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 and sustainability 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 – April) 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
- Gardening
- Team building (4-H High Ropes Course)
- Outdoor Adventures (Grand Canyon Trip)
- Beekeeping
- Farm Photography/Screenprinting
- Environmental Stewardship

**Qualifications:**

Teens ages of 12 – 18 (Grades 7-12). Youth must be 12 years old by October 1, 2017 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:**

- Attend Grand Canyon hiking trip in April 2018
- Attend *Body Positive* training workshop (October 2018)
- 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 + project costs (usually not more than $20 each)

Applications must be submitted to Natalie Shepp ([nshepp@cals.arizona.edu](mailto:nshepp@cals.arizona.edu)) by September 22, 2017.