
WELCOME TO CACHE COUNTY 4-H



Extension
UtahStateUniversity



MEET THE TEAM



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4-H inspires the next generation of leaders, inventors, entrepreneurs, and problem solvers. We are the nation's largest Positive Youth Development Program and offer a wide variety of programs, projects, contests and events from livestock to sewing, and leadership to robotics. Each county in Utah has an Extension 4-H Program supported by Utah State University and county officials. Budgets, employee hours, meeting space and resources vary per county but the goal of the Extension 4-H program is the same; to make the best better!



4-H PLEDGE

I pledge my **HEAD** to clearer thinking, my **HEART** to greater loyalty, my **HANDS** to larger service, and my **HEALTH** to better living, for my club, my community, my country, and my world.





GENERAL 4-H PROGRAM

4-H Age Groups/Grades

Cloverbuds: ages 5-7, grades: K-2

Juniors: ages: 8-10, grades: 3-5

Intermediate: ages 11-14, grades: 6-8

Senior: 15-18, grades: 9-12

Volunteers: 18+, background checked and trained

Note: To work with animals or mature machinery, youth need to be 8 years old AND in 3rd grade, as of September 1st.





HOW TO BECOME A MEMBER

- 01** Create a household account on 4h.zsuite.org and add each youth and adult member.
- 02** Review the list of active clubs and select the club you want to join- or join the "New Members Club" to get started.
- 03** Pay the enrollment fee of \$10 per youth. Adults are free. Enroll any time of the year. 4-H Fees are due Sept 1-Aug 31.
- 04** Check out the county and state 4-H events coming up on the Events tab on 4h.zsuite.org
- 05** Be sure to receive our newsletters, follow Cache County 4-H on social media!

[How to enroll and select a club for you](#)

If you need assistance in covering yearly 4-H enrollment fees, you can apply for a fee waiver. 



THE 4-H FLOW

The 4-H office coordinators do their best to provide spark camps, events and, start up club meetings that help 4-H youth find new interests or meet other 4-H youth to continue doing 4-H with. Club leaders and project leaders are key to 4-H goals for youth. The “capstone” project for all clubs is the Cache County Fair where active 4-H youth can submit projects, do demonstrations, and show animals.

01 Find out more about 4-H and decide what skills you want to work on.



02 Join or make a 4-H Club that helps you master your skills!

03 Practice your skills and try a few more in county and state 4-H events!



04 Showcase your skills in county and state contests & the County Fair!



THE 4-H PORTFOLIO

The 4-H Portfolio is a long lasting tradition of record keeping that highlights 4-H members' progress throughout their years. In the past, this has looked like large binder with pages of hours recorded, money spent, skills gained and challenges overcome while working on 4-H projects or with animals.

This has been updated to a simple cover letter and resume format to help the youth select the highlighting parts of their 4-H experience and gain practice in a skill all use in college and career experiences as they age. 4-H leadership applications , contests, and showmanship will require a portfolio.

RESUMES

The resume should represent a cumulative summary of the 4-H members background, skills, and accomplishments. The 4-H member should summarize their 4-H experience by highlighting their project involvement, activities, awards/recognitions, leadership experiences, and community service. Each year, applicants will need to update their information, maintaining the most pertinent information over time

COVER LETTERS

The cover letter should be a narrative to accompany the resume. The cover letter should be tailored to the requirements of the application or contest. Maximum 1 page.

[Check out some
Portfolio examples](#)



PROGRAM AREAS

Outdoor Education

1. Create a 4-H club that has Outdoor Education project interests or contact our 4-H office to find a club with these interests.
2. Reach out to the Club Leader or 4-H Coordinator to learn of upcoming events or deadlines.
3. Participate in State or National competitions in your area.



Civic Engagement

1. Create a 4-H club that has civic engagement project interests or contact our 4-H office to find a club with these interests.
2. Reach out to the Club Leader or 4-H Coordinator to learn of upcoming events or deadlines.
3. Apply to be a County or State Ambassador.
4. Explore service needs in the county and invite 4-H clubs to help or join
5. Learn more about regional and state leadership opportunities.





