



FAIRFAX Food Council

healthy • accessible • affordable

COMMUNITY FOOD NEWS

The latest news and updates from the Fairfax Food Council

IMPORTANT DATES

URBAN AG MEETINGS

September 20 | 10:00 – 11:30 am
October 18 | 10:00 – 11:30 am
November 15 | 10:00 – 11:30 am

FOOD ACCESS & LITERACY MEETINGS

September 29 | 10:30 – 11:30 am
October 27 | 10:30 – 11:30 am
November 24 | 10:30 – 11:30 am

FFC STEERING COMMITTEE MEETINGS

October 21 | 10:30 am – 12:00 pm

Want to attend? Both the Urban Agriculture and Food Access & Literacy Work Group meetings are open to the public and anyone interested in getting more engaged is welcome to attend.

Please email FairfaxFoodCouncil@fairfaxcounty.gov for information about the location and/or how to 'attend' a meeting.

Fall 2021 News

by Diane Charles, Project Manager, Fairfax Food Council

The Fairfax Food Council's 2021 virtual Food Summit was held on June 16th when over 200 people tuned-in to learn about **Empowering Equitable Food Solutions - Collaborations during COVID - and Beyond**. This Food Summit was unique, not only because for the first time it was virtual and not an in-person gathering, but also because it provided a historical overview of ways our food system responded to the challenges faced throughout the pandemic. The Summit provided an in-depth look at food's equity impact on health, employment, urban agriculture, new food partners and collaborations, and first-time food insecure residents. Our food system touches so many critical aspects of our Fairfax communities. The Summit showcased a few of the many innovative responses to the food challenges faced - that should continue. Check-out the [Summit Agenda](#), the [16 Around Fairfax video report](#), and the [Fairfax News Center article](#) or sit back and watch the full Summit.

September is Hunger Action Month! The Fairfax County Board of Supervisors will present a proclamation to make it official at their September 14th meeting. The many nonprofits and faith community members, along with the Food Council, work with Fairfax County Neighborhood & Community Services' Emergency Food Strategy Team to support the network of organizations who provide food to those who need it throughout the year. The marking of the month of September as Hunger Action Month will highlight the many happenings around food support and raise awareness about food insecurity and how to ensure equitable food access for all. Be on the lookout for information throughout the month of September on [Fairfax County's News Center](#) web page.

EVENTS

Save the Date: Stuff the Bus!

On Saturday, September 11, and Saturday, October 9, Stuff the Bus will be collecting non-perishable food donations at 21 locations throughout Fairfax County and the City of Fairfax. Help fight hunger and feed hope in our community by donating. For updates, including donation locations, most requested food items and more, visit <http://bit.ly/FfxStufftheBus>.



Master Gardeners Host Free Vegetable Garden Plant Clinics

Vegetable Garden Plant Clinics are coming to five Fairfax County parks this fall. The Fairfax County Master Gardener Association is expanding their established clinic schedule to add a fifth location and additional program dates. Free in-person clinics will be sponsored by the Fairfax County Park Authority at each of five parks that host FCPA Community Garden Plot Rental sites.

The clinics are scheduled at all five locations from 9 to 11:30 a.m. on Sept. 11 and Oct. 9, 2021.

The Fairfax County Master Gardeners (FCMGA) who offer the clinics are Northern Virginia gardeners with extensive local experience in vegetable gardening. The Master Gardeners Program is a service of the Virginia Cooperative Extension. They are highly trained in all aspects of soil, water, and plant science.

All of the clinics are free and open to the public.

- Lewinsville Park is at 1659 Old Chain Bridge Road in McLean.
- Baron Cameron Park is at 11300 Baron Cameron Ave. in Reston.
- Nottoway Park is at 9537 Courthouse Road in Vienna.
- Pine Ridge Park is at 3401 Woodburn Road in Annandale.
- Grist Mill Park is at 4710 Mount Vernon Memorial Highway in Alexandria.

For more information, call Green Spring Gardens at 703-642-5173.



Food for Others Tyson's 5K and Fun Run

Sunday, September 12 – 9:00 a.m.

Join Food for Others for a morning of fun, fitness, and fighting hunger! Run in person at Tysons Corner Center or to sign up for the virtual race. Proceeds support all the work of Food For Others.

Check out details and registration. <https://foodforothers.org/5k/>

Britepaths’ Financial Empowerment Center partners with Northern Virginia Family Service and La Cocina VA to provide Culinary Entrepreneur Classes offered in Spanish

Thursday, September 16

Promote and successfully launch your food business! All classes are held virtually via ZOOM - Thursdays from 6:00 pm to 7:30 pm.

