

Sacramento County 4-H 2019-2020 Annual Report

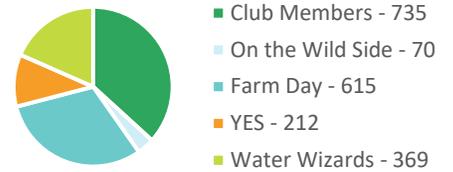


Learning to Lead – Leading to Serve

Leadership has always been a hallmark of the 4-H Youth Development Program. From the time a member makes their first project report at a club meeting, to the experience teen staff have planning and delivering a week-long summer camp, 4-H offers continuous and varied opportunities for young people to develop skills and confidence in taking the lead.

Even in light of COVID-19, 4-H teens rise to lead and to serve. 4-H On the Wild Side members pivoted to provide a virtual outdoor education experience to 4th graders at Union House Elementary; County Ambassadors recognized accomplishments at a pre-recorded Achievement Night; and teen leaders delivered programming for multiple club projects over Zoom. Read on about a new program born of the pandemic—the virtual Cooking Academy. As they taught nutrition and cooking skills, teenagers amazed us with their ingenuity, resourcefulness and command of technology!

Youth Served 2019-2020 2,001!



It's true that teens grow as they practice planning, teamwork and public speaking, but the real gift is their commitment to our communities. They bring energy, talent, and a connection with younger youth that adults just can't match. Our programs are stronger with them.

Who and Where Are We?



4-H Cooks Up New Opportunities for Youth!

With a continued commitment to youth development, Sacramento County 4-H remains focused on offering experiences to strengthen and grow the skills of youth, even during the trying times brought about by the coronavirus pandemic this past last year.

In collaboration with the Expanded Food and Nutrition Education Program (EFNEP), Sacramento County 4-H is providing a unique opportunity to expose elementary age children to healthier living with recipes that they can cook themselves through the 4-H Cooking Academy. Even better, it's teens that are the cooking instructors!

"This whole experience of teaching a class has been new to me," says Triana (a.k.a. Tangy Chef), a Cooking Academy teen teacher who has been delivering the program virtually to 4th grade students at Union House Elementary School. "The added challenge of doing it online has made the experience even more interesting! We have learned to navigate new tools and aids and I have been able to use my video editing experience to create cooking videos for the students."



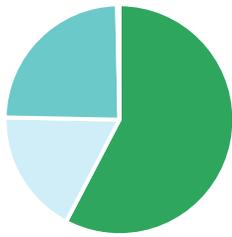
The 4-H Cooking Academy came together this last fall and is giving everyone involved an opportunity to strengthen and grow their skills. The elementary school students are learning how to make wise food choices while gaining confidence following recipes and using kitchen tools to succeed in the kitchen. The teen instructors are strengthening their leadership skills and gaining valuable community service experience. Delivering the virtual Cooking Academy requires adaptability and innovation during ever changing circumstances.

Sixteen teenagers deliver the sessions over Zoom at five schools, serving around 60 children. Without a doubt, these young 4-H Cooking Academy leaders are cooking up new skills, a fun time, and a recipe for youth success!



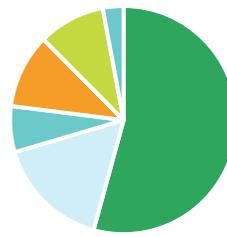
Financial Snapshot

Revenue



- Fees - \$80,014.29
- Grants/Contracts - \$24,411.00
- Donations/Gifts - \$33,769.14
- Interest - \$461.82

Expenses



- Club - \$77,200.94
- Summer Camp - \$23,035.95
- Youth Exp. in Science - \$9,282.00
- On the Wild Side - \$14,989.77
- Water Wizards - \$13,553.20
- Mgmt/General - \$4,200.40



"I've become a more outgoing and dependable person." 4-H Teen Leader

"I can't believe how much more organized I am having done the cooking academy. My communication skills improved a lot too." 10th Grade Student – Elk Grove

"The Cooking Academy helped me to develop my English skills." 10th Grade Student – Elk Grove

"I always leave On the Wild Side with a more positive outlook on life and a determination to be more involved in my community." 4-H on the Wild Side Teacher

"Cooking Academy gave me more confidence in myself." 9th Grade Student – Twin Rivers

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