

GREAT STORIES

GEORGIA
4-H



AmeriCorps

Farm and Food Camp

Camden Hughes

June 2023



In Habersham, 19 youth participated in the Farm and Food Camp, an annual camp that began over ten years ago. Camren, 4-H VISTA, supported this program by finalizing logistics, supervising youth onsite, and teaching youth certain aspects of the camp. The purpose was to showcase local businesses, farms, and resources to gain an understanding of how food goes from the ground to our plates. With the abundance of diverse local agriculture, youth gain a broader understanding of agriculture and its importance within our communities. At local farms, 4-H'ers learned about dairy, cattle, and swine. In the rivers of Northeast Georgia, they learned about watersheds, local fisheries, and sustainable agriculture. With our partners at the University of Georgia, attendees learned food science and safety and made their own Dippin' Dots; at North Georgia Technical College, they learned firsthand about hydroponics and aquaponics using state-of-the-art facilities. At the Food Bank of Northeast Georgia, 4-H'ers discovered a passion for community service and learned about cooking at their unique Teaching Kitchen, and at the local Cannery, students prepared and canned fresh green beans. At the UGA Extension office, students learned about MyPlate and nutrition, environmental sustainability, composting, and the water cycle. Under the leadership of county and UGA Extension staff, support from the AmeriCorps VISTA Summer Associate, and the generosity of local farmers and business owners, students were able to gain an understanding of the variety of industries around them and the food they eat through hands-on activities and self-exploration.

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4-H



AmeriCorps

A Day at a 4-H Camp

Christopher Davis

June 2023



Christopher Davis, Fulton County 4-H Summer VISTA Associate, taught Summer Health Squad lessons once a week in addition to supporting with other educational lessons. Camp topics focused on a variety of healthy habits and helped children learn about why health matters. One some days, the organizer of the community garden educated the campers on plants and how to take care of them. The campers even planted their own seeds! They visited a museum that helped them learn about animals and science. They all enjoyed a planetarium visit that educated campers about astronomy and the night sky. On one occasion youth were taught how to sew and even made their own little bags! On another occasion, campers learned how to make strawberry jam and immensely enjoyed the messy experience. Everyday the campers know that there's something they'll do or learn and that it'll all be fun.

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AmeriCorps

Peach County Summer Health Squad Saves Arnie

Kamren Yaughn

June 2023



In an attempt to encourage more youths to attend the Peach County 4-H Summer Health Squad, Peach County Summer VISTA Associate, Kamren Yaughn, planned, promoted, and created the first Summer Health Squad Escape Room! Kamren utilized 6 lessons provided Georgia 4-H to create clues and puzzles that 4-Her's were asked to solve. Each clue/puzzle related to Health Squad lessons. The goal of the escape room was to save Arnie, the Peach County 4-H office's pet Guinea Pig. Clues asked the 4-Her's to complete a variety of tasks such as use the GloBug lotion to wash their hands, find hidden foods in the room and place them in the proper food group on a giant MyPlate, complete a mindfulness eating chart with chocolate bars, brainstorm ways to fight hunger, and learn recipes from items commonly found in foodbanks. There were a total of 11 4-Her's who attended the escape room, and 11 who reported intent to change behavior to maintain a healthier lifestyle! After a long challenging day of escaping from 15 challenges and 7 rooms, the Summer Health Squad found Arnie and saved the day!

GREAT STORIES

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AmeriCorps

A FAIR Day with Houston County 4-H

Noah Shedd

June 2023



Throughout his service educating the youth of Houston County, Houston County VISTA Associate, Noah Shedd, has worked diligently in order to not only plan and organize his upcoming Health Squad Days, but also plan and assist in other events that are happening with Houston County 4-H. One of his most recent “summer day camps” that Noah led was a “Georgia National Fair Competition Day”. During this day camp, a total of 15 4-H’ers came and participated in this day of fair fun! The 4-H’ers learned about competitions such as creating Mini-booths, the Variety Show, making terrariums and dish gardens, and also the popular homemade ice cream contest. These 4 activities allowed the 4-H’ers to begin to decide what they could compete in during the GNF in October, but also learn about contests that they may have never even heard of before! This also brought the perfect opportunity for the Summer Associate to incorporate some of his “Summer Health Squad” lessons to the 4-H’ers. Noah discussed the importance of handwashing with his 4-H’ers and talked with them about the importance of doing it right! This led to the discussion of food safety and preparation when it comes to competing in a 4-H food contest. This was truly a “fairly” great day with Houston County 4-H!

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GEORGIA

4-H



AmeriCorps

Put It Up

Camden Hughes

June 2023



Put It Up a three-day canning camp hosted by the Habersham and Stephens County FACS Agent Susie Medina taught youth how to secure lasting food sources, food safety, and reducing food waste through canning classes. The 4-H VISTA supported Mrs. Medina with the camp. The camp included an expansive collection of curricula on food preservation for the 16-attendees. During these classes, 4-H'ers learned multiple methods of canning and preservation, including boiling water canning, freezer canning, and pickling. The youth attendees also learned the science behind food preservation, such as how to prevent the growth of foodborne pathogens using a scientific approach. Students were divided into multiple skill-level groups and made jams, salsa, diced tomatoes, and pickles using fresh fruits and vegetables. Beyond the knowledge provided, these classes provided an estimated 160 pounds of canned food to class participants and community members. Classes like these are crucial in the fight against food insecurity and hunger in our communities, as they provide tools for self-sufficiency, reduce food waste, improve overall health, and secure safer, long-lasting food sources, especially in the agricultural communities where AmeriCorps VISTA members serve.

