

GREAT STORIES

GEORGIA
4-H

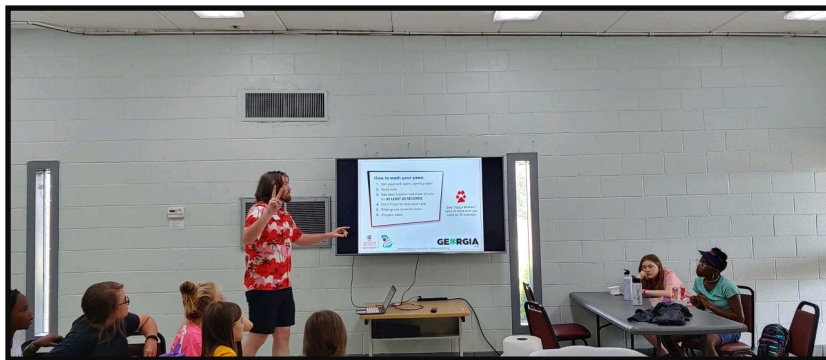


AmeriCorps

Contributing Citizen

Chester McLocklin, Jackson County UGA Extension

May 24, 2021—July 18, 2021



Jackson County 4-H VISTA, Chester, taught 15 hours of healthy living educational lesson provided by the Extension Specialist: 4-h Healthy Living Programs. As a Borrow County schoolteacher, Chester was an asset to carrying out the 4-H Summer Health Squad lessons for Jackson County. During the Healthy Living lesson covering food insecurity, the group was discussing how there is enough food in the world to feed everyone but that lots of that food are wasted. One child made a point that kids could help by making sure that they do not waste food. Also, the student recognized that it was important to take extra food that isn't needed by a family donate it to food banks. He finished with the statement, "It might not be a lot, but it will make a difference to someone, maybe even someone I know." Children like the former recognized their role in their community and how they too can make a difference. In 4-H we aim to develop young people into contributing citizens. Youth not only learned about food security and health but also how to be a contributing citizen. For example, while Chester was helping a student at the cooking day camp hosted at the Jackson County UGA Extension office the student mentioned how most of the food he made at home was craft mac'n cheese. Chester asked him that now after he had learned to make an egg, cook meat, and sauté vegetables would he still be limiting himself to simple mac'n cheese. He replied, not a chance because he never knew cooking and eating healthy could be so fun and taste so good. The AmeriCorps VISTA member taught Forty youth through the Summer Health Squad day camps. All campers reported an intent to change their health-related behavior because of their experience.

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Meaningful Work, a Starting Point

Phoebe Milledge, Fulton County UGA Extension

May 24, 2021—June 18, 2021



The first four weeks of Phoebe's time as a VISTA really showcased the meaning of passionate and thoughtful work. Her first week working with Fulton County's 4-H and UGA Extension program, she was able to watch and assist in creating videos for children. These videos, a product of her supervisor's plans for the Fulton Fresh Kids' Market, went through tutorials of all the recipes and science projects children could do with their produce at home. The attention to detail given to each step was inspiring to Phoebe, as it was clear that she had found teammates that were equally as hopeful to make a major impact in the community. After the first week, the mobile food market for both children and adults was ready to go, and that experience has been nothing but experiential and eye opening. The experience of working hands-on to bring healthy produce to people was unlike work Phoebe had done before; being able to talk with and to recognize faces over the next three weeks made the heat, sweat, and time worth it. The experience was eye opening in the sense that Phoebe was able to recognize the amount of time and energy it takes to pull something as big as Fulton Fresh off. There are multiple agencies involved, a small team of dedicated workers, and great ideas from the former to bring healthy food and educational services to the community. The VISTA member was able to assist UGA Extension by organizing the county Google Drive for the Fulton Fresh Kids Market folder. Also, she edited templates based off last year's content, contact sheets, and tracking systems to support county staff's implementation of Fulton Fresh. In doing so, future VISTAs or employees can utilize the sheets created to organize information. Phoebe was not only excited to be a part of this team for the summer, but she was even more excited to make her mark through facilitating her own plan to execute the summer health squad lessons. By the middle of her term, Phoebe was able to assist with distributing over 3,000 lbs. of food and over 1,000 science kits for community youth. For the last half of her service in Fulton County, she plans on creating a two-day camp that will not only allow educate 4th-6th grade students using the summer health squad curriculum, but it will also provide children with cooking, science, and gardening skill development.