Register for a specific class or the entire series: <https://fecsoco.setmore.com/bookclass>

Family Fall Festival at Green Spring Gardens

Saturday, September 25 - 9:00 am-3:00 pm

The Friends of Green Spring Gardens are hosting a garden festival for the entire family from 9 a.m. to 3 p.m. Come to Green Spring to enjoy classes for children and adults, a silent auction, food trucks, DJ music, a book sale, and vendors selling a variety of plants and other items.

For more information visit: [Family Fall Festival at Green Spring Gardens](#)

Gardening Class for FCPS Teachers

Sunday, October 10

Learn about fall and winter crops, improving your soil, and growing in a raised bed. Instruction is focused on teachers who support their school's garden, or plan to start one. We will offer two sessions on October 10th from 9:30-11:30 or 3:00-5:00. Both sessions will be held at Arcadia Farm, 9000 Richmond Highway, Alexandria, VA 22309. Register at mypde.fcps.edu/ and search for Arcadia.

Vegetable Gardens: Clean Up and Prep for Next Year

Tuesday, November 9 - 12:00 p.m.

Instructor: Pat Reilly, Merrifield Plant Specialist

As the cold weather arrives, November is the time to clean up our fall vegetable gardens. While completing this task, you can also take steps to give your soil a boost before you plant your next round of crops next year. Pat will cover the steps you can take to make sure your garden is in top form when you resume gardening in the spring. [Sign Up](#) or see the [online classes here](#).

	<p>Gardening class for FCPS teachers!</p>
<p>Details: DATE: October 11 TIME: 9:30-11:30am or 3:00-5:00pm. LOCATION: Arcadia Farm 9000 Richmond Hwy Alexandria, VA 22309 www.arcadiafood.org</p>	
	<p>Learn about:</p> <ul style="list-style-type: none"> - Fall and winter crops - How to improve soil - Growing in raised bed <p>Register at mypde.fcps.edu/ and search Arcadia</p>

Gardening in Challenging Times

September 23-26

The American Community Gardening Association's 2021 Annual Conference will take place on September 23-26 in Hampton, Virginia.

Keynote Speaker:

[IRA WALLACE](#) - Southern Exposure Seed Exchange
Seed keeping: An everyday act of resistance



The 2021 theme is “Gardening In Challenging Times.” Workshops will cover eco-friendly food growing and eating; managing successful and sustainable gardens; fundraising; and community-building, as well as share stories of how gardens made a difference during the pandemic and earlier times of crisis.

This in-person conference is open only to those vaccinated against COVID 19. for more information visit: [ACGA Conference 2021 | ACGA \(communitygarden.org\)](#).

RESOURCES

Virginia Cooperative Extension offers resources year-round that provide ongoing and valuable support to urban agriculture. Check out these:

- Find out how to access soil test kits to help ensure edible gardening success <https://fairfax.ext.vt.edu/>
- VCE offers virtual plant clinics that can address a number of gardening and plant questions. <https://fairfaxgardening.org/>
- For new or experienced vegetable or fruit gardeners, VCE has numerous ways to learn or explore information to provide support. <https://ext.vt.edu/lawn-garden/home-vegetables.html>





Master Food Volunteer Program

Master Food Volunteers help with cooking demonstrations, nutrition classes, health fairs, farmers markets, and more. Participants are required to attend all 8 synchronous sessions and complete homework independently.

Fee of \$60 covers course access, training materials, apron, tote bag, and supplies.

Space is limited. After the application due date, we will contact you to schedule an interview to learn more about your interests and provide details on our local volunteer needs.

The Virtual training consists of 8 sessions via Zoom on Fridays, Sep 10 to Oct 29.

Apply Here: <https://bit.ly/vcemfvtraining>

Questions: MasterFoodVolunteer-g@vt.edu



Love to cook? Interested in nutrition & helping others?

Become a Master Food Volunteer!

Training begins in September
Scholarships available

Virginia Cooperative Extension
MASTER FOOD VOLUNTEER

Seeking Amharic, Arabic, & Spanish speakers.

Questions? Email
MasterFoodVolunteer-g@vt.edu

Apply NOW!
Classes begin September 10.
<https://bit.ly/vcemfvtraining>

Virginia Cooperative Extension
Virginia Tech • Virginia State University

Family Nutrition Program SNAP-Ed

2021 Programming Options

VCE FCS SNAP-Ed Agents are continuing to offer these exciting virtual programming options in 2021. Please see the marketing flyers below for more information:

- [Literacy, Eating, Activity for Preschoolers](#)
- [Pick a Better Snack](#)
- [Choose Health](#)
- [Teen Cuisine](#)
- [Physical Activity Challenge](#)



September 2021 is National Childhood Obesity Awareness Month!

Did you know that nearly 1 in 5 (19%) children in the United States are obese?