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AmeriCorps

Summer Health Squad Leaders Take on State Council

Kamren Vaughn

June 2023



Georgia 4-H Summer VISTA associates were invited to attend Georgia 4-H State Council at Rock Eagle from Friday, June 22 to Sunday, June 24. Three out of the four VISTA's attended, representing Habersham, Houston, and Peach County. Together, the VISTA's presented their service efforts and goals at the Georgia 4-H Volunteer Breakfast with on Saturday morning. Each VISTA shared the mission of the Summer Health Squad, our goals, why we do what we do, and what service looks like in each of their counties. VISTAs also challenged volunteers to donate within their own communities fight hunger. Other than presenting at the Volunteer Breakfast, VISTAs also supported youth through State Council activities and games during the weekend event.

GREAT STORIES

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4-H



AmeriCorps

Camp Rocks

Christopher Davis

July 2023



On our last week of camp, the theme was GROW Your Green Thumb, which focused on composting and planting. The UGA Extension office in Fulton invited a local composter to educate the campers on what composting is, how to compost, and how composting benefits the environment. The youth attendees were given their seeds to grow! Later, the campers, led by the organizer of the community garden, were allowed to paint their rocks. They painted their rocks in unique designs! Some included a strawberry, an avocado, and one that resembled Patrick Star, to name a few. Each camper had two rocks to paint, one of which they were allowed to keep for themselves, while the others were taken to a plant bed in the community garden for decoration. On another day, the campers helped with Fulton Fresh a local food distribution and education initiative led by UGA Extension, and made bags of produce while onsite. They all enjoyed the experience as well as the week's activities. Christopher supported the local extension office by connecting with campers, supporting activities prep and breakdown, and providing risk management. The GROW Youth Green Thumb week was one of many healthy living-related camps that Christopher supported.

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Health Rocks! Camp

Camden Hughes

July 2023



4-H Summer Health Squad lessons, led by the county AmeriCorps VISTA Summer Associate, came to a close with Health Rocks! Camp, a two-day camp hosted by Habersham 4-H, in conjunction with youth from Stephens and Banks counties. The camp classes used both new 4-H lessons and the curriculum from Georgia 4-H's Health Rocks! program. The camp's goal was to educate youth on the importance of nutrition and exercise, mental health, healthy choices, and living a drug-free life. 4-H'ers participated in hands-on activities about the dangers of smoking, vaping, and using illegal drugs; the importance of making healthy food choices; and how to manage stress using self-care. Attendees also created a healthy snack using knowledge of MyPlate; created DIY journals, coloring books, and stress balls to use as coping mechanisms for stress; and had a blast learning some yoga moves. Youth finished the camp with an educational field trip to learn about healthcare professions and a celebratory pool party!

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AmeriCorps

Houston's Health Squad Week

Noah Shedd

July 2023

Noah Shedd, the Houston County AmeriCorps Summer VISTA led the “Summer Health Squad Week” where he educated six 4-H’ers about healthy living. The State Coordinated VISTA Summer Associate training at Rock Eagle prepared him for his role by providing the lessons for the camp. As coordinator, Noah selected, planned, and carried out additional activities to create excitement and additional educational topics related to healthy living. The Summer Health Squad Week included topics such as washing their hands, learning about “My Plate”, Mindfulness when eating, and more. The six 4-H’ers truly had a packed week full of learning, cooking, and serving their community through participating in this Summer Health Squad week. The 4-H’ers cooked healthy recipes in the kitchen and learned mindfulness and healthy habits through learning to wash their hands and to give back to their community by collecting food items and donating over 250 lbs. of food to a local food pantry in Warner Robins. Attendees were rewarded with a pool party and received a “Summer Health Squad” T-Shirt and Certificate for their hard work! They are now fully prepared to go out into the community and spread their knowledge of healthy living with the rest of Houston County!



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AmeriCorps

Sincerely, Summer Health Squad

Kamren Yaughn

July 2023

Every year, Peach County 4-H joins other counties in a trip to Cloverleaf camp for upcoming 4th to 6th graders. This summer, Peach County 4-H traveled to Dahlonega, GA to Wahsega 4-H Center along with 7 other counties in the Southwest district, totaling 145 students. The Peach County VISTA took the week-long opportunity to increase health knowledge for campers from Peach County. The VISTA created a Summer Health Squad Journal that highlighted Summer Health Squad lessons. Each night, the VISTA would spend 1 hour with campers discussing the topic and completing the journal pages. Topics included handwashing, MyPlate, mindfulness, food insecurity, and food access. A total of 21 campers participated in the journaling, and 15 campers reported an increased health knowledge!

