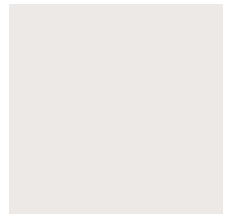
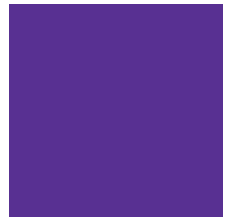
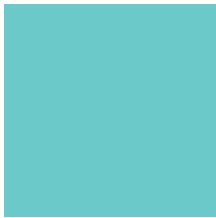
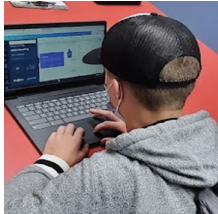
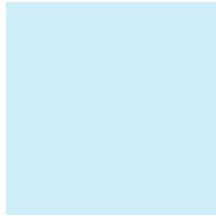
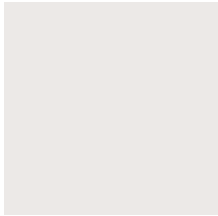
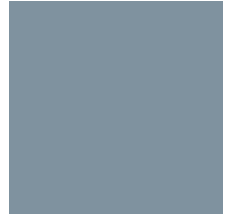
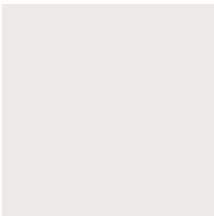




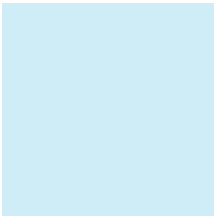
4-H Military Partnership

2021 Annual Report





4-H Military Partnership



Youth Development Projects and 4-H Military Clubs – 4-H Military Partnership Outreach and Support



Through the support of Outreach and Support Project funding made available by our military service branch partners, 4-H Extension educators nationwide can expand and refine their expertise in engaging with military culture. Because of the 4-H Military Partnership, military youth benefit by participating in 4-H programming on installations and in local communities, wherever they may live. When military service members know their children are in quality programs, they can focus on mission readiness.

This annual report includes examples of how 4-H Extension professionals worked to meet military-connected youth’s social, emotional, and mental well-being throughout Fiscal Year 2021 (FY21). Stories in this report include a mixture of state 4-H Programs that received project funding and additional highlights depicting how the 4-H Military Partnership supported military youth and families, regardless of project funding.



DEPARTMENT OF AIR FORCE



CHILD AND YOUTH PROGRAMS

In another year where COVID-19 restrictions impacted programs, the Department of the Air Force (DAF), Child and Youth Programs (CYP) 4-H Partnership continued to provide opportunities for youth to engage in meaningful educational experiences, develop life skills, and contribute to their community. In 2021, State 4-H Military Liaisons reported more than 30,500 Air Force, Space Force, Air National Guard (ANG), and Air Force Reserve (AFR) youth participated in 4-H clubs on installations and in the community. DAF Youth Programs 4-H Clubs introduced skills and expanded knowledge to nearly 17,000 youth in various project areas, including STEM, Health and Wellness, Cooking, Photography, Robotics, Entomology, Civic Engagement, Financial Management, Mindfulness, and much more.

Many military families, including active duty and geographically dispersed, live off base. Since 4-H is offered in every county in every state, youth can participate in local 4-H programs wherever their family is stationed. More than 13,500 DAF youth participated in 4-H clubs in local communities as part of the DAF 4-H Partnership. In addition, 1,200 CYP professionals, ANG, and AFR Airman & Family Readiness Program Managers attended 4-H trainings to support military youth and DAF 4-H Partnership efforts.

Through the DAF 4-H Partnership, eight camps were offered to provide unique camping experiences for more than 200 youth and teens of Active Duty, Reserve, and Air National Guard families. DAF 4-H youth camps were designed to develop leadership skills, introduce STEM initiatives, prepare students for college and careers, foster teamwork, improve communication and increase resiliency.

The DAF 4-H Partnership work described above directly results from the DAF 4-H grants provided to Land Grant Universities and coordinated by the DAF 4-H Youth Development Specialist, an integral part of the HQ A1SOC Child and Youth Programs team. The 4-H Specialist was also instrumental in planning and executing the virtual CYP *Leadership Forum*, which offered 11 training sessions on self/professional development, partnerships, diversity/inclusion, resiliency, boosting/maintaining morale, problem-solving, and teamwork. More than 2,000 individual logins for live sessions were registered, and additional CYP professionals viewed recorded sessions.

