

4-H Sustainable Living Coaches are trained volunteers and teachers working in partnership with public and private organizations to assist students and teachers to create, use, and manage food and wildlife garden projects within school communities.

Training Includes

- 24 hours of hands-on interactive training led by OSU faculty
- 4-H Volunteer Project Handbook, videos, and curriculum
- Monthly training updates
- Refreshments each day



Sessions Cover

- **Guiding Principles** for creating, designing & sustaining a school garden
- **Project Management** (sustainable school teams, keys to success, working with youth, school communications, working with your school district, etc.)
- **Sustaining your Project** (grants, working with volunteers, after school clubs, building community support, using social media to support your project, etc.)
- **Two Specialized Tracks** emphasizing basic gardening skills, best practices for installing & maintaining school gardens, and hands-on curriculum in either wildlife habitat gardens or school farms and gardens (school vegetable garden, urban farming, and food/nutrition)

TO REGISTER: Visit our website at
<http://extension.oregonstate.edu/metro4h>

OSU Professional Graduate Credits Available

4-H SUSTAINABLE SCHOOLS PROGRAM
18640 NW Walker Road, Suite 1400, Beaverton, OR 97006
TEL: 503-821-1119, FAX: 503-690-3142 4hwildlifestewards.org

Oregon State University Extension 4-H Sustainable Living Program

Teacher and 4-H Volunteer Training for new and returning 4-H school programs

October 14, 15, & 22, 2011



a three-day 24-hour training for teachers,
volunteers, and high school youth committed
to place-based education in our schools

*"4-H is a community of youth
and adults working together
for positive change."*

Location: Portland Metro
Community Sites (TBA)



Oregon State
UNIVERSITY **OSU** Extension
Service

<http://extension.oregonstate.edu/metro4h>



Training Overview



4-H Sustainable Living Training

A perfect opportunity for beginners and returning volunteers alike, this 24-hour training is designed for teachers, 4-H volunteers, parents, and community members who are looking for ways to create and use SUSTAINABLE LIVING projects in a school or club setting. Whether it's creating a garden (vegetable garden, wildlife garden, or rain garden), learning how to start a backyard 4-H chicken project, the basics of food preservation, cooking with local foods, or other "backyard basics skills"; there is something for everyone. The training will lead participants through the process of connecting all aspects of garden, farm, and food projects to science inquiry, environmental science, literature, and other content areas.

Conference Schedule

DAY	TIME	TOPIC
Oct 14	8:30-5:00	Creating and Developing Your Project
Oct 15	9:00-5:00	Managing and Sustaining Your Project
Oct 22	9:00-5:00	Habitat Gardens OR School Farms & Gardens

Registration Fees *for all 3 days*

Teams (3 or more new/returning volunteers who are from the same 4-H member school): \$110 per team member

New & Returning Volunteers: \$145

Community Partners & College Students who will not be working with a 4-H member school: \$290.00

(registration covers workshops, handbook curriculum, printed materials, refreshments, and t-shirt)

On the third day, select from one of two tracks:

4-H Wildlife Stewards- Habitat Gardens

Learn how to create, use, and sustain wildlife habitats on school grounds. We will explore principles of: wildlife management, native plants, mapping and inventory, garden design, rain gardens, green roofs, and more.



Sustainable Food Systems: School Farms and Gardens (School Vegetable Garden, Urban Farming, and Food/Nutrition)

Participants will gain a wealth of knowledge and skills in three important areas:

1. Planning and year-round maintenance of school vegetable gardens and other urban farming projects
2. Integrating fresh vegetables, berries, and fruits into the learning environment while promoting health and nutrition
3. Connecting all aspects of garden, farm and food projects to science inquiry, environmental science, literature and other content areas

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.

Our Partners