

## **4-H Food & Fitness Board 2008-09 Application**

### **4-H Food & Fitness Board:**

The State 4-H Food & Fitness Board consists of up to 24 teen 4-H members who serve for one-year beginning with their selection at 4-H "U" in the summer of 2008 and ending at the 2009 4-H "U". Their primary objective is to promote the Louisiana 4-H Food/Nutrition project and the Healthy Lifestyle initiative; they will serve as an advisory group.

Advisors for the 4-H Food & Fitness Board are:

*Lois E. Brister, Rapides Parish  
Ada Palermo, Concordia Parish  
Denise Holston, State Office*

### **Objectives:**

Members selected to serve on this state-level board will:

1. Plan and promote healthy lifestyles programs that provide for life skill development related to food & nutrition (including food prep, food safety, basic nutrition, healthy choices, etc.). In addition, opportunities for the development of decision-making, communication, planning & organization, problem-solving, leadership and service will be promoted.
2. Gain skills necessary to make and teach healthy food choices in a variety of settings; mastery of skills which lead to a healthy lifestyle.
3. Gain knowledge about the sciences of food/nutrition, exercise/fitness, and understand the scientific methods used in research.
4. Explore careers in nutrition, dietetics, food science, fitness/kinesiology, and other related fields.

### **Application Requirements & Member Selection:**

- ▶ applicants must be entering high school in the year 2008-09 (*freshman, sophomore, junior or senior for the coming school year*)
- ▶ applicants must submit a current Food & Fitness Application with the approval of the parish agent (*Due date- -May 15, 2008*)
- ▶ applicants must be in attendance at 4-H "U" and participate in the interview process (*the interviews take place on Tuesday afternoon of 4-H "U" as scheduled. Interviews are conducted at the same time as Officer Candidate meetings and Voting Delegate meetings. Please keep that in mind as it is very difficult to be in more than one interview at a time.*)
- ▶ each parish is limited to TWO applicants- - - please do not send in more than two applications
- ▶ selected members will serve for a one-year period. They may serve for more than one year but must reapply for each term. There is no term limit on this board.
- ▶ While there is no rule preventing board applicants to apply for F & F Board and run for State 4-H Office, it IS DIFFICULT FOR A 4-H MEMBER TO SERVE IN BOTH CAPACITIES. PLEASE GIVE CAREFUL CONSIDERATION TO HAVING ONE 4-H MEMBER TRY TO SERVE ON TWO BOARDS. Applicants for F & F Bd. may not apply for membership on the Tech Board or the Fashion Board.

**Board member expectations:**

● Food & Fitness Board members are required to attend both the Summer Board meeting and the Winter Board meetings.

Tentative Dates are:

1. Summer Board meeting - -week of July 7-11, held in Alexandria, LA area
2. Winter Board meeting- -the first weekend of Jan. 2009 after New Year's Day, held at Camp Grant Walker in conjunction with the 3 other leadership boards' meetings.

\*\*\* Attendance is mandatory for these Board meetings- -4-H'ers need not apply if they cannot attend these meetings.

● Board members may be required to pay for a portion of their assigned duties; funds are restricted and may not always be available for board activities.

● Board members who also serve on the state 4-H Executive Board may not hold an office on the Food & Fitness Board

● Board members must be dependable, responsible, and capable of organizing the annual State 4-H Food & Fitness Camp. They MUST ATTEND THIS CAMP AS WELL; it is held in late February of each year.

● Board members not fulfilling their assigned duties after the first board meeting will be removed from their board.

Other

Board members are expected to:

- plan and conduct a training session at Jr. Leadership Conference, 4-H "U" and other state/district 4-H events (Board members will be selected for these assignments by advisors)
- implement a parish-level Food & Fitness Board, if possible
- develop an educational program focusing on healthy lifestyles for Louisiana 4-H
- act as a liaison between the State Board, their 4-H region and their parish
- plan and carry out community service-learning projects as requested

NOTES:

- ◆ Lines of communication are a must. Communication is conducted via email and US Postal Service mail. Board members must be in constant communication status with other board members.
- ◆ Applicants should check their personal calendar for other obligations they may have and carefully consider if they can carry out their duties as an F & F Board member if selected.
- ◆ 4-H'ers who have served on this board in the past and have NOT carried out their duties as agreed upon should not reapply.



*Must be received by May 15, 2008*

*Mail to: Lois Brister, F & F Bd. advisor  
300 Grady Britt Drive  
Alexandria, LA 71302*

**\*\*\*Late applications and incomplete applications will not be accepted.**

**Name:** \_\_\_\_\_ **Parish** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone** (\_\_\_\_) \_\_\_\_\_ **Email:** \_\_\_\_\_

**Parents' Name:** \_\_\_\_\_

**School:** \_\_\_\_\_ **Grade in Fall 2008:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

List highlights of your 4-H food/nutrition project experiences. Include leadership and citizenship roles as well as project work completed. DO NOT LIST WINNINGS!

Summarize your experiences, activities, honors & awards received in other areas of 4-H as well as other school organizations:

**Other 4-H project experinces:**

**Other school activities:**

(Do not add pages to this application)

***ESSAY:***

On a separate page, write an essay that respond to the following statement-“**Why I would like to serve on the 4-H Food & Fitness Board**”.

Include things you would like to see the F & F Bd. accomplish and include how you could meet its goals.

***RECOMMENDATION:***

Your application must be accompanied by a written recommendation (typed on letterhead of some sort) from one of the following: 1) 4-H agent, 2) a teacher or other school personnel, 3) any other club sponsor.

You may not use a relative to write your recommendation. The recommendation should be submitted with the application and it should include the signature and address of the person writing the recommendation.

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| Criteria for Evaluation of application: |     |                |     |
| Written application                     | 45% | Essay          | 15% |
| Interview                               | 30% | Recommendation | 10% |