The DAF 4-H Specialist secured 170 *Galactic Quest* 4-H STEM Challenge Kits and distributed them to CYP and ANG Airman & Family Readiness Centers. Youth experienced space exploration adventure, learned about technology and resources needed for missions, and overcame obstacles humans encounter in orbit. DAF CYP participates in the 4-H STEM Challenge each year.

The 4-H Specialist, in part with the 4-H Military Partnership Working Group, developed lessons, created activities, and wrote content for a new *4-H 101* online course to be utilized by military Child and Youth Programs professionals and 4-H Extension Educators.

Whatever the challenge, the Department of the Air Force 4-H Partnership is committed to providing positive learning experiences to help military-connected youth grow and thrive in all situations and provide resources to CYP professionals who support them. DAF Child and Youth Programs is proud of the long-standing partnership with 4-H and looks forward to continued collaboration.

30,543 DAF-connected youth served through the 4-H Military Partnership Project

1,174 Child and Youth Program staff supported through the 4-H Military Partnership Project

663 Professional Development Opportunities created for CYP professionals

On-Installations

16,966 DAF-connected youth served through 1,684 on-installation 4-H Clubs.

990 CYP staff reached through 4-H professional development opportunities.

727 Volunteers provided over 6,200 hours of support to on-installation 4-H efforts.

Off-installations

13,577 DAF-connected youth served.

184 Guard & Reserve staff reached through 4-H professional development opportunities.

1,474 Volunteers provided over 13,000 hours of support to geographically-dispersed DAF-connected youth.

Department of the Air Force 4-H Partnership in Action – State Efforts at a Glance

University of Idaho Extension 4-H

In 2021, the Idaho 4-H Air Force Partnership hosted youth day camps at Gowen Field in Boise. The day camps served 254 Air Force youth and offered educational and fun opportunities in a variety of areas, including STEM, Healthy Living, Visual Arts, cultural engagement, and yoga. Youth learned the value of making healthy living choices and participated in physical exercise and healthy eating. An additional 278 Air Force-connected youth were enrolled in county 4-H clubs throughout the state.



University of Delaware Extension 4-H

For nine years, the Delaware 4-H Military program has participated in the international First Lego League competition. The competition involves a three-part challenge: programming an autonomous robot, identifying and solving a problem, and demonstrating core values such as teamwork, respect, leadership, creativity, and honesty. The Delaware 4-H Military team received 2nd Place for Robot Programming. This achievement demonstrates the team's ability to design and program a workable robot to complete a series of tasks. A survey, completed by youth participants in the First Lego League activity, showed 100% of Participants reported they gained a stronger interest and knowledge in engineering due to their involvement on the team. Respondents also stated they learned how to listen to ideas shared by others, work as a team, develop problem-solving skills, and incorporate ideas into a plan. Youth also expressed their confidence level increased due to being a part of the Robotics Project, and engineering can be fun!

University of Tennessee Extension 4-H

One project Tennessee 4-H offered in 2021 consisted of a week-long event titled, *The Memorial Week Challenge*. In observance of Memorial Day, the event encouraged 31 participating youth in grades 4-12 to learn about the history of Memorial Day and Tennessee Military Families. Each participant received an activity packet including materials to make a bracelet, flag, and patriotic items. The Challenge consisted of 16 "missions" for participants to complete. Each mission taught the participant something about Memorial Day, the U.S. Military, or military families in Tennessee. This challenge asked the youth to create a piece of artwork that featured the number 38,000 to honor the 38,000 children who are members of military families in Tennessee. Participants used the GooseChase virtual scavenger hunt application to document the completion of each challenge.

"Coming to camp has helped me dive headfirst into situations that I would otherwise avoid. This camp has been one of the greatest experiences of my life. I have tried new activities and made friends to last a lifetime."
— Youth, Colorado

Texas A&M University Extension 4-H

The Texas 4-H Military Partnership Program provided resources, professional development, and training opportunities to Child and Youth Programs (CYP) and Extension professionals who lead 4-H programming efforts with military-connected youth. Youth were provided opportunities to participate in healthy living initiatives, college and career exploration, community service projects, summer camps, and various 4-H projects. The Texas 4-H Military Project provided professional development and curriculum exposure on 15 different topic areas reaching nearly 50 CYP staff in Texas. Through the curriculum, materials, and resources provided in these trainings, CYP staff reached 3,000+ youth that live on or near Air Force Bases in Texas. In addition, Texas 4-H has directly served approximately 200 Air Force youth through a Walk Across Texas Project, Month of the Military Child initiatives, virtual college tours, 4-H STEM Challenges, and summer camps.



