
REGIONAL SCHOOL NUTRITION PROGRAM SPECIALISTS

VDOE Regions

There are eight regions in the state of Virginia with a specialist assigned to each region. The specialists are a valuable resource for school divisions. You may find the specialist for your school division by clicking on the regional map below.



Region 1 Central Virginia – [Denise Clark](#) 804-786-7055

View Region Map

Counties: Charles City, Chesterfield, Dinwiddie, Goochland, Hanover, Henrico, New Kent, Prince George, Powhatan, Surry and Sussex

Independent Cities: Colonial Heights, Hopewell, Petersburg and Richmond

Region 2 Tidewater – [Suzanne Wood](#) 804-225-2695

View Region Map

Counties: Accomack, Isle of Wight, Northampton, Southampton and York

Independent Cities: Chesapeake, Franklin, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach and Williamsburg

Region 3 Northern Neck – [Suzie Kollaja](#) 804-225-2662

View Region Map

Counties: Caroline, Essex, Gloucester, King and Queen, King George, King William, Lancaster, Mathews, Middlesex, Northumberland, Richmond, Spotsylvania, Stafford and Westmoreland

Independent City: Fredericksburg

Independent Towns: West Point and Colonial Beach

Region 4 Northern Virginia – [Karen Howard](#) 804-371-2337

View Region Map

Counties: Arlington, Clarke, Culpeper, Fairfax, Fauquier, Frederick, Loudoun, Orange, Madison, Page, Prince William, Rappahannock, Shenandoah and Warren

Independent Cities: Alexandria, Falls Church, Manassas, Manassas Park and Winchester

Region 5 Valley – [Casey Dickinson](#) 804-786-2695

View Region Map

Counties: Albermarle, Amherst, Augusta, Bath, Bedford, Campbell, Fluvanna, Greene, Highland, Louisa, Nelson, Rockbridge and Rockingham

Independent Cities: Buena Vista, Charlottesville, Harrisonburg, Lexington, Lynchburg, Staunton and Waynesboro

Region 6 Western Virginia – [Tom Patrick](#) (804) 225-2081

View Region Map

Counties: Alleghany, Botetourt, Craig, Floyd, Franklin, Henry, Montgomery, Patrick, Pittsylvania and Roanoke

Independent Cities: Covington, Danville, Martinsville, Roanoke and Salem

Region 7 Southwest – [Sara Silvermail](#) 276-706-8330

View Region Map

Counties: Bland, Buchanan, Carroll, Dickenson, Giles, Grayson, Lee, Pulaski, Russell, Scott, Smyth, Tazewell, Washington, Wise and Wythe

Independent Cities: Bristol, Galax, Norton and Radford

Region 8 Southside and Residential Child Care Institutions – [Rasa Lakas](#) 804-225-2433

View Region Map

Counties: Amelia, Appomattox, Brunswick, Buckingham, Charlotte, Cumberland, Greensville, Halifax, Lunenburg, Mecklenburg, Nottoway and Prince Edward