



Lead to Change 2023 Winners

4-H IS THE YOUTH DEVELOPMENT ORGANIZATION OF OUR NATION'S COOPERATIVE EXTENSION SYSTEM AND USDA.



Recycle Alaska

Alaska

According to the Alaska Department of Environmental Conservation, each Alaskan produces approximately 5 lbs. of waste. This contributes to climate change as well as harming local wildlife. This project aims to increase knowledge and awareness of recycling in Alaska through a robust social media campaign, and advocate for more access to recycling opportunities.



Healthy Meals Make Healthy Bodies

Alabama

This youth-led project aims to partner with the At-Risk Afterschool Meals Program to administer surveys to determine what types of foods are generally consumed by participants in the program when they are at home, at a restaurant, or "on-the-go."

The team hopes to further the effectiveness of this program by sharing pamphlets, recipes, and flyers depicting proper servings, suggested caloric intake, healthy food choices and healthy eating habits to the more than 300 participants at five designated meal sites.



The 4-H Healthy-Life Changemakers of the Border

Arizona

Senior citizens in the community have sedentary lifestyles and poor nutrition, they are also alone most of the time causing anxiety and depression.

Youth plan is to go to the elders facility, offer companionship, play games, teach recipes, assist with simple house chores and allow for reverse mentoring by having the elders teach the Healthy Living Ambassador life lessons such as gardening and nutrition workshops.



Farmer Talks

Delaware

Most youth are still unaware of where their food comes from and how it is produced. This youth team is aware of how critical farming and food production is for any community and seeks to make this connection even clearer.

This project focuses on arranging farmers, agriculture educators, and students to speak to elementary and middle schools in the area, as well as helping to arrange field trips to farms. This will help students realize that agriculture has many viable career choices.



Growing a Healthier You!

Iowa

Growing a Healthier You! aims to tackle the issues of local households experiencing a lack of resources to purchase nutritious foods and lacking education to facilitate making healthier choices.

This project addresses the issue of food insecurity by helping people grow their own food and providing educational resources on nutrition. Growing a Healthier You! Kit is a box of resources and materials that helps participants start a new journey toward healthier food choices that they can afford.



Mow Mowing. Mow Problems.

Iowa

Iowa is one of the most biologically altered states in the US, with monocrop fields covering a large percentage of it, greatly decreasing pollinator habitat.

Youth aim to lead workshops for teens to teach them about pollinators, their habitat, and planting beneficial plants; they will also advocate for the reduction of mowing; and distribute pollinator garden kits.



Youth Transient Poverty Program

Louisiana

The Louisiana Health Ambassadors are extending their hands to larger service for their communities through the Youth Transient Poverty Program (YTPP) to promote long-term self-sustainability. The goal is to improve the health and wellness of youth ages 8-18 in East Baton Rouge and East Feliciana Parishes.

They hope to address food insecurity and period poverty by providing emPOWER packs. These packs will include a variety of food and menstrual items such as fruit, vegetables, pads, and tampons to address food insecurity or period poverty.



Farm 2 Table

Missouri

This youth team aims to bring homegrown and fresh products to local families in need to provide healthy nutritional options that are sustainable along with educational classes to learn how to grow, purchase, and encourage others to support local farmers and producers within their county and Southeast Missouri.

The youth will host a Health Fair, teach workshops showing youth how to grow food, host a food drive and connect the community with local farmers.



Two Bite Club: Plant-Based Edition

New York

Buffalo has been designated a food desert with 35% of residents living more than a mile from a grocery store. Youth aim to provide plant-based menu options to residents who may not have access by working with local corner stores and other community partners that are part of the Healthy Community Store Initiative to offer free plant-based menu items to Buffalo residents of color most affected by food apartheid.

The "Two-Bite Club" helps encourage people to take at least two bites of a new food to give it a try!



Igniting a Passion for STEM

Ohio

Certain younger students have attended the most of their schooling online during the pandemic (K-2nd grade), now in 3rd – 5th grades these kids may lack a passion for physical hands-on STEM activities due to no opportunity.

Through workshops at schools, fairs, and camps this team hopes to ignite STEM passion by building rockets. The rockets will contain a Microbit that will collect launch data to be analyzed as well as programmed.



Bee Aware: Pollinator Protection

Puerto Rico

Puerto Rican bees are European Africanized, their genes make them healthier than other bees you may find in the rest of the US, however their habitat is decreasing here as well.

To address this problem, youth will join forces with community organizations, the universities, and professionals from the Agriculture Service Extension to educate other youth, motivating with peer-to-peer education, through puppetry and other dynamic activities to impact their communities for the benefit of pollinators and their habitat.



Food Preservation Mechanism

Puerto Rico

Food preservation is a cross-cutting issue for food security and natural disaster preparedness, especially in Puerto Rico. The island is prone to hurricanes and earthquakes which affect the economy and cause power outages, water shortages. Over 85% of the food is imported and after disaster strikes, access to their primary supply is lost.

This youth team wants to invest efforts in providing learning and service opportunities on food preservation methods to the college population through videos, webpages and workshops.



Cooking Capable

South Carolina

The CDC states 40% of people with disabilities struggle with obesity, 16% have diabetes, and 10% have heart disease. These are serious issues, and this youth project is focused on delivering opportunities of support for this need.

The project is focused on teach, middle school and high-school-aged special needs youth how to prepare simple healthy meals and physical fitness activities through one-on-one workshops throughout the year.



Just Grow It 'N Done

US Virgin Islands

The U.S. Virgin Islands imports over 98% of the food we eat and 33% of population is food insecure. This scalable project proposed by local teen 4-H Health Ambassadors will help create access to food for local families.

Teens will be trained as teens as teachers and supported by the UVI's Cooperative Extension Service will create up to five demonstration gardens to help provide healthy foods to local families.



4-H Kind Care Kits

Washington

Many families deal with a health crisis in their home at some point, and unfortunately the sick family member can be a child. Families who are coping with serious illness in a child need a variety of types of support, and it is especially important that they have resources to deal with the stress of life disruption.

The project will provide families with a Kind Care Kits full of social-emotional tools and activities that could be provided to siblings when families are requiring extensive medical care. They will do this working in collaboration with various local Children's Hospitals and nonprofits.





NATIONAL 4-H
COUNCIL

Congratulations!