Ohio State University Extension 4-H

Military families live in every county in Ohio, not just in the vicinity of Wright-Patterson Air Force Base. With a presence across the state, 4-H is a resource close to home for military-connected youth. More than 2,000 military-connected young people participated in a local 4-H club this year. 4-H members learn new skills as they explore a variety of topics. Virtual programming reached 194 youth through 12 programs, including financial management, sports skills, animals (e.g., whale watching), STEM, and stress management. Newsletters with educational resources shared twice a month via email distribution and social media postings reached more than 1,600 homes. 4-H at Home project books and activity kits reached 1,168 youth on topics related to STEM, healthy living, and leadership. 200 youth and family members participated in one of three, weekend family camps.

"My daughter is so excited about the photography club [and] is eager to have the socialization."

— Parent, Hawaii

University of California Extension 4-H

In the 2020-2021 program year, California 4-H reached 675 on-installation DAF-connected youth and 54 geographically dispersed DAF-connected youth (K-12) through 4-H Military Partnership educational activities. In total, 46 4-H clubs were created in the programmatic areas of STEM, healthy living, and civic engagement. 50 volunteers dedicated over 1,100 hours to support program delivery. Healthy Living projects helped youth to engage in wellness activities and make healthy eating choices. The STEM projects introduced youth to various science-related topics and enhanced their scientific skills.

"My kids loved getting their kit in the mail and will be excited for another. This is such a great program!"

— Parent, Connecticut

University of Wyoming Extension 4-H

During FY21, Wyoming 4-H focused on building the first-ever traditional 4-H Club on F.E. Warren Air Force Base – Warren Warriors. Efforts included identifying a new volunteer, providing training, recruiting youth, and teaching families about 4-H. Club participants completed four community service projects, traveled to state 4-H competitions, and engaged in interview judging and animal exhibitions at the Stae Fair. These achievements were accomplished through a remote partnership with the Youth Center on base, as COVID-19 regulations restricted access to outside community members.



UNITED STATES ARMY CHILD & YOUTH SERVICES

In 2021 the COVID-19 pandemic impacted and challenged programs in ways never before experienced. Despite transitions between the reopening and closing of programs, Army Child and Youth Services (CYS) continued to benefit from the 4-H Military Partnership. In spite of continued restrictions created by the pandemic, the Cooperative Extension System continued to offer activities and opportunities for Army-connected youth and professionals.

The 4-H Partnership played a vital role in providing opportunities to expand STEM learning through innovative approaches. Additionally, during a time of elevated food insecurity concern, the Army CYM Menu Initiative was instrumental in providing much-needed training to all cooks and nutritionists throughout the Army CYM enterprise. This virtual training opportunity included a week-long engagement working in groups and learning about food and nutrition.

Lastly, Army CYM leaders realized the importance of supporting children and youth's mental health needs as the pandemic lasted far longer than anyone anticipated. Army school-age children and youth, ages 5-18 years are not immune to the growing national concerns of childhood emotional and mental health challenges. As a result of the extensive research and resources available through the Cooperative Extension System, comprehensive training efforts on Suicide Ideation are under development. The training will provide CYM management and staff valuable information to understand how to identify risk factors and why it is crucial to respond in a supportive manner when children or youth express feelings of hopelessness and despair. The training will help CYM staff develop the tools they need to better document and record critical information so that the parents receive the details they need to seek the necessary medical support required for their youth.

Due to the 4-H Military Partnership, Army families can count on 4-H to be available no matter where they are stationed or live worldwide.

Army 4-H STEM Clubs

In Fiscal Year 2021 (FY21), the Project awarded sub-awards to four Land Grant Universities to establish Army 4-H STEM Clubs. These sub-awards aim to develop a minimum six-week 4-H STEM Club for Army-connected youth that garrisons worldwide can replicate. Due to the impact of the COVID-19 pandemic, three sub-awardees were granted No-Cost Time Extensions due to the inability to carry out their approved Scope of Work on or before July 31, 2022.

Cornell University Extension 4-H

In 2021, through the efforts of Cornell Cooperative Extension Association of Jefferson County, 71 military-connected youth engaged in STEM programming in New York. At Fort Drum, Fort Hamilton, and the United States Military Academy at West Point, CYS staff members received 18 professional development opportunities. 89% of surveyed participants reported feeling comfortable providing 4-H STEM Clubs using 4-H curricula due to project efforts. In addition to in-person on-site training events, Cornell Cooperative Extension Association of Jefferson County offered virtual training for staff and youth throughout the project's performance period. These virtual training events were recorded and uploaded to EdPuzzle, where CYS and 4-H staff across New York can easily access the training as needed. Cornell also created a packet of information, including curricula, material listings for kits, and lesson plans that centers worldwide can use to duplicate program efforts.



