



UNIVERSITY OF GEORGIA  
EXTENSION



# 4-H SUMMER HEALTH SQUAD ADDRESSING FOOD SECURITY

KERI HOBBS, GEORGIA 4-H STATE SPECIALIST  
LAURA GOSS, GEORGIA 4-H MILITARY LIAISON



**AmeriCorps**

# TODAY'S AGENDA



- **Background & Mission**
- **Performance Measures**
- **Resources**

- **Service Examples**
- **Impact**
- **Next Steps**

# BACKGROUND

## PARTNERSHIP

- Partnership with Americorps
- What is VISTA
- National issue:
  - Food Insecurity and Health

## DELIVERY

- County Delivery Method
- Local community members addressing: Food insecurity and health





AmeriCorps

# MISSION

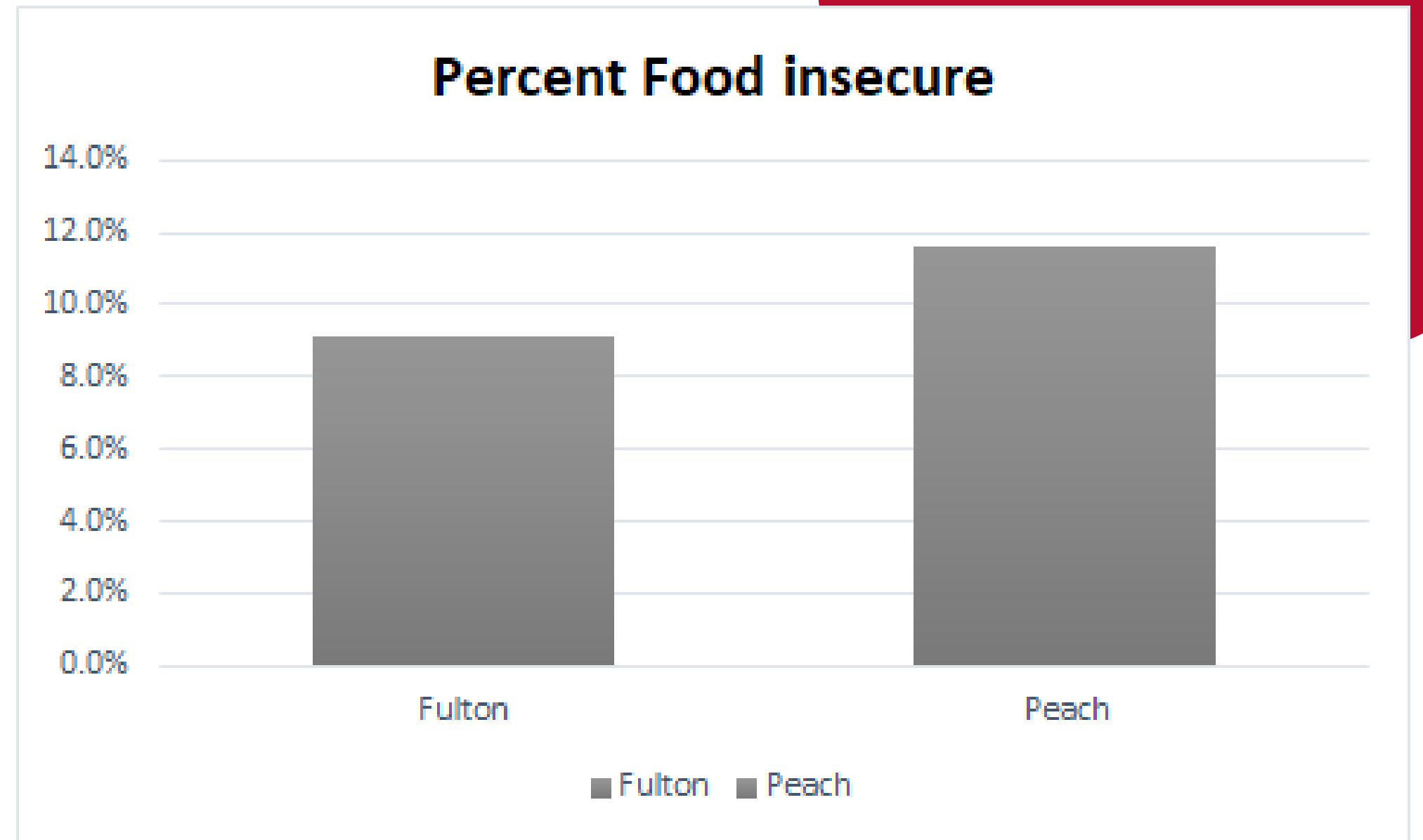


- Support capacity building for community organizations
- Support food security by assisting with the dissemination of food locally
- Serve youth through healthy living initiatives with the goals of
  - Increased health knowledge
  - Intent to change behavior



