



NEWS RELEASE

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For Immediate Release

EDITOR'S NOTE: Members of the media may contact Jeannette Rea-Keywood, Rutgers 4-H Youth Development by phone at 856-459-1900, ext. 4522 or by email at reakeywood@njaes.rutgers.edu

4-H HAS A RICH TRADITION

4-H has long enjoyed a reputation of program excellence in the traditional areas of agriculture, life sciences and consumer sciences. Alumni also credit 4-H with public speaking and leadership skills. But, today, 4-H is also at the forefront of contemporary issues like workforce preparedness, environmental stewardship, alternative energy and science and technology. By taking part in 4-H, young people gain academic and interpersonal skills that provide a foundation for their future.

4-H is the Youth Development Program of Rutgers Cooperative Extension, a unit of Rutgers New Jersey Agricultural Experiment Station. The 4-H program's roots are in the girls' canning clubs and boys' corn clubs, which were started in the early 1900's to help increase farm yields and provide safe food for families.

Today's 4-H families live everywhere – in cities, suburbs, small towns and rural areas. With more than 200 projects and activities from which to choose, all youth, regardless of place of residence or family status, can find an interest in 4-H.

The four H's stand for HEAD, HEART, HANDS and HEALTH. With this focus on the total development of young people, 4-H continues to prepare youth in grades K-13 (one year out of high school) to be responsible, capable citizens. Having fun while learning is an important part of 4-H, as well as being with friends-whether they are new friends, old friends or friends of another generation.

4-H is looking for kids who like to learn new things, develop new skills, travel to new places and make new friends. Also, adult volunteers are needed to help youth enjoy these new experiences. The 4-H Youth Development Program is part of Rutgers, New Jersey Agricultural Experiment Station - Cooperative Extension. 4-H educational programs are offered to all youth, grades K-13(one year out of high school), on an age-appropriate basis, without regard to race, religion, color, national origin, ancestry, sex, sexual orientation, gender identity and expression, disability, atypical hereditary cellular or blood trait, marital status, domestic partnership status, military service, veteran status and any other category protected by law.

For more information about the New Jersey 4-H Program visit the website at: <http://nj4h.rutgers.edu/>.

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