PROGRAM AREAS

Family and Consumer Sciences

1. Create a 4-H club that has FCS project interests or contact our 4-H office to find a club with these interests.
2. Reach out to the Club Leader or 4-H Coordinator to learn of upcoming events or deadlines.
3. Determine projects you desire to make for county fairs, county contests and/or service projects.



Science, Technology, Engineering, and Math

1. Create a 4-H club that has science, technology, engineering, and math project interests or contact our 4-H office to find a club with these interests.
2. Reach out to the Club Leader or 4-H Coordinator to learn of upcoming events or deadlines.
3. Determine projects you desire to make for county fairs, county contests and/or service projects.





PROGRAM AREAS

Horse 4-H Program

1. Create a 4-H club that has Horse project interests or contact our 4-H office to find a club with these interests.
2. Reach out to the Club Leader or 4-H Coordinator to learn of upcoming events or deadlines.
3. Determine projects you desire to make for county fairs, county contests and/or service projects.



4-H Junior Livestock

1. Create a 4-H club that has livestock project interests or contact our 4-H office to find a club with these interests.
2. Reach out to the Club Leader or 4-H Coordinator to learn of upcoming events or deadlines.
3. Attend at least two Livestock Education Nights.
4. Determine projects you desire to make for county fairs, county contests and/or service projects.





WHAT KIND OF VOLUNTEER AM I?

All adults in contact with 4-H youth must be approved 4-H volunteers.

VOLUNTEER

- Help Club Leaders or 4-H Program Coordinators with simple tasks and roles in club meetings and/or events.
- Plan or lead youth in planning an activity or event.
- Aid in teaching a 4-H camp or workshop
- Chaperone a 4-H camp or workshop

For extra help, refer to the “Cache County 4-H New Leader Packet”

CLUB LEADER

- Help 4-H members learn specific project skills.
- Help in organizing, enrolling and leading youth involved in the 4-H program.
- Offers a variety of projects, and tends to have members of various ages, and several project leaders OR a specific project topic.
- Enlists help from various volunteers in their club to perform roles or club meetings





FAQS

01

When can I sign up to be in 4-H?

Anytime! However, the 4-H year runs from September 1st-August 31st.

02

How much is it to join 4-H?

The initial enrollment fee is \$10 for the whole year. Some clubs or classes will have additional fees.

03

How old do I have to be to join 4-H?

Youth can start participating in 4-H at age 5 and participate up until they are 18 years old. Keep in mind that youth working with animals, machinery or in shooting sports must be 8 years old AND in 3rd grade as of September 1st of the active 4-H year.

04

Do I have to be enrolled in 4-H in order to participate in events?

All youth interacting in 4-H events or groups must be enrolled, unless otherwise noted by 4-H staff. There will be times when an event will be open to the public.

05

Can I pay my fees in the 4-H office?

No, all enrollment and club fees are encouraged to be paid online through your Zsuite account.

06

What types of activities do you do in 4-H?

4-H offers a wide variety of programs, projects, events, contests, and more for youth in agriculture, leadership, STEM, and Family Consumer Sciences. No matter your interest, you can find a club that helps you learn and grow in that area.

07

How often does a 4-H club meet?

It depends on each club. Contact your club leader to find out more information.

08

What can 4-H help me with?

4-H is a great opportunity to make new friends, learn new skills, and shine as a leader. 4-H is all about learning by doing! There's something for everyone here.





FOR MORE INFORMATION



Instagram

[@cachecounty4h](https://www.instagram.com/cachecounty4h)



Facebook

[Cache County 4-H](https://www.facebook.com/CacheCounty4H)



Website

extension.usu.edu/cache/4h/



Email Newsletter

extension.usu.edu/cache/sign-up



Phone

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