

## 2014 Indiana 4-H Congress County Action Plan Worksheet

Purpose: Implement 4-H Congress activities in your local 4-H program.

**STEUBEN COUNTY - Submitted by Madison Clingan, Dylan Weisenfelder, and Jackie Weisenfelder**

<b>GOAL (What do we want to accomplish?):</b> To teach youth in Steuben County about healthy living and broaden their definition of health.				
<b>STRATEGY (How are we going to accomplish it?):</b> We will create at least 3 4-H Club kits (available for check-out at the Extension Office) with healthy living activities to be taught by 4-H Club Leaders and/or 4-H Jr. Leaders.				
<b>TODAY'S DATE:</b> 10/4/2014			<b>WHEN WILL WE COMPLETE THIS GOAL?</b> 3/31/2015	
<b>WHAT ACTION STEPS DO WE NEED TO TAKE?</b>	<b>WHO IS RESPONSIBLE?</b>	<b>WHEN WILL THIS STEP BE COMPLETED?</b>	<b>WHAT RESOURCES ARE NEEDED?</b>	<b>WHO DO WE NEED TO INVOLVE?</b>
*Brainstorm topics to present *Build or borrow lesson plans *Determine supplies needed *Purchase supplies	Jr. Leaders will determine the topics and provide input on the lesson plans, and they will be responsible for teaching at club meetings; 4-H Educator will be responsible for the lesson plans, obtaining supplies, and storing the kits	Topics will be determined by 12-15-2014; Lesson plans will be drafted by 02-15-2015 and finalized by 03-31-2015; Teaching will be ongoing.	*Time *Funding *Storage space *Jr. Leaders *Club Leaders	4-H Educator Extension Office Staff Jr. Leaders Club Leaders
<b>What challenges do we anticipate?</b> lack of time				
<b>How and when will successes be evaluated and reported?</b> We will assess the success at our September Jr. Leader meeting, and the success will be reported at the 4-H Fair Board Annual Meeting. The 4-H Educator will also ask Club Leaders and/or Jr. Leaders to describe their experience after returning each kit.				
<b>What other details do we need to consider?</b> Logistics of replication, length of each lesson plan; club participation				
<b>When will our team meet next?</b> 11/3/2014				

**2015 Indiana 4-H Congress - County Action Plan Worksheet**  
 Purpose: Implement 4-H Healthy Living in your local 4-H program or community.

**STEUBEN COUNTY - Submitted by Tami Mosier**

<b>GOAL (What do we want to accomplish?):</b>				
Increase the amount of healthy foods and decrease the amount of unhealthy foods consumed at Steuben County 4-H events that I administer in which a meal or refreshments are provided, focusing on MyPlate.				
<b>STRATEGY (How are we going to accomplish it?):</b>				
I will replace sugary drinks (sports drinks, lemondade, pop, etc.) with milk and/or water. I will provide fruit and vegetable items at each event as an alternative to sweet and salty snacks.				
<b>TODAY'S DATE:</b>			<b>WHEN WILL WE COMPLETE THIS GOAL?</b>	
9/1/2015			9/1/2016	
<b>WHAT ACTION STEPS DO WE NEED TO TAKE?</b>	<b>WHO IS RESPONSIBLE?</b>	<b>WHEN WILL THIS STEP BE COMPLETED?</b>	<b>WHAT RESOURCES ARE NEEDED?</b>	<b>WHO DO WE NEED TO INVOLVE?</b>
Determine which events will have refreshments or meals; brainstorm ready-to-go fruits and vegetables that require little prep time; make healthy eating desirable with creative approaches	Tami Mosier, 4-H Educator, will purchase and prepare the food and drink items. Funding will be provided by the Steuben County 4-H Program and/or the Steuben County 4-H Jr. Leaders.	Food and drink items will be purchased in advance of each event. I will evaluate the efforts in one year.	Items that make healthy eating desirable (fun straws, unique serving dishes, clear/glass serving dishes); refrigeration or cooling capabilities; food prep area and kitchen utensils (sink, water, cutting boards, knives)	4-H Educator, 4-H event attendees, office staff for financial accountability, Jr. Leaders
<b>What challenges do we anticipate?</b>				
complaints from people who do not value healthy eating, food and drink waste, chilling and refrigeration capabilities				
<b>How and when will successes be evaluated and reported?</b>				
I will collect verbal feedback and make observations about the amount of food and/or drink consumed at each event. I will determine the success or failure of the venture in one year. I will report the successes to my Purdue Extension supervisors.				
<b>What other details do we need to consider?</b>				
How to integrate MyPlate so that 4-H event attendees realize why I'm make a change				
<b>When will our team meet next?</b>				
This is an individual effort.				