



Cornell University
Cooperative Extension
Nassau County



4-H Youth COMMUNITY PROGRAMS

We'll Bring 4-H to You!



Building Strong and Vibrant New York Communities

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities



What is 4-H?

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. We are America's largest youth development organization—empowering nearly six million young people across the U.S. with the skills to lead for a lifetime.

What do you do in 4-H?

In 4-H, kids complete hands-on projects in areas like health, science, agriculture and civic engagement in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Kids experience 4-H in every county and parish in the country through in-school and after-school programs, school and community clubs and 4-H camps.

4-H's reach and depth are unmatched, reaching kids in every corner of America – from urban neighborhoods to suburban schoolyards to rural farming communities. Our network of 500,000 volunteers and 3,500 4-H professionals provides caring and supportive mentoring to all 6 million 4-H'ers, helping them grow into true leaders today and in life.



HEALTH

HEALTHY LIVING

51,000 youth were engaged in programs that promote healthy living, eating well and staying active.



HEART

CIVIC ENGAGEMENT

Over 54,000 youth participated in civic engagement programs, community service projects, leadership development opportunities, and programs improving the skills youth need for success in college, careers and life.



HANDS

AGRICULTURE & FOOD SYSTEMS

Approximately 110,000 youth were enrolled in projects and programs to learn about agriculture and food systems. 4-H is helping youth from rural and urban settings connect to the source of their food and explore career pathways.



HEAD

STEM: SCIENCE, TECHNOLOGY, ENGINEERING & MATH

More than 107,000 youth participated in hands-on STEM projects, including biological and physical sciences, technology and engineering, and environmental science, with the support of adult mentors.

COMMUNITY PROGRAMS

4-H Youth Community Programs are one-hour long programs designed to enhance your current educational programs and provide youth with new experiences. Some programs may have restrictions on the time of year that they are offered. Lesson modifications are available to accommodate specific age-ranges. 4-H Community Programs are \$225 per hour and are available for groups up to 25 children.

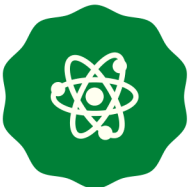
Adult supervision is required during these programs. Site requirements will be discussed at time of reservation.



EXPLORING CITIZENSHIP

Youth will learn how to become active citizens within their communities by embracing their unique skills and putting them to good use! Participants will understand the structure of our government system, how community voices are heard, and how they can be involved in finding solutions to important issues in our communities.

Recommended for ages 5- 16



THE ART & SCIENCE OF NATURE

Explore nature through your own creativity. Learn the science of the natural world while using Earth's resources to design unique creations! This program is both educational and fun. You will go home with a project that is useful and symbolic of your connection with nature.

Recommended for ages 5 – 16



BACKYARD-TO-TABLE

Why go to the store for your favorite treats? Find out how to grow delicious food in your own backyard or home! This program will teach you to evaluate your space for food-growing possibilities while you gain a basic understanding of the needs and care of food plants. You will even leave with an edible plant! Please bring pictures taken in daylight of your outdoor space. Outdoor spaces include porches, balconies, window spaces, backyards or side yards.

Recommended for ages 5 – 16



WILDLIFE IN YOUR BACKYARD

How well do you know your wild neighbors? While you observe and evaluate the needs of local plants, insects and birds, you will use your creativity, daily habits and recycled materials to encourage local wildlife to thrive.

Recommended for ages 5 – 16



PET PROJECTS

Do you have a natural bond or fascination with animals? In this program, you will explore the many types of relationships humans have with animals and see some of our favorite animals up close - gerbils, tarantulas, reptiles and insects! Learn about the habitats, needs and care of various animals from endangered species to your own household pets!

Recommended for ages 5 - 16

VIRTUAL PROGRAMS

Our one-hour programs can now be hosted through Zoom or other virtual platforms for schools, libraries and other youth and family organizations. The cost of these programs are \$150 for groups up to 25 students. To register, please contact Nassaucounty4h@cornell.edu. Lesson modifications are available to accommodate specific age-ranges.

Additional fees may apply to larger groups. Adult supervision is required during these programs. Video hosting requirements will be discussed at time of reservation.

LOCAL GROWN

Where does your food come from? Learn more about eating the foods you love in a way that nourishes the planet, as you investigate your local food system and learn a recipe for one of many fresh, local snacks!

Recommended for ages 12 – 16

PET PROJECT

Youth will learn how to care for their pets, as well as the science and nature of companion animals. Come learn about different types of pets and the care that they need to stay healthy.

Recommended for ages 5– 12

SOCIAL MEDIA SAFETY

Youth use communication platforms such as Twitter, Instagram and Twitch to connect with their peers. It is important to know how to communicate in a positive way and stay safe of the web.

Recommended for ages 8 – 16

RECYCLING 101

There are many things we throw away that could have been reused or repurposed! Learn how you can recycle materials from around your home into something useful or crafty!

Recommended for ages 5– 16



WILDLIFE IN YOUR BACKYARD

By observing and nurturing local insects and birds, youth will identify creative ways to encourage wildlife habitats and develop an appreciation for the creatures around them.

Recommended for ages 5– 16

CONTAINER GARDENING

Youth and their families will learn to garden in limited spaces, and have fun while using ingenuity, recycling, and good planning to brighten up your small spaces and grow tasty food.

Recommended for ages 5– 16

MONEY MATTERS

It is important for children to start learning early about healthy financial habits such as spending, saving, and investing so they may become money smart consumers.

Recommended for ages 8– 16

RENEWABLE ENERGY

Students will learn how energy is made and used to power our devices and the innovative technologies scientists are using to harvest energy from renewable sources like the sun and the wind.

Recommended for ages 8 – 16

NUTRITION & FAMILY WELLNESS PROGRAMS

Our Nutrition and Family Wellness programs are developed by Cornell University's Division of Nutritional Sciences in collaboration with Cornell Cooperative Extension's 4-H Youth Development Program. Our programs use hands-on lessons to teach healthy eating and active play. Nutrition and Family Wellness programs are supported through the Expanded Food and Nutrition Education Program (EFNEP) and are available at no cost.

Adult supervision is required during these programs. Site requirements will be discussed at time of reservation



Choose Health: Food, Fun & Fitness!

This six-lesson program series helps promote healthy eating and lifestyle choices in school-aged children in grades 3rd - 8th. Topics include replacing sweetened drinks with low-fat milk and water, eating more vegetables, fruits, and whole grains, eating fewer high-fat and high-sugar foods, and playing actively 60 minutes a day.

Each lesson includes interactive nutrition activities, food preparation, active games, a goal setting challenge, and a family newsletter.

This program can also be taught virtually!

Eat Smart, Be Active!

Eat Smart, Be Active is an evidence-based, healthy eating and active living curriculum for teens in grades 9th - 12th. The topics in this six-lesson series include planning quick and healthy meals, cooking food safely, low-cost meals and financial planning, and learning to enjoy physical activities.

Each lesson includes interactive nutrition activities, food preparation, active games, a goal setting challenge, and a family newsletter.

This program can also be taught virtually!



4-H GROWS HERE

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