

## Essex County 4-H



### The 4-H's

#### Head

Developing your mind; to think clearly  
and evaluate information

#### Heart

Developing caring relationships with  
your club and community

#### Hands

Develop skills to improve your life,  
enhance your talents and to serve others

#### Health

Develop a sound body through  
knowledge of nutrition and learning  
healthy lifestyles

## Contact us for more information!!

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employment opportunities.*

*Please contact the Cornell Cooperative Extension Association office if  
you have special needs or are unable to pay.*



# Essex County 4-H



## Youth Development Programs

### 4-H Today

*I'm in afterschool & I'm in 4-H.*

*I go to camp & I'm in 4-H.*

*I made pop rockets with my class & I'm in 4-H.*

*I planted a garden at the community center & I'm in 4-H.*

*I'm in the Busybees club & I'm in 4-H.*

*I made salsa with my summer youth program & I'm in 4-H.*

*We hatched eggs in an incubator in our classroom & I'm in 4-H.*

## What is 4-H?

4-H is the youth development program of Cornell Cooperative Extension and is conducted jointly by the U.S. Department of Agriculture, Cornell University and county government.

4-H is the largest in and out of school education program for youth. There are six million members in the United States.

As a 4-H Member you have fun with your friends while participating in activities you are interested in. 4-H offers many animal and non animal related projects.



### 4-H Projects

|                                   |                    |
|-----------------------------------|--------------------|
| Aquarium                          | Horse              |
| Arts & Crafts                     | Photography        |
| Astronomy                         | Poultry            |
| Beef                              | Public Speaking    |
| Citizenship                       | Rabbit             |
| Clothing & Textiles               | Rocketry           |
| Consumer Sciences                 | Photography        |
| Community Service                 | Sheep              |
| Dairy                             | Shooting Sports    |
| Dog                               | Small Pets         |
| Environment                       | Swine              |
| Food & Nutrition                  | Veterinary Science |
| Gardening                         | Wildlife           |
| Goat                              | Woodworking        |
| Science, Engineering & Technology |                    |
| And more...                       |                    |

## Who can join 4-H?

4-H is for youth ages 5 to 19. Cloverbuds must turn 5 by January 1st of the 4-H club year and must have been enrolled in kindergarten at the beginning of the school year. A 3rd grader who turns 9 during the club year may choose to enroll either as a Cloverbud or regular 4-H Member.

You can participate in different ways:

### **Club Member**

A group of 5 or more youth who meet regularly and explore their interests.

### **Independent Member**

Youth can pursue interests on their own using 4-H materials and participating in county activities.

### **After School Programs**

Afterschool programs are available and 4-H staff can help get an afterschool club started.

### **Other Opportunities**

There are two 4-H Camps located in Franklin and Jefferson Counties, the Learning Farm in Canton and Educational Opportunities including Conservation Field Days, Ag Extravaganza and Environmental Awareness Days.



## Who are 4-H Leaders?

4-H leaders are volunteer adults interested in working with youth of their community and willing to share their time and talents with them.

Volunteers are provided with:

Leadership training  
Project instruction and support  
Assistance from Extension staff  
Opportunities for life long friendships  
Sense of fulfillment