



4-H in Action

UNIVERSITY of CALIFORNIA
cal  fresh Nutrition Education

UC Cooperative Extension across
San Mateo / San Francisco
Counties



4-H HEALTHY LIVING AMBASSADOR GARDEN PROGRAM

AFTERSCHOOL GARDEN-BASED
NUTRITION & PHYSICAL EDUCATION
PROGRAM FOR ELEMENTARY SCHOOL
STUDENTS DELIVERED BY TEENS

Program Highlights:

Service learning teaching elementary youth
Training at Elkus Ranch Environmental Education Center

MAKE A DIFFERENCE IN YOUR COMMUNITY

Contact: Jessica Guild, 4-H Program Representative
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Healthy Food Systems

Healthy Environments



Healthy Communities

Healthy Californians



Earn up to 40 hours of service becoming a 4-H Healthy Living Ambassador:

- Apply for the position with UC Cooperative Extension. You'll need permission from your parent or guardian and one letter of recommendation, due February 27, 2015. Online Application: <https://ucanr.edu/survey/survey.cfm?surveynumber=12945>
- Teens must attend a **MANDATORY** training (overnight) at Elkus Ranch Environmental Education Center in Half Moon Bay, MARCH 14-15th (if you need transportation, it will be provided).
 - Teens will receive training in:
 - Basic gardening and plant management
 - Early childhood development (Ages & Phases)
 - Youth leadership
 - Nutrition and physical education
- Healthy Living Ambassadors selected will be teamed with other local teens and assigned to a nearby elementary school garden (list below).
 - Fair Oaks Elementary School, Redwood City
 - El Granada and Hatch Elementary Schools, Half Moon Bay
 - JFK Elementary School, Daly City
 - Ecumenical Hunger Program, East Palo Alto
- Trained Healthy Living Ambassadors will return to their local communities with their team and teach elementary kids in the school garden during the afterschool program
 - Teens will teach one afterschool session per week for seven weeks
 - Most garden programs will start the week after the training (March 16th)
 - Afterschool programs typically run from 2:30-3 p.m. until 4:30-5 p.m.
 - Teens will help support school gardens and troubleshoot on the ground

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