



Through the Northeast Iowa Food and Fitness Initiative we are learning about the strength of systems approaches to change and the structures that need to be in place to support those systems. The Iowa State University Extension & Outreach 4-H Program is the best suited partner to provide the institutional support needed for the Food and Fitness youth emphasis.

How Does 4-H Fit with FFI?

4-H is founded on meeting youths' needs for belonging (heart), mastery (health), independence (head), and generosity (hands). This is done by providing *8 Essential Elements*. 4-H Clubs are led by caring adults who involve themselves in the lives of members. Clubs happen in a safe environment where mastery and an ethic of service can be practiced. Members are supported as they determine their goals and activities. Everyone is included respectfully in club activities, while youth are encouraged to look to their future aspirations. Club leaders work with members and parents keep members engaged, learning, and having fun. When done well, members practice and perfect key life skills as effective leaders, productive citizens, outstanding communicators and successful learners.



Outcomes in Youth:

4-H Life Skill Outcome	Relationship to Food and Fitness Initiative
Effective Leaders	Youth become leaders at school, leaders in education, leaders in their community, and leaders to make policy change
Productive Citizens	Youth will actively engage in advocacy for policy change for healthy people and healthy communities
Outstanding Communicators	Youth will be continuously communicating their goals and aspirations as they educate fellow students, younger students, school staff and community members about good nutrition, local food systems, and active living.
Successful Learners	In order to effectively teach others, youth first need to understand the areas themselves. Youth will gain knowledge and skills in a variety of areas related to good nutrition, local food systems, and active living plus processes involved in policy advocacy.

National 4-H Mission Mandates:

4-H has as its foundation four national mission mandates that also align with Food and Fitness. Those mandates include:

- Healthy Lifestyles
- Citizenship and Leadership
- Science and Technology
- Communications and Arts



ISUEO Signature Areas

Community capacity building efforts have increased with ISUEO and align with the efforts of Food and Fitness. Education and community are considered the core DNA of ISUEO. These signature areas include:

- K – 12 Youth Outreach
- Economic Development
- Health & Well-being
- Food & Environment

School Commitments = Youth Engagement Success

FFI will support school districts in the region that have made commitments to develop and support the following:

- Identify a FFI 4-H Coach to work with FFI 4-H Youth Team
- Plan for consistent youth team meetings
- Enroll youth as county 4-H members
- Youth conduct programs and/or fundraisers
- Identify 2 youth per school to serve on Regional Leadership Team (RLT)
- Identify 2-3 youth to serve on School Wellness Team

Benefit of School-Based Team to be 4-H Clubs (Teams):

An institutional support system comes with 4-H club membership. Each county has a local Extension Office that houses a County 4-H Youth Coordinator (CYC). The CYC works to provide the training, support, and resources to meet the needs of youth, the **8 essential elements**, and the life skill outcomes of youth. Also, a 4-H Youth Program Specialist and Regional Youth Coordinator are available to assist with education and content training efforts. The staff works in tandem to help clubs create vibrant environments to get things done in an effective way. As a 4-H club member, a multitude of curricular resources also become available to the students and the team coaches.

4-H Program Fee:

A 4-H program fee of \$30 is assessed for each 4-H club member. This educational investment can be paid by the individual, the school, the school-based FFI team, a sponsoring organization, or through local fundraising. 4-H provides access for all. Financial assistance is available for families in need of support.