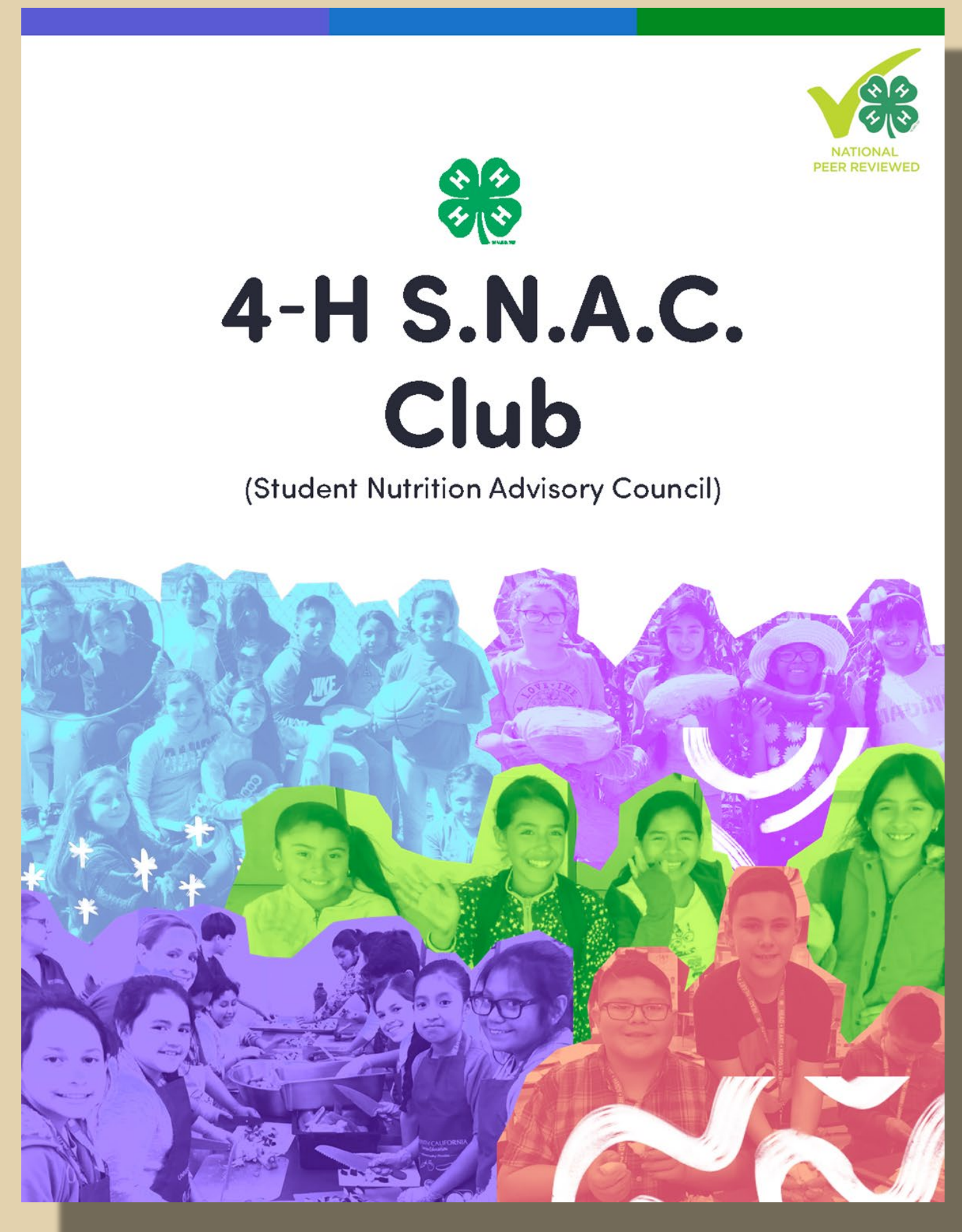


The 4-H SNAC Guide:

Integrating nutrition and 4-H youth development programming for policy, systems, and environmental changes to improve community health



Introduction

The 4-H Student Nutrition Advisory Council (4-H SNAC) Club Guide is a toolkit that integrates nutrition and 4-H youth development programming to address and improve community health.

The 4-H SNAC Club Guide was designed to include everything supervisors, managers, and community educators need to implement the 4-H SNAC Club model.

The 4-H SNAC Club model was developed within UC Cooperative Extension nutrition and youth development programs. 4-H SNAC Club supports work with school districts; community-based organizations; families; and volunteers to engage youth in supporting healthy policy, system and environmental changes.

Specifically, 4-H SNAC Club is an after school program designed for youth in 4th-6th grade, who have never participated in 4-H and who attend low-income or underserved schools, with the overall goals of:

1. Developing youth leadership skills related to health in cooking, nutrition, physical activity and public speaking while incorporating SNAP-Ed and 4-H curricula.
2. Improving youth outcomes in health and academics through positive youth adult partnerships.
3. Increasing access to 4-H among underserved communities.

About the Guide

The 4-H SNAC Club Guide has three sections:

1. **About:** Why 4-H SNAC? Who it is for? Theoretical foundation
2. **Getting Started:** Building support and creating a plan
3. **Hosting Club Meetings:** The first six meeting agendas

The first two sections are useful for implementers, program advisors, supervisors, and stakeholders who will be developing their local program. They include ample resources to plan a successful and sustainable 4-H SNAC Club program.

The third section is for the implementer and consists of background information on how to work with 4th-6th graders and includes templates for the first six club meetings.



SNAC student conducting peer-to-peer teaching .
Photo source: UCCE

Promoting Health

4-H SNAC Clubs support the UC ANR public value of promoting healthy people and communities.

Results of a 2019 Teens As Teachers retrospective survey (n=59) show outcomes related to:

- Nutrition and health eating: *I eat more fruits & vegetables (74%); I eat less junk food (58%).*
- Positive youth development: *I can teach others (75%, n=56)*
- Youth-adult partnerships: *Dedicated adults supported me as a teen teacher (92%) and ongoing training and support throughout the program (93%).*



Group photo of SNAC students in school garden.
Photo source: UCCE

Implementation

4-H SNAC Clubs are designed to provide a structure and framework for youth to have intentionally created spaces and opportunities to be leaders in health. The blueprint of 4-H SNAC Club allows Cooperative Extension to stay very close to the communities we aim to serve and ensures the programming and education is relevant and effective.

4-H SNAC Club youth participants develop health promotion and peer teaching skills and gain an understanding of how policies, systems, and environments can impact health behaviour in their own communities. Additionally, they learn and practice how they can identify and work to address these issues.

4-H SNAC Clubs have worked on projects related to:

- drinking water access
- garden invigoration
- physical activity environment
- food access
- food marketing on campus and healthy fundraisers

Scan the QR Code to get a link to the 4-H SNAC Club Guide

