Extreme Makeover: 4-H “Health” Edition

**Welcome** and Introduction of self and Healthy Living committee goals  
 Invite to join the State Committee or form one in their County of Humboldt

**Score your club** on HL opportunities – Use the quadrant handout “How do you score? Consider: Food, Recreation, Safety, Program, Events, & Service projects  
 Review handout – fill out separately, then join with a partner/small group,  
 then report out to whole group (record on flip chart)  
 Add new ideas to your sheet to take back to your club

**Activity** –

**Sugar Sweetened Beverages** – aka SSB’s  
Handout – read (by tossing ball from youth to youth) and discuss

Form groups to discuss how this affects the “health” of 4-H   
List pros and cons as a group   
What can we serve instead of SSB’s?  
Share back to large group  
Should 4-H Ban all SSB’s from 4-H activities, clubs, fundraisers, etc.  
Thumbs up/Thumbs down – Mingle and find 1-3 others who agree with your position on SSB’s. Write your reasons to advocate for your position.  
Line up on opposite sides to share your group’s findings.

**Healthy Living Officer position**In groups review the various booklets. List what you like or don’t like about the booklet you review. Also give your pro’s and con’s about adding a “HLO” position to your club.   
Have one member of your group share the booklet they reviewed and what you found.

Add ideas that you like from the sharing of the booklets to your sheet for your club.   
Would you be interested in piloting the position in your club? If so, sign up!