

## HEALTHY LIVING AMBASSADOR GARDEN PROGRAM

### NOW RECRUITING HEALTHY LIVING AMBASSADORS AGES 12-19 ACROSS SAN MATEO AND SAN FRANCISCO COUNTIES

**Brought to you by the University of California Cooperative Extension's UC CalFresh, 4-H Youth Development, and Elkus Ranch Healthy Living Initiative:** Health, Nutrition, and Fitness give youth the tools needed to stay in shape and live a healthy lifestyle. The Healthy Living Ambassador Garden Program offers innovative, outdoor programming designed to help youth achieve physical fitness and nutrition goals in their communities.

**About the Garden Program:** This is a ten-week garden-enhanced nutrition and physical education program for elementary school children delivered by YOU (Ambassadors ages 12-19) in local afterschool programs during the Spring of 2017.

#### What WE provide:

- UP to 40 hours of community service credit towards high school graduation.
- Training in professional skills you can use in your future career and right now in school – including leadership development, teaching tools, and outdoor education practices.
- A free training at UC Elkus Ranch Environmental Center in Half Moon Bay on March 4, 2017.
- Mentoring with professional program staff from the University of California.
- Professional recommendations for qualifying participants.
- One year enrollment into the 4-H program.

You do not have to currently be a 4-H member to apply; everyone is welcome. There is no cost to participate, and the training is free to you.

#### What YOU provide:

- Skills - Share your current and new skills with younger community members and help make your community a healthier place!
- Yourself - You can make a difference in your community by taking an active role in helping local school gardens become more sustainable. You're the best person for this job since you know your communities better than anyone!
- Responsibility – This program is only possible through your participation and engagement – we're depending on you for this project to be successful.
- An Open Mind – We need your openness for learning and exploring new opportunities in your community regarding nutrition, physical activity, and your food system.

**Mandatory Training March 4 & 5, 2017:** This all-expense-paid training is on Saturday, March 4 from 8:30am to 4:00pm at Elkus Ranch in Half Moon Bay and Sunday March 5 from 10:00am to 12:00 noon at your local school site. You will learn about gardening, nutrition, and physical education. We will instruct you in meeting facilitation, leadership development, and how to grow a garden - skills that will help you to be successful in delivering the program. In addition to learning opportunities, you will get to enjoy the natural environment of UC Elkus Ranch – including interaction with farm animals, gardens, and acres of open space – all of which will be utilized through hands-on activities during the Saturday training.

Students should come prepared to spend time in the outdoors. This training, as well as the entire program, will be directed and coordinated by University of California Cooperative Extension program staff and volunteers. Parents interested in the training are invited to attend or chaperone.

**After the training:** After receiving the program curriculum at the training, you will be ready to lead the program with a team at your assigned elementary school located as close to your high school as possible. The lessons will be delivered one day per week for ten weeks (about 3 hours per week in preparation and lesson delivery), from March to May during afterschool hours. There will also be the possibility of participating in other UC Cooperative Extension sponsored extracurricular activities, if interested.