Re: 2020 Healthy North Dakota 4-H Club updates

It’s not too late to be recognized as a 2020 “healthy club” (or healthy 4-H family)! Please keep up your “healthy” club activities despite our social distancing due to the pandemic. The resources for the Healthy 4-H Club recognition program are available here (scroll to Food and Nutrition Resources):

https://www.ndsu.edu/4h/parents/projects/group_projects/

We recognize the challenges that 4-H clubs are having in meeting and carrying through on various activities for the Healthy 4-H Club recognition program. These are the changes for 2020 recognition, and the recording sheets will be due on Aug. 31, 2020 (instead of Aug. 15, 2020).

- Note that most activities can be done with your family and the experiences can be shared with 4-H clubs when you are back together.
- We will continue to use the same recording sheet, but family activities will count as “club” activities.
- Some clubs have met by Zoom, Facebook Live, Facetime or other technology format, so most activities still could be done in new ways.
- To be recognized, 4-H members must complete at least one nutrition or fitness activity with their club or family during at least five of these 10 areas (down from six).
- Please use the recording form and note the information for your family.
- Turn in your family’s recording sheet to your club leader (teen or adult).
- The activity leader can compile what families have done and turn in one recording sheet per club. Email or mail it to the address on the Healthy Club form.

Ideas

You can be very creative in how you carry out “healthy clubs” in your clubs or families. A wide range of activities are available on the “Healthy North Dakota 4-H Club Idea Guide” (with the Healthy Club Resources on the website noted above).
Just record the date(s) and general activity on the Club Recording sheet. Your “club” can be your family members and/or your 4-H club this year.

1) **Setting** - Plan a social-distancing walk and talk with your family.

2) **Roll call** - You probably have done this with your club already. If you are meeting via technology, this would be easy to do.

3) **Program** - Listen to a training online from your 4-H agent or club leader. Watch a recorded webinar on gardening or food preparation. Fifty-five webinars are available here, [www.ag.ndsu.edu/fieldtofork/webinars](http://www.ag.ndsu.edu/fieldtofork/webinars), including information about planting and using fresh fruits and vegetables.

4) **Demonstration** - An individual 4-H member can show the youth’s parents or a sibling how to make something. Consider video-recording it and sharing it with your club.

5) **Recreation** - Go on a family bike ride or walk with all family members present.


7) **Community pride** - Families could pick up litter or do yardwork for a neighbor while maintaining a social distance.

8) **Field trip/tour** - Explore local outdoor community gardening areas.

9) **Family mealtime challenge** - Most families probably have been eating together. Please use the tracking sheet to record this. See the “conversation starters” available on the “Family Table” website at [www.ag.ndsu.edu/familytable](http://www.ag.ndsu.edu/familytable).

10) **Healthful snack policy** - You could establish this in your families.

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