

## Discover 4-H

4-H programs are available to youth 8-18 years old in urban, suburban, and rural communities and membership in 4-H is free. 4-H youth are not required to purchase uniforms and member expenses are kept to a minimum.

A team of researchers at the Institute for Applied Research in Youth Development at Tufts University, Medford, MA collaborated on a report that shows 4-H youth excel beyond their peers. 4-H'ers are about:

- ◇ *Four times* more likely to make *contributions to their communities* (Grades 7-12);
- ◇ *Two times* more likely to be *civically active* (Grades 8-12);
- ◇ *Two times* more likely to make *healthier choices* (Grade 7);
- ◇ *Two times* more likely to participate in *Science, Engineering and Computer Technology programs* during out-of-school time (grades 10-12); and
- ◇ 4-H girls are *two times* more likely (Grade 10) and nearly *three times* more likely (Grade 12) to take part in *science programs* compared to girls in other out-of-school time activities.

4-H is a **community** of **young people** across **America** who are learning **leadership, citizenship and life skills.**

For more information on the Back to Basics Life Skills Series and Guilford County 4-H  
Guilford County Cooperative Extension  
336-641-2400

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### The 4-H's

*Head, Heart, Hands, and Health are the four Hs in 4-H, and they are the four values members work on through fun and engaging programs.*

- Head—Managing, Thinking
- Heart—Relating, Caring
- Hands—Giving, Working
- Health—Being, Better Living



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[www.guilfordextension.com](http://www.guilfordextension.com)  
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North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.



*Guilford County Cooperative Extension  
4-H Youth Development presents*

# Back to Basics Life Skills Series



**4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.**

## Kulinary Kids

### 7 week Cooking Series 101

#4HFoodies

6 weeks of instruction plus graduation

Wednesdays

January 27 – March 9, 2016

4-6 pm

\$50 per participant (includes Kitchen supplies valued at \$20 upon graduation)

An introductory Cooking Series that will develop life skills mastery and STEM abilities for Youth 9-13 years old in the areas of:

- Food & Kitchen Safety
- Food Preparation
- Meal Planning
- Food Science
- Nutrition



RSVP by January 11

to Pamela\_Marshall@ncsu.edu or 641.2400

## Let's Make Money

### 7 week Finance Series 101

6 weeks of instruction plus graduation

Wednesdays

April 6 – May 18, 2016

4-6 pm

\$20 per participant



Learn the basics of money and its uses as a first step toward a successful financial future.

In this workshop series, youth 9-13 years old will discover personal finance, including how to earn, save, share, and spend money.

RSVP by March 16

to Pamela\_Marshall@ncsu.edu or 641.2400

## Handmade

### 7 week Sewing & Textiles 101

6 weeks of instruction plus graduation

Wednesdays

September 21 - November 2, 2016

4-6 pm

\$40 per participant

Learn the basics of sewing.

In this workshop series, youth 9-13 years old will discover textiles, sewing tools and equipment, and machine / hand construction techniques while constructing a simple clothing item.



RSVP by August 31

to Pamela\_Marshall@ncsu.edu or 641.2400