Did you also know that children with obesity are at a greater risk for having other chronic health conditions, such as sleep apnea, asthma, and type 2 diabetes? National Childhood Obesity Awareness Month allows us all to learn the detrimental effects of this serious condition.

Not just during this month, but throughout the year, parents and caregivers can help prevent obesity in children and support healthy growth. Below are resources from the Centers for Disease Control & Prevention on ways we can combat this condition:

- [Explore MyPlate](#)
- [Physical Activity Recommendations](#)
- [Parents for Healthy Schools](#)

Reference: [CDC Division of Nutrition, Physical Activity, and Obesity](#)



For more information, please reach out to:

Kirsten Kelley, M.S., CLC
FCS SNAP-Ed Extension Agent

kirstenk19@vt.edu

703-746-5542

For electronic resources, please visit our website at:

www.eatsmartmovemoreva.org

COMMUNITY STORIES

Arcadia Center for Sustainable Food & Agriculture Engages Teens in Gardening

Arcadia just finished a pilot summer training program for its [Live, Eat, Grow \(L.E.G.\) Internship Program](#). Six L.E.G. high school interns met weekly this summer at Arcadia Farm learning about planting and growing produce. These interns will be using their skills to support community gardens along Route 1 this fall. Interns receive a stipend for their time. Community-based organizations looking for help in starting or maintaining a garden should consider becoming a [L.E.G. Partner](#). Partner organizations can nominate local youth along Route 1 to participate in our summer training program and host interns at their site to help with their garden. For more information, reach out to Juan Pablo Echeverria, Arcadia's Outreach and Education Coordinator at JuanPablo@Arcadiafood.org.



Increased Access to Fruits and Vegetables

As a result of the U.S. Department of Agriculture's recent investment of \$69 million to address some of the critical food and nutrition security needs of low income communities enduring the pandemic, Local Environmental Agriculture Project (LEAP), on behalf of the Virginia Fresh Match nutrition incentive network, was awarded a 3-year, \$2.2 million Gus COVID Relief and Response grant. This funding supports increases in the purchase of fruits and vegetables by SNAP participants (Supplemental Nutrition Assistance Program). Lack of equitable access (proximity, affordability, knowledge) to fruits and vegetables leads to below recommended consumption of fruits and vegetables, which are tied to better health outcomes and lower risk of chronic health conditions like type 2 diabetes, obesity, and heart disease.

The statewide Virginia Fresh Match (VFM) network works with retail food outlets including farmers markets, mobile markets, CSAs, farm stands and neighborhood grocery stores to double the value of SNAP-EBT and Pandemic-EBT (P-EBT) and help individuals and families take home more fruits and vegetables. To find the closet VFM outlet, visit www.VirginiaFreshMatch.org/locations. To become a VFM outlet, contact Elizabeth Borst at virginiafreshmatch@gmail.com.



VOLUNTEER OPPORTUNITIES

Volunteers Sought for Annual Fall Festival

FRESHFARM is seeking enthusiastic volunteers to support their staff during their annual Fall Festival! FRESHFARM is a 501c3 nonprofit dedicated to supporting sustainable agriculture and access to healthy locally grown food by hosting farmers markets across the DMV. This annual festival partners with Eden's to host a Fall Festival full of fun and educational activities for the whole community. There will be a pumpkin patch, cooking demonstrations, moon bounce, petting zoo, crafts, and much more! Volunteers will support staff throughout the day with the activities, and answering questions for attendees. The festival is being held at the Mosaic District Avenue in Fairfax. Volunteers are needed for shifts all day on Saturday, September 25th and Sunday, September 26th. To volunteer, sign up [here](#). For questions, contact Hala Elbarmil at hala@ffm.org or 571-294-8486.



JOB OPENINGS

Food & Water Watch is seeking a member to join their policy team

See the details and apply here: <https://www.foodandwaterwatch.org/2021/09/01/food-policy-analyst/>

Britepaths Jobs

Britepaths has 4 job openings: Financial Programs Manager, Office Administrator, Workforce Development Manager and Computer-Tech Instructor. See details here: <https://britepaths.org/node/130>



This information is provided by the Fairfax Food Council.

fairfaxcounty.gov/food-council

10777 Main Street
Fairfax, VA 22030



[@FairfaxFoodCouncil](#)

If you have something for the next newsletter, please submit to

FairfaxFoodCouncil@fairfaxcounty.gov by November 20th.

To subscribe or unsubscribe, please email FairfaxFoodCouncil@fairfaxcounty.gov.

We encourage you to share this newsletter widely with all who may be interested! If you have any issues accessing the information in this newsletter, please let us know by emailing

FairfaxFoodCouncil@fairfaxcounty.gov.