

## **4-H Foods & Nutrition Team Annual Report—2004-05**

Chair: Jan Hiller

[hillerj@wsu.edu](mailto:hillerj@wsu.edu)

509 335-2884

### **SITUATION:**

Working with ad hoc committees on various issues and projects in the 4-H Foods and Nutrition program has worked well for many years. For more continuity I decided during the 2004-05 4-H year to establish an on-going 4-H Foods & Nutrition Team.

### **INPUTS:**

A description of the 4-H Foods & Nutrition Team was added to the website developed by the Professional Development Action Team (PDAT). The goals of the team are to provide communication, programming and curriculum resources to the 882 4-H foods and nutrition leaders and 4,636 youth enrolled in the 4-H foods and nutrition projects. I recruited four Extension professionals from 3 different districts: 2 with 4-H youth development responsibilities, 1 with food and nutrition responsibilities, and 1 with expertise on children and obesity. An introductory conference call was held in May to review the Foods & Nutrition projects, activities, and training. Subsequent calls were held in August and November.

### **OUTPUTS:**

Decisions made on the preliminary conference call include:

1. Hold 4 conference calls per year (Feb., May, Aug., Nov.).
2. Meeting times will be the 4<sup>th</sup> Tuesday from 2-3:30 p.m., changed to 1-2:30 in November.
3. All members will recruit volunteers to submit applications for membership on the F&N Team.
4. Purpose of committee is to provide guidance on 4-H Foods & Nutrition projects, activities, and training.
5. Zena developed the State Food and Nutrition Judging Contest materials. These will be available for county use following the 2005 State 4-H Fair on the State 4-H Clover website.
6. For the September Eastside 4-H Program Management Day, Lizann presented information on children and obesity.
7. For the State 4-H Forum in Ocean Shores in October, Lenora presented a workshop on the new Microwave curriculum, Zena on using a thermometer correctly and the new MyPyramid system, and Jan on national food and nutrition activities.
8. Committee members recruited 2 volunteer members, Jean Swift (Skagit Co.) and Roberta Harrison (Grays Harbor Co.) for the 2005-06 4-H Year.

**OUTCOMES/IMPACTS:**

1. More support for the 4-H food and nutrition program comes from having a 4-H Food and Nutrition Team dedicated to providing training, developing and conducting activities, etc.
2. To date no volunteers have completed an application form that is on the State 4-H website.
3. Fifty volunteer leaders received training on at least one of the following topics at the State 4-H Forum: new Microwave curriculum, using a thermometer correctly, the new MyPyramid system, and national food and nutrition activities.
4. Newly recruited volunteer leaders will add an important perspective for the 2005-06 4-H year.

**Committee Members:** Lenora Bringman, Zena Edwards, Lizann Powers-Hammond, Kristine Stokes, and Jan Hiller, chair.