

2018 VIRGINIA 4-H MILITARY PARTNERSHIP CORPORATE REPORT—BRANCH IMPACT STATEMENTS

AIR FORCE INSTALLATION SITES WITH 4-H CLUBS

Joint Base Langley/Eustis—Eustis
Joint Base Langley/Eustis—Langley AFB

2 Chartered Clubs—506 Youth



Youth Practice Food Sanitation and Safety

ARMY INSTALLATIONS WITH 4-H CLUBS

Fort Belvoir
Fort Lee
Joint Base Myer-Henderson Hall

5 Chartered Clubs—702 Youth

AIR FORCE HEALTHY LIVING



4-H Healthy Living nutrition programs helped Air Force youth in Virginia to gain nutrition knowledge, practice food safety, prepare healthy meals and make better food choices. 4-H projects such as 4-H Cooking and Teen Cuisine were implemented to provide multiple experiences to practice nutrition life skills. One hundred eighteen youth gained knowledge on how to use MyPlate to eat a daily balanced diet. One hundred eighteen youth practiced food sanitation and safety while preparing simple recipes. Seventy-three youth prepared or shared recipes with parents and reported back.

Special activities were implemented. JBLE/ FT Eustis School Age Center youth designed their own cookbook from recipes they cooked during the summer. JBLE/ Langley AFB participated in a food challenge competition that was judged by staff members. JBLE/Ft. Eustis Youth Center participated in the Butternut Squash Stew project. Eustis youth and staff worked together to plan the menu, discuss ingredients, and select types of utensils to be used.

A survey of 30 Air Force youth revealed that as a result of participation in 4-H Healthy living projects 83% or 25 youth Strongly Agree or Agree, "I learned how to make healthy food choices."

ARMY HEALTH & FITNESS



Youth at Joint Base Fort Myer—Henderson Hall and Fort Lee School Age Center learned about the importance of increased physical activity to help them get on the right track for managing long-term health. Multiple hands-on experiences to practice fitness life skills were provided through projects such as *Staying Healthy, Keeping Fit, Bicycle, and Choose Health: Food, Fun, and Fitness*.

One hundred twenty-one youth at Fort. Lee School Age Center participated in active games and 30 of these youth participated in the bicycle project to increase their physical activity as well as learn about bike safety.

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2018 VIRGINIA 4-H MILITARY PARTNERSHIP CORPORATE REPORT—BRANCH IMPACT STATEMENTS *Continued*

NAVY INSTALLATIONS/SITES WITH 4-H CLUBS

Joint Expeditionary Base Fort Story
Joint Expeditionary Base Little Creek
Naval Air Station Oceana
Naval Air Station Oceana Midway Manor
Naval Station Norfolk
Naval Support Activity Northwest Annex
Naval Support Activity South Potomac Dahlgren
Naval Weapons Station Yorktown
Norfolk Naval Shipyard Portsmouth

12 Chartered Clubs—712 Youth



Youth Assemble a Raised Garden Bed

For more information about Virginia 4-H Military Clubs visit:
virginia4-hmilitaryclubs.org

ARMY HEALTH & FITNESS—CONTINUED

At Joint Base Fort Myer-Henderson, eight youth participated in active games and 39 youth participated in a *Fit and Fitness* activity. The fitness activity was held five times a week and involved functional fitness for 30 minutes each morning. During these sessions, youth learned and practiced proper stretching, exercising, and cool down routines. Center Staff said, “Youth realized that it made them feel better and have more energy for school.”

A survey of 103 Army youth revealed that 80% or 82 youth responded Always or Usually, “I do moderate physical activities like walking, helping around the house, raking leaves or using the stairs.”

NAVY STEM —GARDENING

Gardening combines the interdisciplinary elements of nutrition, garden science, physical activity, food preparation and fresh vegetable tastings to improve the health & wellness of children. Navy 4-H youth were provided multiple hands-on experiences to practice gardening life skills.



One hundred ninety youth representing nine Navy 4-H sites participated in the gardening project. Their impacts are as follows:

164 youth practiced skills related to soil preparation, proper planting, and/or care of plants.

97 youth gained food preparation skills using food grown in the garden.

59 youth engaged family members by preparing a recipe at home and reporting back.

Two installations introduced additional strategies for implementing the gardening project.

15 youth of NASO Midway learned from a local chef, food-handler skills and cutting techniques for various vegetables and fruits. A master gardener brought homegrown fruits and vegetables for youth to see.

36 youth of NSA Northwest Annex participated in indoor and outdoor gardening projects. Beans in a cup Mother’s Day flowers were planted, grown and then sent home to the mothers.

“As a result of the gardening project, youth had more interest in making their own foods instead of having processed foods from stores.”

- Center Staff