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Healthy Choices at Camp

Chester McLocklin, Jackson County UGA Extension

May 24, 2021—July 18, 2021



Through Chester's service and partnership-building capabilities, he secured a \$200 donation from Publix to purchase food for the food drive and use it in the nutrition & cooking activities included in the Summer Health Squad Day Camps. Additionally, Edwards Farm donated 8lbs of meat to support youth learning and provided access to their facilities for an educational youth tour. As a result of the food collection, a youth shared, "I never knew there was so much to do with nutrition and how hard it is for people to get food, but it doesn't seem too hard to help somebody out." As a result of the Jackson County 4-H food drive and organization donations, 650 lbs. of canned foods were donated to the Food Bank of Northeast Georgia. A portion of donations directly supported youth who attended the Jackson County 4-H summer programming.

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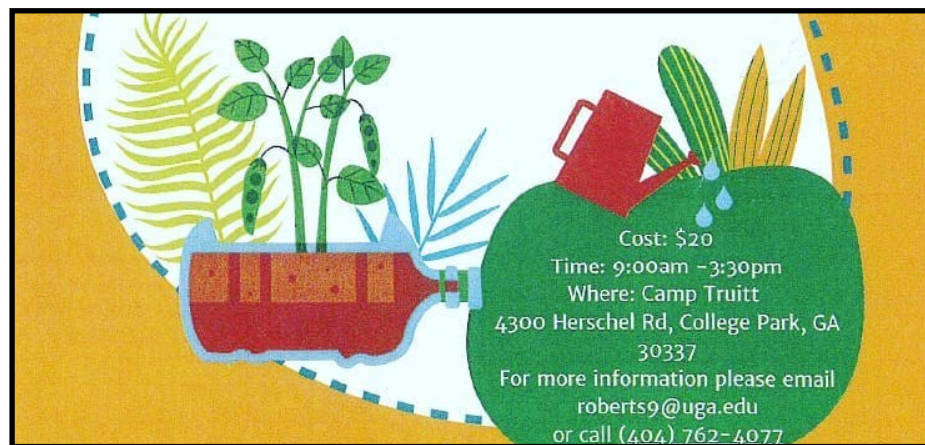


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Engaging in Health Discussions

Phoebe Milledge, Fulton County UGA Extension

May 24, 2021—July 18, 2021



In the final week of Phoebe's VISTA service, she was able to connect with ten Fulton County youth and six UGA Extension volunteers through the camp she and her coworkers worked so diligently to create. This camp was the highlight of her service. On the first day, she and her coworkers were registering kids who were so quiet - they were nervous and barely spoke to each other. Within the first couple of hours of the camp, the kids began to bond over activities that were unique to nutrition, cooking, and agricultural education. The youth grew closer as they learned how to cut apples, make pancakes, and identify trees in the neighboring woods. From there, they learned about healthy living topics through discussion-based lessons lead by the VISTA member. A highlight was when the participants discussed the different ways food is important to them and their families. By the end of the camp, the participants shared that they were now confident in the kitchen, especially when using different products and items found in typical food pantries. An indication that youth grew closer through the camp was seen when youth exchanged numbers after the camp. The children shared they are looking forward to more fun experiences with the staff! The work Phoebe and her coworkers put into the camp paid off, and it was the best way to end her VISTA position.

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Fulton Fresh Market

Phoebe Milledge, Fulton County UGA Extension

May 24, 2021—July 18, 2021



Fulton Fresh program is a multigenerational nutrition education program, which integrates youth, agriculture, and family and consumer science programming in an urban area. The goal of Fulton Fresh is to increase awareness and consumption of in-season, local produce through hands-on education focused on creating fruits and vegetables to be tasty and fun to make. By incorporating different generations, Fulton Fresh is playing a pivotal role in using local fruits and vegetables to combat childhood obesity in Fulton County by providing hands-on learning to promote and encourage fruit and vegetable consumption. The Fulton County Extension Office staff, volunteers, VISTA members, and community partners worked together to create a major impact. During Phoebe's 8-weeks of service 911 households completed educational lessons and received fresh produce. 1,535 family kits which included fresh produce and science kits. 20,233 lbs. of food was distributed. Phoebe, served by interacting with community members, managing one volunteer, tracking the weight of food distributed, distributing pamphlets, and updating the Fulton Fresh Market Google Drive. Volunteers served 117 hours in support of the Fulton Fresh Market.