

4-H



GROWS HERE

THE LATEST IN Lamb County 4-H

CONNECTING: Membership
59 enrolled for new year

LEARN BY DOING: Upcoming Events



November 18
Pistol



December 1
Fashion Show



December 1
Storyboard



December 12
Horse Quiz Bowl



December 12
Livestock Quiz Bowl



January 8
Educational Presentations



January 8
Public Speaking



January 8
Share-the-Fun



SUCCEEDING: Achievements

Project Highlights During COVID-19

14 participated in the Fashion & Interior Design project.

9 youth were part of the Photography project.

18 completed a 4-H Record Book.

5 participated in Texas 4-H National Qualifying events. The Lamb County FCH Quiz Bowl Team placed 3rd.

20 participated in the Livestock project and competed in the West Texas, Tri-State, and South Plains Fairs. Four competed at national shows and 4 competed in Livestock Skill-a-Thon.

3 participated in District 2 Grilling Games as part of the Food & Nutrition project.

Lamb County 4-H Awards Picnic

August 22, Sudan, TX

This year's awards banquet was held outside at the Sudan City Park. Families brought a picnic dinner to enjoy during the ceremony. 4-H youth club leaders led the ceremony honoring youth and volunteers.

Afterwards, Sudan 4-H members led line dancing.



GIVING BACK: Community Service

Masks donated to hospitals, fire stations, and other essentials.

Shoe Drive for Ceci Schroeder

Cemetery clean-up

Donations to Senior Meals

Placed flags at cemetery for Memorial Day

Served at the Homecoming Meal

Wipes and socks for newborns

Adopt-a-Highway

I pledge my head to clearer thinking,
my heart to greater loyalty,
my hands to larger service,
and my health to better living,
for my club, my community, my country, and my world.

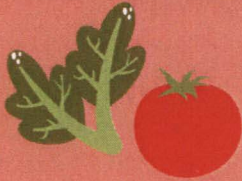
Texas A&M AgriLife Extension Health



MAKING AN IMPACT - 2020



DIABETICS **30**



The Diabetes Education committee, hosted an online series called Diabetes During COVID-19. Our series consisted of 3 videos, educational handouts, recipes and exercise demonstrations. The topics included carbohydrate counting basics, carbohydrate counting your recipes, eating out tips and physical activity. * Prior to the pandemic, Littlefield had around 15 members of a diabetic support group that met monthly at the hospital.

38 PARTICIPANTS

Provided the Food Handler's Course to 17 members of Littlefield ISD cafeteria staff and 13 youth and 8 adults from Shelby's Bridge in Sudan. We discussed food safety basics, proper handwashing and hygiene, proper cooking and storage of food, and proper cleaning and maintenance of facility and utilities.



**FOOD SAFETY
EDUCATION**
TEXAS A&M AGRILIFE EXTENSION



SOCIAL MEDIA EDUCATION



22 posts



The Food Preservation committee created social media posts to help encourage proper and safe food storage. People were especially interested in storing large amounts of food during the pandemic.



32 posts

The Daily Dining Dilemmas committee created a series of social media posts to inspire healthy meals, healthy lifestyles and family time in the kitchen during the pandemic.

~90 PARTICIPANTS

The District 2 Food Preservation Committee was able to host a virtual "Preserving Your Harvest" canning series. We discussed home canning basics and equipment, water bath canning and pressure canning. There were about 90 participants, including a few from out of state, that completed the series.



Texas A&M AgriLife Extension Family & Community Health

MAKING AN IMPACT WHEN ITS NEEDED MOST

MEMBERS 60

In April and May, agents Kendra and Courtney began a virtual program called **Moving into Healthy Habits**. The program encouraged participants with a month health-related challenge and weekly healthy habit topics. Weekly **live videos** were shared alongside daily **supplemental resources** on several topics including: physical activity, meal planning, modifying recipes, mindfulness, hydration, healthy financial habits, and family mealtime. There were 60 members in the private Facebook group.



12 CERTIFICATES

There were 12 social workers and administrative employees certified at the **Youth Mental Health First Aid** training at Buckner Children's Home in March. The Youth Mental Health First Aid course teaches adults how to assist with mental health challenges in youth, especially in emergency situations.



35 STUDENTS

West Texas A&M professors asked AgriLife agents to present on **mindfulness**. There were 35 students present for the "**Stress Less with Mindfulness**" program in October.



TOPICS 10

The **Daily Dining Dilemmas Committee** created several social media resources to encourage healthy, inexpensive eating during the pandemic. Ten topics were covered. Some of these included: ingredient substitutions, making use of leftover fruits and vegetables, hydration, family mealtime, quick recipes, using fresh herbs, and homemade seasonings. Currently, the committee is working to produce quick recipe videos for **healthy, budget friendly meals**.



6 WOMEN

"Get the Facts", a series created to educate participants on reading the **nutrition facts label** to reduce sodium, sugar, and fat intake, was held at the Lamb County Resource Center.



SERVICE

AgriLife Extension agents volunteered with DSHS at the surge of the pandemic to assist with quarantine and isolation letters and releases.



For more information and updates, please follow our Facebook page, Lamb County - Texas A&M AgriLife Extension

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