



Healthy Lifestyles

UnitedHealthcare 4-H Youth Voice: Youth Choice

Tues. 1:15 – 3:15 pm

Vanessa Spero-Swingle Brevard County; Elizabeth Shephard, Brevard County; Christine Chen-Luke, Brevard County; Melissa Shoff, Brevard County; Judy Butterfield, Central RSA; Cassandra Weston, Miami-Dade County; Stefanie Duda, Leon County

Learn how to promote healthy lifestyles within your county through three hands on activities taught by Brevard, Leon, and Miami-Dade county Agents and Staff. Each county has been participating in a UnitedHealthcare (UHC) grant in promoting a program called Youth Voice: Youth Choice. With over 4500 youth reached to date and through peer led instruction, the program has been successful in teaching healthy eating habits, physical activity, and nutrition.

4-H & FCS: Working Together for Healthier Children

Tues. 3:45 – 5:15pm

Melanie Taylor, Gulf County; Whitney Cherry, Calhoun County

Whether you already have a Healthy Lifestyles program, want to implement one, or just want to learn how to incorporate one into your current program, this is the workshop for you! We will conduct experiments, test recipes, play games, and enjoy activities that are so simple you'll wonder why you haven't done this before. Whether you have a great team of staff and volunteers, or are the lone ranger, we've got something for you.

YUM – Youth Understanding MyPlate

Weds. 8:30am – 12:30pm

Dr. Karla Shelnett, Family, Youth & Community Sciences

Youth Understanding MyPlate (YUM) is a new nutrition curriculum designed to introduce children in prek through 2nd grade to MyPlate. YUM is a six lesson curriculum that focuses on the importance of eating the right amount of a variety of foods from the different food groups. This session will teach participants the main messages of MyPlate and how to implement YUM in their counties. All participants will receive a copy of the YUM CD.

The NEW and IMPROVED Florida 4-H Fashion Revue

Weds. 3:15 – 5:15pm

Heather Futch, Hamilton County; Becky Bennett, Madison County; Monica Brinkley, Liberty County; Muriel Turner, Levy County; Judy Butterfield, C RSA; Brenda Williams, Alachua County; Pam Phillippe, Charlotte County

Whether your youth are Fashionistas, want to improve their daily look, accessorize properly, know more about how the retail industry works, design their own outfit, challenge themselves to make a pattern and compete with their peers, improve poise or just be able to mend their own garments, participation in the NEW 4-H Fashion Revue will help them gain the necessary skills.

