

# Making a Difference

## 4-H Family & Community Health Project Summary Lubbock County – 2018 - 2019

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**Relevance.** The Texas 4-H Youth Development Program exposes 4-H members to the academic discipline of family and community health (FCH) and helps youth gain valuable skills and knowledge that they can apply to daily life. The FCH program area represents many disciplines to which youth are exposed through projects such as clothing and textiles, food and nutrition, consumer education, health, housing and home environment, and safety. Through these projects youth also gain valuable citizenship and leadership skills.

**Response.** The county’s 4-H FCH Project Coalition provides leadership to the 4-H FCH program at the local level, setting goals for the 4-H FCH projects, and planning and implementing educational activities for 4-H volunteers and members. Currently, 10 individuals serve on the coalition that meets at least three times each year. Over that past year, the 4-H FCH Project Coalition has met on:

- January 28, 2019 – 8 total (4 youth and 4 adults)
- July 9, 2019 – 10 total (5 youth and 5 adults)
- August 14, 2019 – 4 total (2 youth and 2 adults)

**Summary of 4-H FCH Project Involvement: (please adapt project list to include projects implemented in your county.)**

Total number of youth and adults involved in 4-H FCH Projects:	Youth in Project	Contest Participation	Project Volunteers
Food and Nutrition Project:	127		25
County Food Show		25	
County Food Challenge		77	
Clothing and Textiles Project:	51		10
County Fashion Show		21	
County Fashion Storyboard		5	
County Duds to Dazzle		15	
Consumer Education Project:	19	19	2
4-H FCH Leader Training (date: 1/28/19)			
4-H FCH Leader Training (date: 8/14/19)			

*\*Youth may participate in more than one 4-H FCH project. Therefore, totals from each project may not match total number of youth involved in 4-H FCH Projects. Adapt as appropriate to include projects/trainings implemented in your county.*

*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*

## **Results.**

- Lubbock County 4-H'ers participated in food and nutrition project activities which included a tour of Meals on Wheels, a fruits and vegetables workshop, local project meetings, County and District Food Shows, and the County and District Food Challenge Competitions. Activities are publicized through the 4-H Food and Nutrition Newsletter which is mailed to all 4-H families. Clovers are also involved in related project activities.
- Lubbock County 4-H'ers participated in the clothing and textiles project which included a tour of the Red Barn Quilt Shop, workshops to construct pajama pants, a skirt or a kimono, a Fashion Storyboard Workshop, County and District Fashion Shows, and County and District Duds to Dazzle competitions. Activities are publicized through the 4-H Clothing and Textiles Newsletter which is mailed to all 4-H families. Clovers are also involved in related project activities.
- Lubbock County 4-H'ers participated in the consumer education project which included consumer decision-making classes to learn about contest classes and oral reasons. 4-H'ers also compete in a County and District Consumer Decision-Making contests.
- The Summer Food, Fun and Fashion workshop also offers youth an opportunity to participate in these project activities which focuses on food and nutrition and clothing and textile related activities involving 17 youth and 2 volunteers.
- Agent Alexander also coordinates the District 4-H Clothing Extravaganza which provides District 2 Senior 4-H'ers advancing to the State 4-H Fashion Show an opportunity to plan and conduct workshop and tour activities, inviting all District 2 4-H'ers to participate.

### **4-H Family & Community Health Project Highlight:**

Two Lubbock County 4-H'ers advanced to the 2019 State 4-H Fashion Show; Audrey Crawford placed 1<sup>st</sup> in the Buying - Business Attire Category and 2<sup>nd</sup> in the Wool Category, and Ashlynn Messer placed 8<sup>th</sup> in the Casual Everyday Living Category.

The Lubbock County 4-H Senior Consumer Decision-Making Team placed first at State 4-H Roundup and qualified to attend the National Western Roundup Competition in Denver in January 2020.