"Thank you so much for coming out yesterday. My staff said they really enjoyed your presentation... thanks so much for being patient with us doing COVID. I'm overjoyed to work closely with you this summer on programs for our SAC children."

— Army CYS Professional

Colorado State University Extension 4-H

Despite continued challenges of COVID-19 restrictions, through the end of FY21, Colorado 4-H professionals helped 143 Fort Carson youth enroll in and experience 10 different 4-H STEM Clubs, including Fall Art, Sewing, Kids in the Kitchen, Archaeology, Stop Motion Movie Making, Gardening, Agriculture, Entomology, Building, and Archery. According to surveys received

from Mesa School Age youth, most participants agree that they can now USUALLY or ALMOST ALWAYS solve problems, measure correctly, gather information, build or construct things, use tools, observe things, and compare and contrast things because they participated in the 4-H STEM Club(s). Colorado 4-H professionals provided over 100 hours of assistance through in-person and virtual training opportunities for 31 CYS staff members. 100% of the staff members surveyed reported they increased their knowledge or skill through the STEM training.

Army 4-H Youth Development Specialist

The Army 4-H Youth Development Specialist (A4-HYDS) began outreach to eight Army-targeted installations in January 2021. Unfortunately, the pandemic continued to impact the A4-HYDS's ability to travel and facilitate in-person training for these garrisons. However, the travel restrictions provided an opportunity for the A4-HYDS to refocus efforts and identify challenges garrisons and others have with virtual training and technology needs, which likely would not have occurred otherwise.

"It was helpful to have hands-on practice by looking through 4-H curriculum and learning how to apply it in lesson planning. It directly relates to my job responsibilities." — Army CYS Professional

In place of in-person training and considering the technology needs of centers, the A4-HYDS provided virtual training opportunities to over 250 Army CYS professionals. Training events focused on assisting CYS professionals with understanding their interpersonal communication styles through Real Colors®, how to effectively use 4-H curricula, the Essential Elements of 4-H, and public speaking.

In addition to the support offered to the select garrisons, the A4-HYDS assisted the 4-H Military Partnership Working Group in revising the 4-H 101 Curriculum. States and installations will utilize this online training with their military Child and Youth professionals beginning in early 2022.

"The training was extremely helpful. The enthusiasm, expertise, and hands-on learning were amazing. Great to feel a connection again after Covid!" — Army CYS Professional

At the end of FY21, travel restrictions began to lift, allowing the A4-HYDS to schedule and plan for in-person training for FY22. Army CYS Headquarters has selected twelve garrisons the A4-HYDP will dedicate time and attention to throughout FY22.

Army Camps

In 2020, Project staff at Kansas State University released a request for applications for Army 4-H Camps, and 9 Land Grant Universities submitted documents for consideration. A review committee comprised of 4-HMPP Project staff and Army CYs professionals selected 7 Wounded Warrior Camps and 7 Deployment Camps. LGUs receiving awards included:

- **University of Georgia** - Wounded Warrior and Deployment Camps
- **University of Hawaii** - Wounded Warrior Camp
- **University of Idaho** - Deployment Camp
- **Louisiana State University** - Deployment Camp
- **Cornell University** - Wounded Warrior and Deployment Camps
- **Clemson University** - Wounded Warrior and Deployment Camps
- **Texas A&M University** - Wounded Warrior and Deployment Camps
- **Utah State University** - Wounded Warrior Camp
- **Washington State University** - Wounded Warrior and Deployment Camps

"Right off the bat, we were treated like family. That is something SO unique about a military family. I have found this to be so essential, especially when you are working with a trauma population. Gold Star kids, in particular, are such a small niche that no one really gets them. My kids came back feeling so seen, heard, loved and heard and validated."
— *Camper's Parent*

COVID-19 restrictions impacted the ability of states to provide camps as initially planned. Some states were required to reduce the number of campers eligible to attend, while others could not offer their camps. In 2021, 9 of the funded camps provided respite, recreation, and opportunities to build resiliency for 276 Army-connected youth. In the states that offered camps, smaller camp sizes were necessary due to protocols required by several states and the need to ensure campers' health and safety. With the reduced size of camps, cost savings will allow four states that offered camps in 2021 to offer additional camps during the summer of 2022. In addition, camps that could not operate in 2021 are scheduled for Summer 2022.