# THE NEED

- 20% of Georgians struggle to put enough food on the table - 1 in 5 people
- 28.2% of Georgia children don't have enough to eat - more than 1 in 4 children



# PERFORMANCE MEASURES



UNIVERSITY OF  
GEORGIA  
EXTENSION



EDUCATE 50 YOUTH



COLLECT 2,500 LBS. OF FOOD



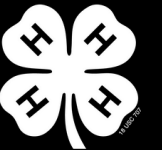
INCREASE YOUTH HEALTH  
KNOWLEDGE



MOTIVATE CHANGES OR INTENT TO CHANGE  
BEHAVIOR TO IMPROVE HEALTH



# SUMMER HEALTH SQUAD LAUNCHES!



**Wash  
Your  
Paws**

**PREPARED  
LESSONS**



**MINDFULNESS  
&  
HEALTHY  
EATING**

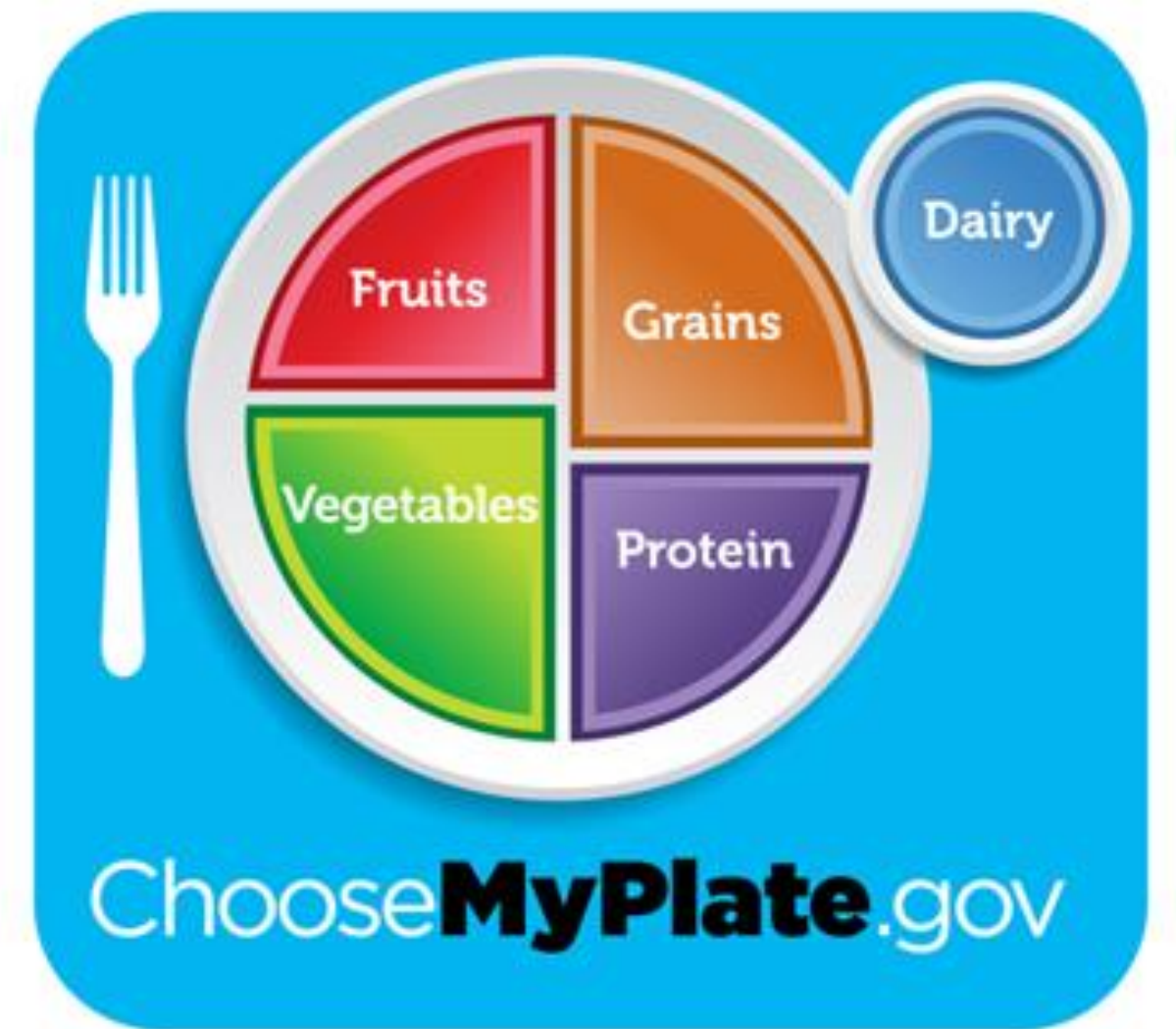
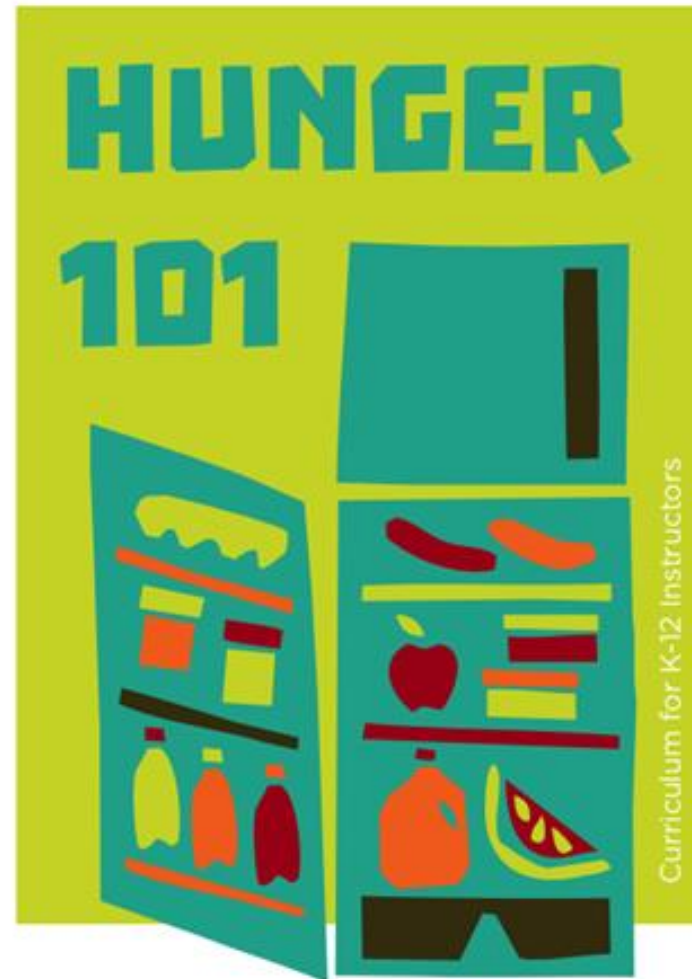
**PREPARED  
POWERPOINTS &  
TEACHING TOOLS**



