4-H Healthy Lifestyles Volunteer

South Carolina 4-H through the program area Healthy Lifestyles is designed to assist youth in acquiring the knowledge, skills, attitudes, and behavior changes necessary for the improvement of diet and nutritional well-being. The youth audience participates in 4-H: Youth Voice Youth Choice, which provides nutrition education in schools, after-school care programs, 4-H clubs, summer camps, residential camps, community centers, and neighborhood groups. The program also focuses on food safety, food preparation, and physical activity. Interns can gain experience working in classrooms, after-school programs, and other types of educational settings. Interns will interact with 4-H volunteers, teachers, donors, and youth in their endeavors. They will become familiar with youth program structure and management.

Objective: The 4-H: Youth Voice Youth Choice curricula provides education on the principles of nutrition, diet and physical activity for youth in grades 4th-12th, while addressing the nutrition needs of youth.

Volunteer Description:

• Deliver an approved nutrition curricula through regular group activities, practice recommended concepts of good nutrition, selection and preparation of healthy foods; and act as a positive role model for youth.
• Work directly with 4-H Program Coordinator to coordinate and implement events, activities, and a variety of 4-H programs; including in-school, after school, community clubs, special interest programs, workshops and contests.
• Self-instruct youth groups with six food and nutrition lessons using curricula, materials and visuals as approved by Extension staff; coordinate with county Extension staff to provide participants with additional educational opportunities.
• Assists 4-H Program Coordinator with development and preparations for planned events and activities, execution of training and educational materials.
• Attend trainings and meetings as designated by state staff or County Extension Agent.
• Self-instruct youth groups with six food and nutrition lessons using curricula, materials and visuals as approved by Extension staff; coordinate with county Extension staff to provide participants with additional educational opportunities.
• Assist 4-H Program Coordinator with development and preparations for planned events and activities, execution of training and educational materials.
• Attend trainings and meetings as designated by state staff or County Extension Agent.
• Collect the required confidential data from participating youth and volunteers and submit records and reports upon completion of the six lessons.
• Must have strong oral and written communications skills, and be able to work effectively and build relationships with others.
• Must possess good organization and planning skills, and be able to demonstrate effective project coordination, facilitation, and implementation based on past work or school experiences.
• Must possess deductive reasoning skills and be able to analyze and synthesize information for problem solving.
• Be willing to travel within the local area and work with diverse youth.

Time commitment: Time required will be what is needed to deliver the specific program or a minimum of 6 club meetings. Delivery of these lessons can take place after school, during teacher workdays, school holidays, summer months and weekends. Each lesson can be delivered between 60 to 90 minutes.

Position Reports to: York County 4-H Youth Development Agent

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