"Can I give everyone a hug? I miss hugging people so much since we can't really hug people anymore [due to Covid-19]."
— *Camper.*

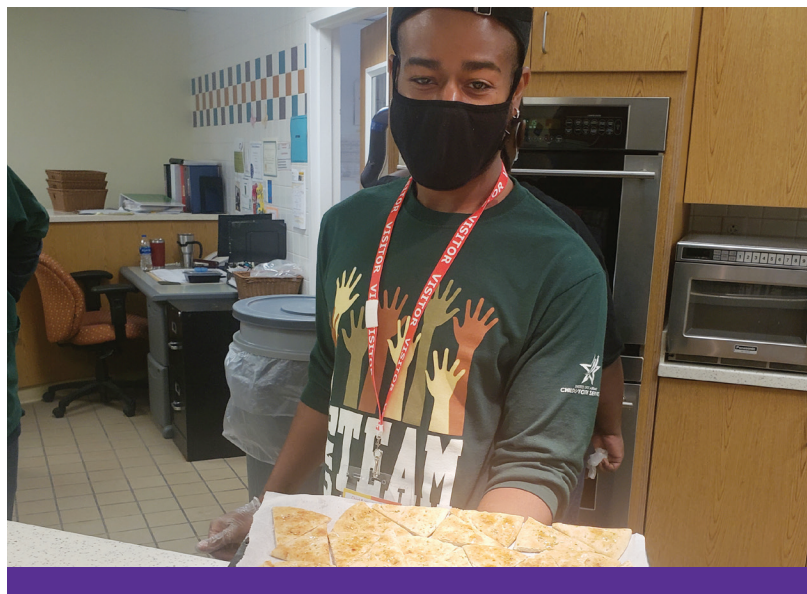
For more information on the impact of 2021 Army 4-H Camps, please see the [2021 Army 4-H Military Partnership Project Camps Report](#).

Army CYs Menu Initiative

The 4-H Military Partnership provides Army CYs with training opportunities for CYs professionals, activities for Army-connected youth, and menu development for Army Child and Youth Service Centers. Over the past five years, faculty and students at Kansas State University reached 371 Army CYs staff through training events on culinary techniques, nutrition, cost-efficient food production, food safety, and kitchen management. Unfortunately, due to COVID-19 travel restrictions, in-person training efforts for 2021 had to be rescheduled for the summer of 2022.



In 2021, efforts led by faculty at Kansas State University focused on recipe development and revisions to the Fall/Winter (2021-2022) menus. Modifications included an update of production calculators and updates on the nutrition analysis for each age group. Recipe development and menu updates will continue through Fiscal Year 2022, and the team will also develop age-appropriate cooking curricula and activities. Based on facility availability and Army CYs input, K-State faculty and students will establish the summer 2022 training sessions. If travel appears to be unlikely for the summer of 2022, we will move the food program staff training to an online delivery platform so CYs professionals can continue to receive quality training.





CHILD & YOUTH PROGRAMS

Navy Child and Youth Programs (CYP) provide high-quality educational and recreational programs for military and Department of Defense (DoD) children and youth ages six weeks to 17 years. Navy CYP's system of care serves 200,000 military children and youth each year via our network of 238 child development and youth program facilities worldwide. All 103 Navy Youth Centers offer 4-H programs throughout the year to ensure military and DoD families receive a consistent, first-class experience at every Navy CYP they attend. The consistency that 4-H programming brings to each Navy CYP worldwide allows military and DOD families to rest assured that their children are safe, well cared for, and thriving in high-quality child care and recreational programs. And when military and DoD families are confident that their children are safe and in good care, they can better concentrate on fulfilling their military and defense support responsibilities, which Navy CYP could not achieve without 4-H.

The Navy 4-H Military Partnership ensures Navy CYPs can access positive youth development curricula, professional development, technical assistance, and in-kind services from the 4-H Cooperative Extension. The availability of 4-H programs in every county throughout the United States supports geographically dispersed youth in various 4-H activities.

Navy 4-H Youth Development Specialist

The Navy 4-H Youth Development Specialist offers a strong connection between Navy CYPs and 4-H Cooperative Extension across the globe through virtual and on-site training opportunities and ongoing technical assistance. In 2021, more than 4,150 Navy CYP professionals benefited from training opportunities, including Innovative Programming, Introduction to 4-H, Phases of Child Development, Adult Learning, and Team Bonding.

2021 was highlighted by the Specialist creating a peer conversation series for Navy CYP professionals. Using the book *Pandemic Population*, 75 Navy CYP professionals participated in four discussions with other Navy CYP professionals from across the enterprise. The experience encouraged Navy CYP professionals to discuss the impact of COVID-19 for youth and potential

best practices for programs. As one Navy CYP professional noted, "I've enjoyed learning with others like me and hope we'll do something like this again to help ourselves and our programs."

