and issue directives to other services and organizations concerning disaster preparedness.

Greenville County Emergency Numbers

Emergency	911
Sheriff's Department	434-348-4200
Health Department	434-348-4210
Emergency Coordinator	434-348-4205

City of Emporia Emergency Numbers

Emergency	911
Emergency Coordinator	434-634-3332
Police Department	434-634-7320

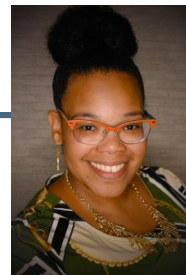
For the full list of tips for preparing for an emergency, go to <https://pubs.ext.vt.edu> and search for publication VCE-1020.

Upcoming ANR Programs

April 2- 1:00pm-2:30pm	Rain Barrel Workshop
April 4- 5:30pm-6:30pm	Master Gardener Meeting
April 5- 12:00pm- 1:00pm	Vegetable Gardening on a Budget
April 12- 10:00pm-12:00pm	Pond Management Workshop
April 28- 6:00pm-7:30pm	Southside Beekeepers Association Meeting
May 2- 5:30pm-6:30pm	Master Gardener Meeting
May 10- 12:00pm- 1:00pm	Healthy, Edible Gardens
May 26- 6:00pm-7:30pm	Southside Beekeepers Association Meeting
June 6- 5:30pm-6:30pm	Master Gardener Meeting
June 23- 6:00pm-7:30pm	Southside Beekeepers Association Meeting
June 29- 1:00pm-3:00pm	Increasing Yields Through Improving Soil Health

10 ways to save money and spend less

By Jessica Jones,
Associate Extension Agent
Family and Consumer Sciences



Many people face challenges when trying to save money or spend less. No matter where you are financially, the journey to financial stability often requires small adjustments that will result in lasting changes. Here are 10 ways to save money. All of these tips may not apply specifically to your situation, but go through this list and select the strategies that work best for you.

- Create a budget TODAY! A budget tells your money where to go and helps it grow.
- Look for money that you already have but have not collected yet. Host a yard sale with those old clothes, shoes, toys, books, kitchen supplies, etc. Yard Sales can result in \$100-\$500+ in a couple of hours; check for receipts for rebates, refunds, etc.
- Comparison shop! Research before you make that purchase. Oftentimes retailers will ship to your local store for free and there are bargains and deals online that may not be available in the store. Save money by shopping online and shipping to your local store for free.
- Beware of little expenses that drain your finances. It doesn't seem like a lot when you spend \$8.00 3x's a week on lunch. However, when you look closely this amount can cost you a fortune... Weekly = \$24.00 Monthly = \$96.00, Yearly = \$1,152.00, in 5 years \$5,760.00, in 10 years \$11,520.00, in 30 years \$34,560.00
- Pay bills on time. Late fees and interest charges are costly, save money by paying what is owed promptly. Remember, money late is money lost.
- Commit to your list! Make a list before shopping, take that list while shopping and ONLY PURCHASE WHAT IS ON THE LIST.
- Set up a financial empowerment session with your local Family & Consumer Sciences Agent. Your Agent has a wealth of free resources and access to evidence-based resources and can help you learn to budget, make your credit work for you, get a handle on your debt and more.
- Beware of impulse spending. Anytime you purchase something you were not planning to buy, it is an impulse buy. Candy, magazines and other items are strategically placed near cash registers to appeal to the impulsive nature of consumers.
- Complete a "No Spend Challenge" for a month by only spending money on the essentials. Create a budget and stick to it! Do not buy nonessential things like clothes, shoes or spend money eating out, etc. At the end of the month, review your finances to see how much money you saved.
- Plug appliances into a power strip and turn the power strip off when the appliances are not in use. Cut off lights when you leave the room. Remember saving energy also saves you money.

Participate in Money Smart Week 2022 from April 9th – April 16th by attending one or all of these FREE virtual courses: Spend Smart. Eat Smart., Credit: Build It & Improve It, Buying or Refinancing a Home: Options & Tools, or Understanding Social Security Benefits. Register today at moneysmartweek.org