



The Food & Fitness Focus



Created by: Kristen Davis, Reporter (Calcasieu Parish)

State 4-H Food & Fitness Board officers selected

The Louisiana State 4H Food and Fitness Board elected its officers for 2008-2009 at its summer board meeting held at the La. Dept. of Wildlife & Fisheries Education Center in Woodworth, LA. The officers are: Emmy Mouton, Iberia- President; David Free, Sabine-Vice President; Shelbi Graft, WBR-Recording Secretary; Brittany Babineaux, Ascension-Corresponding Secretary; Kristen Davis, Calcasieu-Reporter; and Kristina Moore, Jeff Davis-Parliamentarian. Board members were also selected for Committee Chairs are: Scrapbook-Amy Arnold, Allen parish and Service-Jeanne Thibodeaux, Calcasieu parish. Other 4-H'ers serving on the board this year are Ariel Bergeron, Austina Coolman, Cassie Champagne, Catherine Brister, Chelsea Haskett, Ciara Collins, Dara Stewart, Hannah Miller, Katie Domas, Lindsey Arceneaux, Remy Roper, Robert Willie, and Victoria Arnold.

4-H Food & Fitness Camp:

The annual Food & Fitness Camp will be held February 13-15th at Camp Grant Walker. This year's theme is, "Holidays the Healthy Way", and will center on healthy recipes and games for major holidays including the 4th of July, New Year's Day, and Cinco de Mayo. There will be a parish Capuchin hat contest on Saturday night as well as a Mardi Gras party. There will be awards to the parishes with campers who embody that group's holiday and all campers will receive goody bags and fun prizes to help promote healthy lifestyles.

Introduction of the officers & Chairs *(Part 1)*

President-Emmy Mouton, Iberia Parish

Given the name Emmy Renee Mouton, I was raised as the youngest child of four on a private country road in a small town named Coteau. I am the seventeen-year-old daughter of Tony and Cathy Mouton and I am beginning my final year of high school as a senior at Catholic High School of New Iberia. Becoming an Iberia parish 4-H member in fourth grade, I am currently beginning my ninth year in 4-H, and second year on the Louisiana 4-H Food and Fitness Board. I will serve as the 2008-2009 president of the Louisiana 4-H Food and Fitness Board. My duties will be to conduct all meetings, represent the board at various functions during the year, and successfully plan and host the 2009 Food and Fitness Board Camp with the current board members. By becoming an active participant and member of the Iberia Parish 4-H Food and Fitness Board, I gained valuable information and interest in learning about food, fitness, and healthy lifestyles. I joined the Louisiana 4-H Food and Fitness Board to further my interest and develop a statewide involvement bettering the lives of all young children and 4-Hers through living a healthy lifestyle.



Secretary- -Shelbi Graft, WBR Parish

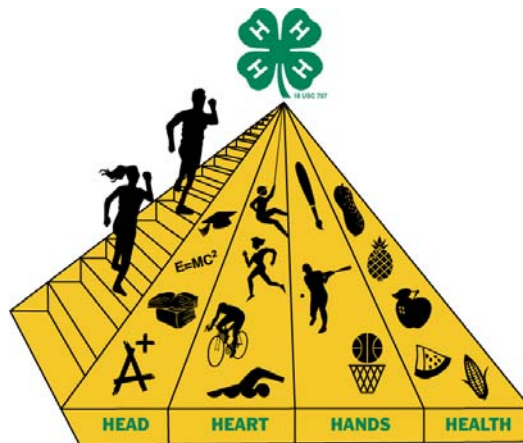
Louisiana 4-H may be one hundred years old, but I am only fifteen! I am Shelbi Graft, and I live in Port Allen which is in West Baton Rouge Parish. I really wanted to be on the Food and Fitness Board after I attended F & F Camp as a young 4-H'er. I loved camp then, and I still do now. Currently, I am the Food and Fitness Board Secretary. I ran for secretary, because I like to know everything that is going on in the meeting. Also, I am the leader for the fruit group. GO FRUIT!

Reporter-Kristen Davis, Calcasieu Parish

Hey, I'm Kristen Davis, and I am your 2008-2009 State 4H Food & Fitness Board Reporter! I'm 16 years old, and cannot wait for my license (OBVIOUSLY). Calcasieu Parish is my home where I am currently President of my local club, and Treasurer of the Calcasieu Parish Jr. Leaders Club. This year, I plan to start the citizenship project book, as well as continue in the Leadership and Food & Nutrition ones. Cooking and Sports are a big part of my world, so I was ready and able to join the F&F Board. I am responsible for the newsletter as reporter and I am head of the Publicity Committee, I will also be a leader of two groups at the F&F camp.

Scrapbook Chairman-Amy Arnold, Allen Parish

I am Amy Arnold, and I am 17 years old. I am from Allen Parish, and I am the Scrapbook Chair of the Louisiana 4-H State Food & Fitness Board. I am a second year Food & Fitness Board member. I reapplied for the board because of my experiences last year on the Food & Fitness Board, such as demonstrations on healthy foods and lessons on exercise at Food & Fitness Camp. As scrapbook chair, it is my responsibility to take pictures at all of our functions, get pictures from other member, and make the scrapbook to display at many activities around the state, such as 4-H Day At The Capitol and JLC.



For more information on the activities of the State 4-H Food & Fitness Board, contact one of these advisors:

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