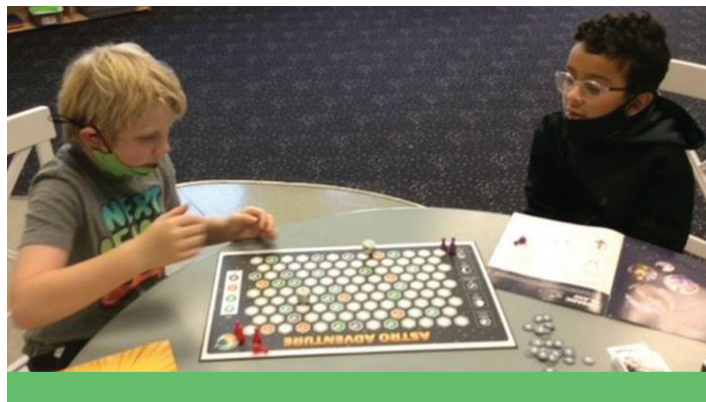
Working with the Operation Megaphone Advisory Council, the Specialist created an online scavenger hunt activity to connect military youth and families during the Month of the Military Child. The GooseChase activity brought together over 150 youth worldwide who completed 3,350 missions. One youth shared, "I loved doing this with my family and my youth center and had so much fun. Thanks for this chance to connect. I hope we do this next year."

Along with other members of the 4-H Military Working, the N4-HYDS has been part of the development and launch team for the 4-H 101 and has provided activities, support, and editing for the final program to launch in 2022.

Navy 4-H Partnership in Action – State Efforts at a Glance

National 4-H Council STEM Kits

Through the generosity of the National 4-H Council, 19 Galactic Quest Stem Challenge kits were shipped to Navy Youth Center, including Naval Support Activity Mid-South, Naval Air Station Sigonella, Naval Base San Diego, and Naval Station Great Lakes. The kits provided opportunities for youth to explore space adventures. Youth enjoyed playing games, building rovers, and thinking about life in the galaxy.



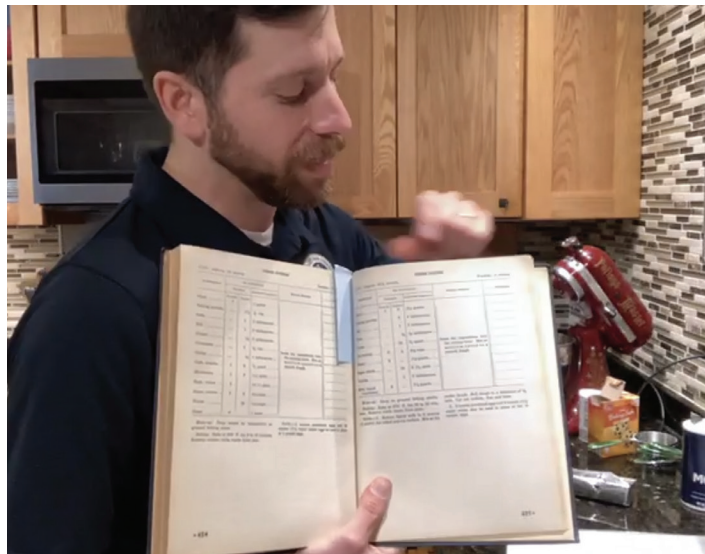
Michigan State University Extension 4-H Partners with U.S. Naval History and Heritage Command

Bringing the Navy to 4-H'ers across the states, a Michigan 4-H program coordinator collaborated with a Public Affairs Specialist of the U.S. Naval History

"The kids and I had a chance to dive into history and try the kinds of things their great-granddads would have eaten in WWII by cooking them at home alongside a friend of 4-H who works for the Naval Historical Command, and it was SO MUCH FUN!"

— The EldenBradys

and Heritage Command (NHHC) to offer two virtual 4-H clubs focused on Navy History. 14 youth ages 5-19 participating in *History at Home* sessions opening the doors of the NHHC virtually and exploring everything from military working dogs, different types of ships, and navy uniforms. The cooking segment of the History at Home sessions spurred the creation of another club, *Cooking with the Navy*. 15 youth and their families prepared recipes from the Navy's 1940 Cookbook. Cooking alongside the NHHC Public Affairs Specialist, youth learned Navy trivia and prepared cookies, Salisbury steaks, pancakes, and more.



"We had a blast, and we continue to make all the recipes. They have made it into our routine rotation!"

