### 4-H Healthy Living Ambassador

**Program Description**

**Purpose:** To provide youth ages 12-18 with a 4-H club experience that aims to lead them in the promotion of healthy living, sustainability and leadership within their own communities.

**Club Commitment:**
- Must be able to attend monthly meetings that will be held on the first Tuesday of the month from 5:30 – 7:00 p.m. (October – May) at the Tucson Village Farm
- Complete at least one project per semester (approximately 6 hours total time, variable schedules)
- Complete at least 10 hours per semester of additional volunteer work

**Optional Project Areas:**
- Cooking/Baking/Nutrition
- Sustainable Urban Agriculture
- Arid Lands Agriculture
- Team building (4-H High Ropes Course)
- Outdoor Adventures (Grand Canyon Trip)
- Photography/Journalism
- Body Positive
- Yoga/Meditation
- Glassblowing
- Farm to Garment
- Farm Construction
- More projects TBD
Qualifications:

Teens ages of 12 – 18 (Grades 7-12). Youth must be 12 years old by October 1, 2018 to join the club.

- An interest in learning about health and sustainability and promoting those concepts to their community
- Ability to work well with others in a group
- Willingness to see a project through from start to finish

Additional Competitive Opportunities:

- Trip to Washington D.C. for Walmart Healthy Habits training (November 1-3, 2018)
- Possible trip to Washington D.C. to attend 4-H Healthy Living Teen Conference (February 2019)
- Other possible travel opportunities

Additional Volunteer Opportunities:

- Weekly U-Pick Market at the Tucson Village Farm (Tuesday afternoons)
- Weekly El Mercado Farmer’s Market (Thursday afternoons)
- 4-H High Ropes Course (Variable)
- Tucson Village Farm camps and events (Variable)
- Various Community Events
- Teach at after school education centers

Benefits:

- Enhanced leadership skills and resume builder
- Meet and share ideas with other teens and adult mentors
- Ability to serve as summer Farm Camp Junior Counselors
- Travel opportunities
- Explore a variety of career options related to health and sustainability
- Fulfill volunteer service hours
- Have fun!

Cost: $20/year

Applications must be submitted to Natalie Shepp (nshepp@cals.arizona.edu) by September 21, 2018. Follow us on Instagram or Facebook @tucsonvillagefarm. For more information, contact Natalie by phone at (520) 621-1006.