



WELCOME TO OUR
Monthly Newsletter

we're so glad you're here!



HIGHLIGHTS

March Forward Together

In 2025, we continued to March Forward Together in support of our community. Over the course of the year, we served 5,586 clients across 1,900 households, including 571 new households and 1,329 returning households. Our team completed 1,597 home deliveries, helping ensure families had access to food and essential resources. This work was made possible by the dedication of our volunteers—an average of 178 volunteers each month who generously contributed about 2,202 hours of service monthly. The individuals we served included 1,681 children (0–17), 2,807 adults (18–59), and 1,097 seniors (60+), reflecting the wide reach of support provided to neighbors of all ages in our community.

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Donate Now!





Recipe of the Month

HEARTY BEEF AND VEGETABLE SOUP

[CLICK TO WATCH THE HEARTY BEEF AND VEGETABLE SOUP RECIPE DEMO \(EN ESPAÑOL\)](#)

Eat Smart • Move More

Hearty Beef & Vegetable Soup

Prep Time: 15 minutes

Total Time: 1 hour



Ingredients

- 1 pound lean ground beef
- 1 teaspoon canola oil
- 6 carrots, sliced
- 2 potatoes, chopped
- 2 onions, chopped
- 2 celery stalks, sliced
- 5 cups water
- 48 ounces canned low-sodium diced tomatoes
- 15 ounces canned low-sodium green beans, drained and rinsed
- 15 ounces canned low-sodium mixed vegetables, drained and rinsed
- 1 cup low-sodium tomato juice
- 1 teaspoon ground black pepper
- 1 teaspoon Italian seasoning

Nutrition Facts

8 servings per container		1 serving (490.99g)	
Serving size			
Amount per serving		% Daily Value*	
Calories 230			
Total Fat 6g		12%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Cholesterol 30mg		10%	
Sodium 130mg		6%	
Total Carbohydrate 30g		11%	
Dietary Fiber 9g		32%	
Total Sugars 11g			
Includes g of Added Sugars			
Protein 17g			
Vitamin D 0mcg		0%	
Calcium 129mg		10%	
Iron 4mg		20%	
Potassium 1132mg		25%	

Directions

- In a pot, sauté ground beef until browned. Remove from pot and set aside.
- Heat oil in the pot and sauté carrots, potatoes, onions, and celery until softened.
- Add cooked ground beef, water, tomatoes, green beans, mixed vegetables, tomato juice, black pepper, and Italian seasoning to the pot and bring to a boil. Reduce heat, cover, and simmer for 30 minutes.
- Serve warm.

Quick Tips

- You can also use frozen or fresh mixed vegetables and green beans to replace the canned vegetables.
- Add green cabbage for extra veggies or barley for some healthy grains.
- Season with basil, bay leaves, parsley, or garlic powder.

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www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



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Recipe adapted from: <http://www.epicurious.com>.

www.eatsmartmovemoreva.org

Community Events



LIFELONG IMPROVEMENTS THROUGH FITNESS TOGETHER PROGRAM AVAILABLE NOW

- LIFT is an in-person, group-based strength training program that lasts **8 weeks**.
- Participants meet **2x/week** for **1-hour** sessions.
- LIFT is for aging adults who want to evolve into a healthier, more active lifestyle

Contact **Courtney Russ** for more information: courtneyr@vt.edu



SIGN UP TODAY!

- March 10 - April 30
Tuesdays & Thursdays
4:30-5:30pm
- Grace Episcopal Church
97 Main St.
Stanardsville
- FREE!**

SCAN THE QR CODE OR REGISTER HERE:
<https://forms.gle/1nTtdU3yrWALG7XF6>

#FILLTHEBACKPACK CHALLENGE

MARCH 2ND - 20TH



canned fruits
canned chicken noodle soup
canned tuna, chicken, ham
oatmeal packets
single serve cereals
canned mixed veggies
Ravioli, Spaghetti-Os, etc
individually wrapped snacks
pork n' beans

*no glass, homemade, or frozen items

Supporting the **BACKPACK PROGRAM**





New FLIP Coordinator

JAY HUNTER

Although medical issues prevented Jay from working full time after a decade-long career as a journalist, they opened up the opportunity for him to volunteer most of his time helping others. He traded in the marble floors of the U.S. Capitol for the waxed linoleum of Feeding Greene and local schools after relocating to the county in 2021. He's a mentor to two students at Wenonah Elementary in Waynesboro where his wife Hannah works as a school counselor.

Jay is excited to ramp up the FLIP program to help pre-K children build healthy eating habits in fun and novel ways. After being severely malnourished while fighting Crohn's Disease in his twenties, Jay underwent rigorous IV nutrition instead of an oral diet for months that made him appreciate the value of a healthy diet and the occasional Quarter Pounder from McDonald's.

Jay hopes to expand FLIP for 2026-27 school year to be a reoccurring, monthly in-school activity for our community's kids that sets them up for a lifetime of positive relationships with their food, drinks and bodies.



Additional Resources

Madison House is offering appointments to help file taxes:

<https://www.madisonhouse.org/freetaxprep>

AND

JMRL is offering Tax aide through AARP -
Lousia Location

<http://taxaidecville.wordpress.com/>