— The Wittenbach Family

Virginia Cooperative Extension 4-H: 4-H Cooking Challenges at the Youth Center

The *Urban Knights 4-H Club* at Joint Expeditionary Base Little Creek Youth Center participated in weekly cooking challenges. Given an iPad, a table of ingredients, equipment, and a challenge, youth found and prepared a recipe before time ran out. Youth then enjoyed a blind taste test to select their favorite product. In the 4-H Cooking Challenge, youth created smoothies, baked cookies and bread, and decorated tortillas for edible art. The youth loved the challenge and learned several life skills.



4-H Community Service Projects

Throughout the year, Youth Centers completed community service projects planned by their 4-H clubs. At Naval Air Station Sigonella, teens created gratitude bags to hand out on-base. School-agers at Naval Station Guantanamo Bay volunteered at the local Treasure and Trivia resale shop, sorting items and stocking shelves. At Naval Station Mayport, the 4-H club collected socks and hygiene items for the Hubbards House, a local outreach program. Putting their hands to larger service, 4-H'ers across the Navy invested their time and talents to make a difference for others.



University of Georgia Extension 4-H: Kings Bay Tech Wizards Club

In cooperation with Georgia 4-H State staff, a Camden County 4-H agent facilitated the Google Computer Science Pathways grant with programming at the Naval Submarine Base Kings Bay Teen Center. Teens received lessons in computer science programming and a \$1,000 grant for computer science programming curriculum and supplies. The program will continue to expand through FY22, with the 4-H agent supporting CYP professionals in developing mentoring skills to assist with facilitating the Tech Wizard Club.





State Military 4-H Programming Efforts – Beyond Sub-Awards

University of Georgia Extension 4-H

Georgia 4-H empowers youth with important life and leadership skills through unique partnerships. Since the early 1990s, the Georgia National Guard and Air Guard, along with the reserve components, have been strong partners of Georgia 4-H. Over the years, partners have created programs and resources to support military-dependent children through the Georgia 4-H Military Partnership. In July 2021, Rock Eagle 4-H Center and Georgia 4-H staff accepted a "Month of the Military Child" mural completed by the Georgia National Guard Youth Program. The mural resulted from a partnership with the Foundation for Hospital Art and highlights that military-dependent youth are "future history makers." The Month of the Military Child mural proudly hangs in the entryway to the dining hall at Rock Eagle 4-H Center, encouraging 4-H'ers and guests to see they can accomplish big things. All those who pass through the dining hall will see the critical role of military children and the Georgia National Guard partnership's impact on Georgia children.

Jefferson County 4-H started a gardening club at the Fort Drum School Age Center. The club's objective was to teach youth the skills necessary to grow vegetables effectively and empower them to take ownership of the project by managing the garden beds. The program included some classroom instruction; however, the most impactful learning happened in the garden. Topics included garden tool safety, garden planning, seed planting, and garden maintenance. While these topics are important, equally important was the hands-on work the youth put in to maintain the garden throughout the growing season, including weeding, thinning, and watering. While seed germination rates were excellent, the real growth experienced in this program was the youths' commitment to achieving a finished product and the ability to work together as a team. One of the most noteworthy moments in this program was a conversation between a youth participant and the 4-H Military Educator. The child expressed gratitude for the opportunity to participate in the gardening club. She shared memories of working in the garden with her mother when she was younger. Her mother was currently serving overseas, and she expressed that having the garden club on Wednesdays reminded her of those happy times they spent together. It is a joy to provide a 4-H program meaningful to youth participants.

Clemson University Extension 4-H: Healthy Living for Military Youth

Healthy Living for Military Youth was a 4-H initiative created to support military youth in South Carolina by promoting long-lasting outcomes of positive lifestyle choices and good health. SC 4-H Partnership for Military Youth, in collaboration with Joint Base



Cornell University Extension 4-H

At one time, the Fort Drum School Age Center had offered gardening opportunities for youth and had constructed four garden beds on their property behind the playground. These beds had been left vacant for years and were overgrown with weeds. Sprucing up and utilizing these garden beds would make the property more aesthetically pleasing and allow youth to learn valuable lessons about commitment, responsibility, and teamwork. In 2021,



Charleston Youth Programs, Shaw Air Force Base Youth Programs, South Carolina SNAP Education, and Camp Long Youth Learning Institute, provided Healthy Habits Curriculum to 124 military youth attending summer programs throughout the state. The overall goal of this initiative was to support mission readiness by promoting positive health and well-being in military youth.