**FOOD  
ACCESS  
& HEALTH**

**CREATED SOCIAL  
MEDIA GRAPHICS**

# RESEARCH-BASED TOOLS





# SQUAD LEADERS

FULTON COUNTY (4 YEARS)

PEACH COUNTY (2 YEARS)

JACKSON COUNTY (2 YEARS)

HOUSTON COUNTY (1 YEAR)

HABERSHAM COUNTY (1 YEAR)

EMANUEL COUNTY (1 YEAR)

SEMINOLE COUNTY (1 YEAR)



UNIVERSITY OF  
**GEORGIA**  
EXTENSION



GEORGIA 4-H PRESENTS

## MY DELICIOUS NUTRITIOUS PLATE

Learn how to create Healthier Habits  
for you and your community!

UNIVERSITY OF GEORGIA  
EXTENSION



2020

# KAMERON

- Served 947 lbs of food to over 1200 youth in Seminole County, Georgia
- Shared the importance of healthier habits and food insecurity and access to 60 4-H'ers across Southwest Georgia



UNIVERSITY OF GEORGIA  
EXTENSION



# 2020

## MOLLY

- Volunteered at an existing community garden to support the local resource.
- Provided weekly deliveries of fresh produce and educational kits to over 100 families.
- Provided online enrichment courses highlighting:
  - Healthy habits with cooking
  - Gardening skills
  - Mindful living videos



# 2021

## CHESTER

- Collaborated with the local food bank to donate 650 lbs.
- Educated 63 children about healthy living.
- Led discussions and taught for over 15 hours.
- Secured local produce and meat donations from Publix and Edwards Family Farm.



