



#### Fun!

Choose from over 100 projects and activities such as: Nature, gardening, horses, arts and crafts, cooking, raising a Seeing Eye puppy, sheep, rabbits, goats, dairy, beef, and many, many more!

# Education

Public speaking skills–Learn how to speak confidently to a group. Record keeping–Learn how to be organized and maintain important information. Life long work skills–Learn about career opportunities and develop skills that will help you find a job.

### **Community Service**

4H'ers make a positive difference in their communities by participating in activites such as visiting nursing homes, assisting animal shelters and cleaning parks.



#### Youth

4-H activities are available to students, grades 1-13 (one year out of high school).
4-H is for youth, wherever they live–on farms, in suburbs, in towns.
4-H Prep is for grades 1-3. Prep clubs provide a variety of short term activities in arts and crafts, nature, gardening, animal science, recreation, and more!

## Adults

Adult encouragement and support is essential to keeping 4H'ers actively involved in the 4-H program. Adult volunteers are the key to providing quality 4-H programs. You can volunteer to lead clubs and/or assist with other 4-H activities. As a volunteer you'll receive training and have access to curricula specific to the 4-H project you're involved with—*no previous experience is necessary!* 

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

THE STATE UNIVERSITY OF NEW JERSEY

For additional information about 4-H or to join 4-H contact: Dave Foord 4-H Program Associate RCE of Sussex County 129 Morris Turnpike Newton, NJ 07860 973-948-3040 973-648-5582 (FAX) foord@rce.rutgers.edu

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