Through the Walmart Foundation's *Youth Voice Curriculum*, youth had the opportunity to create and sample simple recipes that highlighted the importance of drinking water, choosing drinks low in sugar, eating fruit and vegetables, and reading food and drink labels. The recipes shared with participants included veggie pizza, quick and easy smoothies, breakfast Parfaits, snacks in a bag trail mix, and infused water. Youth also had the opportunity to participate in outdoor and indoor activities promoting the importance of movement and daily physical activity. After attending the program, the youth shared that they intended to make healthier choices based on the knowledge gained, share recipes and information with family and friends, and increase their daily water intake.

We felt strongly that these outcomes indicated the program was a success. Research shows that 4-H youth, compared to their peers, are more likely to make healthier choices, avoid risky behaviors, and be more physically active. This research becomes even more important when applied to Military Children

and Youth. Military youth have the added stresses of deployment, reintegration, and relocation that can sometimes lead to poor lifestyle choices, depression, and physical illness. Youth gained information to support healthy living and had the chance to meet new friends, learn more about 4-H Military Partnership Programming, and, more importantly, have fun.

Professional Development and Technical Assistance

Military partners and USDA/NIFA/4-H consider professional development and technical assistance (PDTA) for staff necessary for creating opportunities where youth can develop life skills as they become self-directed, productive, and contributing adults. Through training and support, teams may expand their resources for youth, delivery methods for activities, and their creativity for programming.

State and local 4-H staff provide training events for military child and youth staff to better understand and implement positive youth development, essential elements of youth programs, and experiential learning. Through the network of Extension programs, military service staff working with active duty, guard, and reserve units have access to training and technical assistance. This network includes the support of local Extension educators who serve as trainers, facilitators, and supporters for staff and the myriad of online resources available through Extension websites and social media.



During FY21, the 4-H Military Partnership supported the professional development and technical assistance of military service staff and Extension staff. Military Child and Youth Programs professionals work hand-in-hand with experienced 4-H Extension Educators who provide an array of diverse training topics, 4-H resources, curriculum, and technical support through the Land Grant University System.

Webinars offered a variety of opportunities for staff to gain knowledge and skills in the areas of the 4-H National STEM Challenge and other STEM topics, Leadership, Public Speaking, Forensics, Financial Planning, Healthy Snacks, and Small Animals.



NAE4HYDP 4-H Military Partnership Award

Each year the National Association of Extension 4-H Youth Development Professionals recognizes the contributions of an individual or team in sustaining and enhancing the relationships with 4-H and military partners. The

2021 recipient, Shawnie Sahadeo of Georgia 4-H, demonstrated innovation and creativity through her support efforts at Naval Submarine Station Kings Bay. In addition to providing curricula, resources, and training for youth and professionals at Kings Bay, Shawnie has secured funding through grants to provide programming in STEM and Healthy Living. She also met with staff to provide additional support in their areas of interest and provided activities for summer day camps and unplugged days at the Center. As Youth Director Sharon Grant noted, Shawnie has worked with Kings Bay through the changes and challenges of COVID and ensured that 4-H programming could not only be available but excel on Naval Submarine Base Kings Bay.

4-H 101 Curriculum Revision

North Carolina State University began leading efforts to revise the 4-H 101 curriculum. Purdue University received a sub-award to develop an online training platform that both 4-H Extension and Military CYP/CYS professionals worldwide can access via the internet whenever needed. Approximately three modules with six to ten lessons per module will be available through the Project in spring 2022. Modules include introducing 4-H and youth development and tying 4-H and military programming together.

Branding the Partnership

To encourage the continued development of Project efforts, in July 2020, the team at Kansas State University began working with the Military Working Group and National 4-H Council to develop a plan to expand the Project's reach and resources to serve military-connected youth and families better. In August 2021, National 4-H Council delivered a suite of resources, including a new logo, a branding guide, posters, postcards, PowerPoint and newsletter templates, and impact videos available to all partners for use beginning in September 2021. You can find the 4-H Military Partnership Toolkit at <https://4-h.org/professionals/marketing-resources/military-partnership-toolkit/>

Extension 4-H Military Liaison

The Extension 4-H Military Liaison is an Extension professional located in each state, D.C., and U.S. territory that links state extension programs, military service branches in their state, and 4-H National Headquarters located within USDA-NIFA. The Extension 4-H Military Liaison focuses on coordinating, networking, and facilitating programs and resources. They work with various partners at the university level, military partners, and partners across their states to support military families and child and youth programming. The 4-H Military Liaisons are the official point of contact for all 4-H military-connected youth programs in their state. You can find a list of current State 4-H Military Liaisons at <http://www.4-hmilitarypartnership.org/state-4-h-military-liaisons.html>

For More Information Contact:

National Institute of Food and Agriculture
U.S. Department of Agriculture
Washington DC

<https://nifa.usda.gov/program/4-h-positive-youth-development>



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