

**4-H: IGNITING YOUR SPARK  
ENGAGING AND SUPPORTING YOUTH**

## Expand your educational reach!

Choose from one or all of the program options that include ready-to-go activity packages that are fun for youth.



### 4-H Outside the Box

**4-H Outside the Box** are creative learning labs in a box with 6- 8 sequential hands-on activities focused on building youth critical thinking and problem solving skills. Boxes contain materials and supplies for Junior Master Gardeners, science, basic cooking and visual arts activities. Pick your favorite topic box or all boxes for a caring adult to do with clubs, afterschool, day camps or for families at home.

**Lead:** Nancy Shelstad,  
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### Think Make Create Labs

Explore creativity, design, and engineering through making and tinkering activities! These hands-on materials will challenge and test your skills of problem solving, collaboration, and critical thinking. Choose from a variety of activities that youth can make and take from any out-of-school program.

**Lead:** Claire Sponseller,  
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### Healthy Habits

**4-H Healthy Habits** are hands-on activity that teach youth healthy snacks preparation, basic kitchen skills, and how to select foods that are healthy for them and their families. At completion of the 8 lessons youth will receive a family take-home bag with kitchen tools and ingredients to prepare two snacks. Option: 4-H leaders may offer Healthy Habits as a 4-H project.

**Lead:** Maureen Toomey,  
[mtoomey@uidaho.edu](mailto:mtoomey@uidaho.edu)

### Building Program Capacity

**4-H Building Program Capacity:** Do you have an idea to expand your local 4-H program to incorporate new content or audiences? We'll work with you to help you make your idea a reality. Contact Robin Baumgartner, [rbaumgartner@uidaho.edu](mailto:rbaumgartner@uidaho.edu).



**BUILDING  
PROGRAM CAPACITY**

**We are excited to have you connect with 4-H: Igniting Your Spark.  
Consider partnering with local community youth programs to  
ignite youth sparks.**

**Contact Dr. Tim Ewers ([tewers@uidaho.edu](mailto:tewers@uidaho.edu)) with questions or  
for additional information.**