



THE UNIVERSITY OF ARIZONA
Cooperative Extension



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 (grades 9-12) or Thursday (grades 7-8) 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:

- U-Pick Leadership
- Team building (4-H High Ropes Course)
- Outdoor Adventures (Grand Canyon Trip) (Spring 2020)
- Rillito Adopt-a-Wash Crew
- Avoid the Vape
- Yoga/Meditation/Body Positive
- CPR Certification
- Couch to 5K
- Pressed Flower Art
- Spectrum (inclusive sex education)
- Pots to Plate Gardening
- Career Exploration
- From Bounty to Beauty
- Farm Crew Team
- Youth Action Project
- Cooking/baking/nutrition (spring 2020 in the new Angel Charity Culinary Education Center!)
- Other projects to be determined

Qualifications:

Teens ages of 12 – 18 (Grades 7-12). Youth must be 12 years old by October 1, 2019 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. to attend 4-H Healthy Living Teen Conference (February 2019)
- Grand Canyon Hiking Trip (April 3-5, 2020)
- 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)
- Community & School 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 Counselor
- Travel opportunities
- Community advocacy
- Explore a variety of career options
- Fulfill volunteer service hours
- Have fun!

Cost: \$20/year

Applications are available on the Tucson Village Farm website (www.tucsonvillagefarm.arizona.edu) and must be submitted by September 22, 2019. Follow us on Instagram or Facebook @tucsonvillagefarm. For more information, contact Natalie Shepp, natalieshepp@email.arizona.edu or 520-621-1006.