UNIVERSITY OF GEORGIA  
EXTENSION



2022 &  
2023

# KAMREN

- Partnered with 7 local businesses & 3 County Extension Offices
- 2 Days of Summer Health Squad, June and July
- 32 students with increased health knowledge
- \$335 cash, \$3,639 in-kind
- Developed Summer Health Squad Escape Room



UNIVERSITY OF GEORGIA  
EXTENSION



# 2023

## NOAH

- Week-long Summer Health Squad Camp
- Trip to the local food bank and Kitchen with Summer Health Squad
- Donation boxes set in local businesses to promote community participation





2023

# CHRISTOPHER

- Partnered with the UGA FACS' Fulton Fresh Market.
  - Received \$14,000 to support food and education distribution
  - 12,000 individuals reached
- Educated 32 campers on how to use Summer Health Squad lessons with their family or friends.



# FIRST YEAR RESULTS



UNIVERSITY OF GEORGIA  
EXTENSION



## Summer Health Squad Outcomes

Because of what you learned in Summer Health Squad, do you feel you know how and when you should wash your hands?



Because of what you learned in Summer Health Squad, do you feel that you know more about how food security and hunger affect your community?



Because of what you learned in Summer Health Squad, do you plan to use mindfulness to help you enjoy your food and make healthy decisions?



Because of what you learned in Summer Health Squad, do you plan to use MyPlate to help you make healthy eating choices?



