

What 4-H Projects Can I Take Part In?

- Arts & Crafts
- Cavy (Guinea Pig)
- Chess
- Community Service
- Citizenship
- Conservation/Earth Science
- Cooking
- Dance
 - Dog Obedience
 - Food & Nutrition
 - Gardening
 - Horse
 - Indian Culture
 - Livestock (Goats, Sheep, Dairy)
- Leadership
- Marine Science
- Pet Therapy
- Public Speaking
- Rabbits
- Remote Control Cars
- Reptiles
- Seeing Eye
- Sewing
- Shooting Sports/Archery
- Small Animal



And More!!



How Do I Join 4-H?

Call the Middlesex County 4-H Office and ask for more information!

(732) 398-5261

Rutgers Cooperative Extension of Middlesex County

42 Riva Avenue
Davidson Mill Pond Park
North Brunswick, NJ 08902
www.co.middlesex.nj.us/extensionservices

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RUTGERS
New Jersey Agricultural
Experiment Station

**JOIN IN THE FUN
OF MIDDLESEX
COUNTY 4-H!**



For Friends...
For Fun...
For Everyone...



4-H



What is 4-H?

- A program that gives youth a chance to explore their own interests and abilities
- A way to meet new friends and learn to work in a group
- A program that helps to build self-confidence and self-esteem
- A program for the entire family
- A place to learn “skills for life”
- A place to develop leadership skills
- A way to have a lot of fun!
- A program that encourages youth to become involved in serving their community
- A place to earn recognition and awards for success and participation.



"TO MAKE THE BEST BETTER!"

Who Can Be in 4-H?

- 4-H educational programs are available to youth in grades K-13, on a grade appropriate basis
- 4-H Club membership is open to youth in grades 1-13 (Grade 13 is one year out of high school)
- Adults can become involved as 4-H club or 4-H program volunteers



Membership is open to all regardless of race, color, national origin, sex, disability or handicap.

The
Power
of Youth 

How Does it Work?

4-H members belong to clubs which focus on one or more project areas.

- Clubs are led by adult volunteer leaders and are supervised by county 4-H staff.
- 4-Hers can take part in many 4-H county and state events.
 - Workshops & Clinics
 - Animal Shows
 - County 4-H Fair
 - Weekend Camping Programs
 - Field Trips
 - Community Service Projects
 - Favorite Foods Festival
 - Public Speaking Events
 - County Awards Program
 - Social Events
 - Summer Overnight & Day 4-H Programs
 - Club Officer Training

