

GREAT STORIES

GEORGIA

4-H



AmeriCorps

Blender Bike

Jinnifer Caldwell

April 2022

Jinnifer Caldwell an AmeriCorps Vista serving Gwinnett County 4-H participated in the Gwinnett Environmental Heritage Centers Wild Earth Odyssey event. At this event, the Gwinnett County AmeriCorps Vista Volunteer supported the Family and Consumer Science Gwinnett program facilitators to share healthy living recipes in an engaging manner while promoting opportunities in the Gwinnett County 4-H program.

AmeriCorps Vista member promoted the Gwinnett County 4-H program. Attendees learned about healthy living while they rode the 4-H blender bike. The 4-H blender bike is a unique experience that allows participants to use cycling to blend a healthy snack. During the blender bike demonstrations, participants made fresh Salsa and Smoothies from healthy, affordable ingredients. Youth and adults alike enjoyed the novel opportunity to make a snack while getting a couple of minutes worth of quality exercise. Participants were encouraged to take home servings of their freshly created salsa and use them in a recipe at home. This was a good opportunity to establish new relationships with the community.



To learn more about Gwinnett County 4-H or the 4-H blender bike program please contact Jinnifer.caldwell@uga.edu for more information.

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Fund and Volunteer Impact

Jessica Collins

April 2022



Jessica, the VISTA for Houston County 4-H, was able to raise \$210.02 through the 4-H Eat and Grow night, a program she developed and continues to manage its success. Jessica helped promote the \$4 for 4-H; the totals from this fundraiser are still being released to counties.

Jessica also helped with the 4-H volunteer appreciation week. The VISTA and the AmeriCorps state member delivered gift bags to all the volunteers that serve in the program. Jessica helped a new 4-H volunteer prepare for the 4-H homeschool club.

Finally, Jessica continues to learn new skill sets by attending available training through 4-H such as the 4-H Program Preview in Tifton, Ga, and the 4-H Military Partnership training in Atlanta, GA.

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Reaching New Youth

Jessica Collins

March 2022



The Houston County VISTA, Jessica Collins, was successful in raising \$200.00 through the 4-H Eat and Grow Night. She also coordinated a 4-H volunteer to take over a 4-H club to free up the 4-H staff's time to reach more students.

The VISTA, the AmeriCorps State member, 4-H staff, volunteers, and teen leaders coordinated the 4-H Cloverleaf project achievement for the Southwest District to attend, which includes a reach of 41 counties. 340 students were reached through Cloverleaf project achievement due to the Houston County 4-H team.

Jessica had the opportunity to attend the biennial 4-H Professional Conference with the Houston County 4-H Tech Changemakers. She supported the 4-H'ers by preparing them to present in front of a large audience and how to best communicate. The former was an opportunity represent AmeriCorps' impact in front of other 4-H professionals from across the southeastern US.