



Arkansas 4th H Club Challenge

Are your 4-H'ers ready to commit? The University of Arkansas System Division of Agriculture Cooperative Extension Service would like to invite your club to participate in the **Arkansas 4th H Club Challenge!** Each club that completes the challenge **before the deadline** will enter into the **\$100 gift card drawing** for their district! The first **25 clubs** that complete the registration and pre-survey will get an **extra entry** into the **\$100 gift card** drawings. Each district will have three **\$100 gift cards** to win!

How does it work?

Apply three healthy meeting practices to your 4-H clubs/meetings from January - December 2020

Why is this important?

We pledge our “health to better living” and in order to learn, practice, and advocate for healthy choices we are challenging clubs to practice healthy choices during their meetings. Learning these healthy habits early can have lifelong effects on the health of 4-H'ers.

How does a club get started?

1. [Click here](#) to register and complete pre-survey
2. Download the challenge [Track-It Form](#) and record the dates
3. Share a picture of the physical activity and/or healthy snack demonstration from the meeting on social media. Be sure to use to include official hashtag #AR4HHealthyLiving
4. Upload your club's completed Track-It form and pictures to [Arkansas 4th H Club Challenge](#) box by December 1st, 2020.

Resources for Leaders and 4-H'ers

[Club Challenge Curriculum](#)

[Snack Recipes Ideas](#)

[4th H FAQ](#)

[4th H Parent Letter](#)

Need additional help?

Contact Amanda Welch, 4-H Program Associate; 501-671-2295 or awelch@uaex.edu with questions.

