

## **Learn How to Cook, Craft, Code, and more with Union County's 4-H Clubs**

**Union County, NJ** – Union County students in grades K-12 are invited to join a 4-H Club this fall and explore popular fields ranging from cooking, art to anime, coding and more. Youth in their first year after graduating from high school can also join.

All clubs will be meeting virtually and are without charge until in person meetings resume.

“4-H Clubs provide students in Union County with unique opportunities to practice teamwork, organization, leadership and other important life skills,” said Freeholder Chairman Alexander Mirabella. “The Freeholder Board is very proud to support the 4-H program in our community in a virtual capacity until it is safe for students to meet in person.”

4-H Clubs are organized by age and topic. The members meet with an adult club leader on a monthly basis during the school year to plan activities and programs.

Each club emphasizes the ability of students to learn, organize, and communicate with activities appropriate for their age. For the school year 2020 – 2021, the clubs are:

- Variety Club (different topics with crafts and show-and-tell), grades 1 and 2.
- Variety Club (different topics with crafts and public speaking), grades 3 and 4.
- Variety Club (different topics with crafts and community service), grades 9-12
- Community Service Club, grades 8-12.
- Nature Club, grades 5-8
- Cooking Club, grades 4-12.
- Disc Golf Club, grades 5-12.
- Horticulture Club, grades 4-12.
- Creating Music through Coding, grades 6 - 8

Union County 4-H is run by the Rutgers Cooperative Extension of Union County and supported in part by the Freeholder Board, with offices at the Union County Complex at 300 North Avenue East in Westfield.

The national 4-H youth program is the largest youth development program in the U.S. As a program of the U.S. Department of Agriculture, 4-H encourages students to develop expertise in a subject of their own choosing, and share their knowledge to benefit their community.

Participation in 4-H is associated with better grades at school, and a stronger interest in taking science classes, attending college, and contributing to the community. A recent Tufts University

study found that as a group, girls who join 4-H clubs are especially likely to demonstrate positive behaviors.

4-H Clubs run from October to June. To sign up for a club email Tamisha Hopkins, 4H Office Manager, at [thopkins@ucnj.org](mailto:thopkins@ucnj.org).

For more information contact 4H Agent James Nichnadowicz at [jnichnadowicz@ucnj.org](mailto:jnichnadowicz@ucnj.org) or call 908-654-9854 ext. 3.

For more information about all Union County Extension programs, including 4-H, Master Tree Stewards and Master Gardeners, visit [ucnj.org/rce](http://ucnj.org/rce).