



# Virginia Cooperative Extension

Virginia Tech • Virginia State University

www.ext.vt.edu

## Spice up the Holidays!

*Katie Strong, M.S., R.D., Extension Agent, Food, Nutrition and Health, Fairfax County Office*

Enjoy your favorite holiday flavors this winter AND stay healthy! We will share healthy twists on recipe classics, which aim for healthy amounts of salt, sugar, and saturated fat without sacrificing enjoyment. Join Virginia Cooperative Extension’s nutrition experts for healthy eating tips and easy recipes ideas!

### November 19, 2020 | 10:30 a.m.

## Social SPACE

Socialize Play Achieve Create Edu-tain

### ZOOM Platform

**Meeting ID: 901 875 2818**

**Password: 8727**

**Direct Link: [www.bit.ly/VCAASocialSPACE](http://www.bit.ly/VCAASocialSPACE)**



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711.

September 2020 [www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)



A Fairfax County, Va., publication

Visit Virginia Cooperative Extension: ext.vt.edu

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.