0% 20% 40% 60% 80% 100%

% Responding Yes



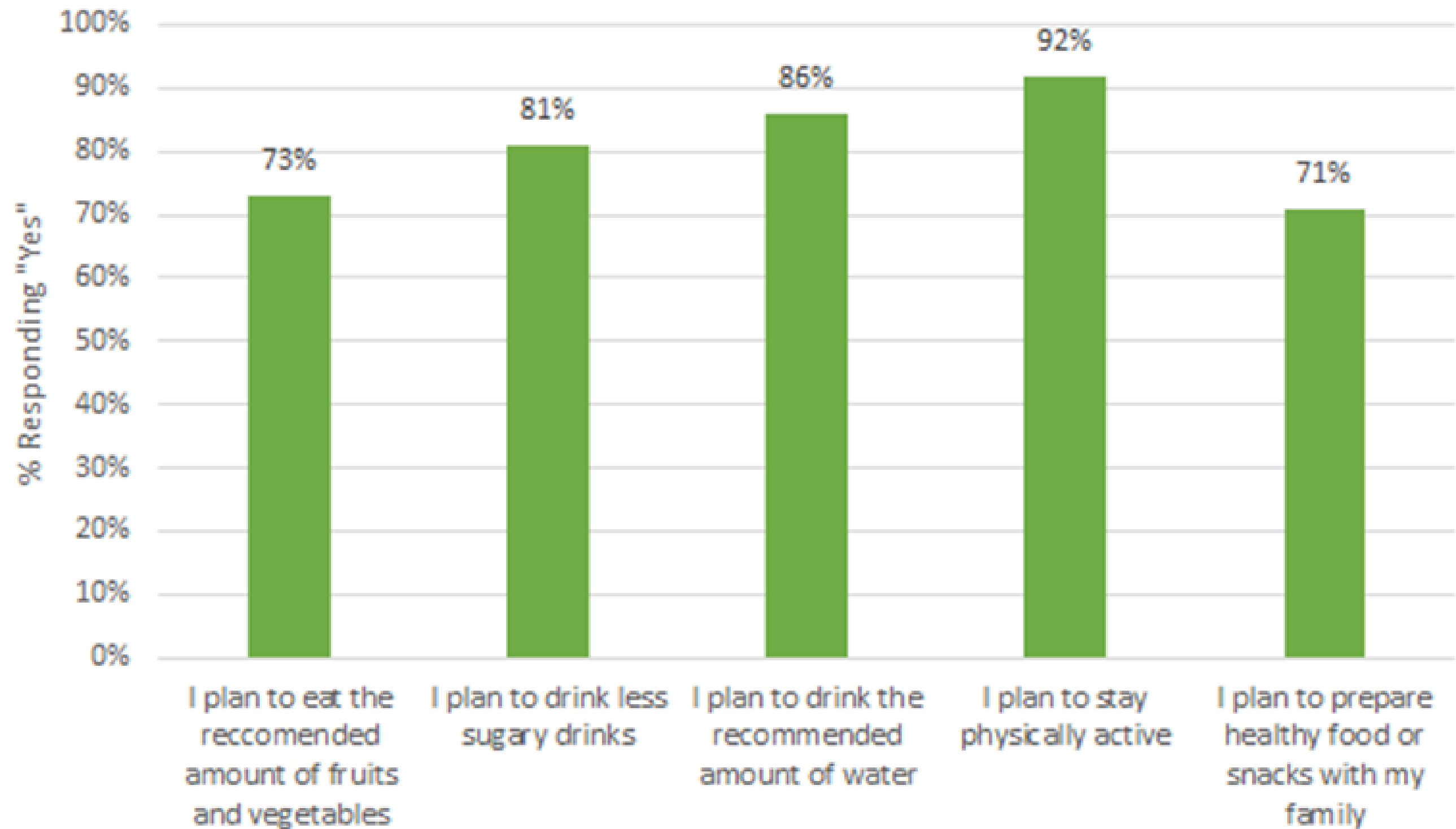
# FIRST YEAR RESULTS



UNIVERSITY OF GEORGIA  
EXTENSION



## Healthy Behavior Intentions



**4  
YEAR  
OUTPUT**

	<b>2020 (4 VISTAs served)</b>	<b>2021 Summer VISTA Totals (2 VISTAs Served)</b>	<b>2022 Summer VISTA Totals (2 VISTAs Served)</b>	<b>2023 Summer VISTA Totals (4 VISTAs Served)</b>	<b>Total</b>
<b># of pounds of food provided</b>	<b>6,503</b>	<b>6,500</b>	<b>4,416</b>	<b>3,095</b>	<b>20,514</b>
<b># of individuals served</b>	<b>5,200</b>	<b>974</b>	<b>974</b>	<b>1,332</b>	<b>8,480</b>
<b># of organizations that received capacity building services</b>	<b>14</b>	<b>7</b>	<b>8</b>	<b>14</b>	<b>43</b>
<b># of volunteers recruited or managed for Summer Health Squad/Food Support</b>	<b>10</b>	<b>12</b>	<b>12</b>	<b>18</b>	<b>52</b>

## 4-YEAR IMPACT

**500**

Individuals with  
increased health  
knowledge

**332**

Individuals reporting  
changing behavior or  
intent to change

# CARRYING OUT YOUR OWN HEALTH SQUAD



- Allow volunteers space to try, create, fail, and try again
- Host in-person training
- Provide weekly support
- Leverage MS Teams:
  - Tools
  - Chat
  - Record keeping
- Encourage them to:
  - Build capacity through partnerships
  - Recruit volunteers
  - Support the team
  - Share resources



# IDEAS FOR FUNDING



- Become an AmeriCorps VISTA Partner
- Apply for the Healthy Habits Grant
- Apply for the 4-H Military Partnership Grant
  - Aligns with Air Force AFI & other branch goals
  - Fund a day Camp for 2024
  - Develop the plan into a club format



# QUESTIONS & IDEAS





UNIVERSITY OF GEORGIA  
**EXTENSION**



Thank you!

[extension.uga.edu](http://extension.uga.edu)  
1.800.ASK.UGA.1

**Connect:**

[laurwalt@uga.edu](mailto:laurwalt@uga.edu),  
[klgandy@uga.edu](mailto:klgandy@uga.edu)

The University of Georgia College of Agricultural and Environmental Sciences (working cooperatively with Fort Valley State University, the U.S. Department of Agriculture, and the counties of Georgia) offers its educational programs, assistance, and materials to all people without regard to race, color, religion, sex, national origin, disability, gender identity, sexual orientation or protected veteran status and is an Equal Opportunity, Affirmative Action organization.



USDA United States Department of Agriculture

FNS USE ONLY SOLO PARA FNS

# AND JUSTICE FOR ALL

---

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at [www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf](http://www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

**mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**fax:**  
(833) 256-1665 or (202) 690-7442; or

**email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de género y orientación de sexual), edad, discapacidad, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles.

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en <https://www.usda.gov/sites/default/files/documents/USDAProgramComplaintForm-Spanish-Section 508 Compliant.pdf>, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

**correo postal:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; o

**fax:**  
(833) 256-1665 o (202) 690-7442; o

**correo electrónico:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov).

Esta institución ofrece igualdad de oportunidades.

Form AD-475-A—Assisted Poster/ Revised May 2022

Afiche complementario al Formulario AD-475-A/Revisado: May 2022





UNIVERSITY OF GEORGIA  
**EXTENSION**



**We translate the science of everyday life  
for families, farmers and communities, to  
foster a healthy and prosperous Georgia.**

Local. Personal. Science-based. Results-driven. Collaborative. Multi-generational. UGA Extension.

[extension.uga.edu](http://extension.uga.edu)  
1.800.ASK.UGA.1