



# Prince William 4-H

*Our Clubs, Our Community*



January 12, 2022

## Upcoming Events

- Jan 15 - Clover Club
- Jan 19 - 4-H Day at the State Capitol
- Feb 1 - Horse Project Enrollment Deadline
- Feb 5 - [Clover Club](#)
- Feb 8 - [4-H Agriculture Community Night](#)
- Feb 12 - [PW 4-H Contest Day](#)
- Feb 16 - Camp Counselor Meeting
- Feb 26 - [PW 4-H Food Challenge Contest](#)
- Mar 7-8 - Egg Pickup

## Inside this issue:

- [PWC 4-H Updates](#) 2
- [Teen Club](#) 3
- [Ag Community Night](#) 4
- [Contest Day](#) 5
- [Food Challenge](#) 6
- [Shooting Sports Updates](#) 7
- [Community Updates](#) 8
- [Contacts & Recourses](#) 10

## 4-H Day at the Capitol is now VIRTUAL



As Robert Burns wrote, "The best-laid plans of mice and men often go awry."

2022 Virginia 4-H Day at the Capitol will be a virtual event due to current COVID-19 concerns. Virginia 4-H is diligently working behind the scenes to pull together an exciting virtual event for 4-H members to learn about the legislative process and our history.

Prince William 4-H will continue to share updates as they become available and we appreciate your patience as we regroup and create an exciting and informative event for our youth.

Good afternoon, Virginia 4-H,

January 6, 2022

Due to the current surge in COVID cases, we have made the decision to shift State 4-H Day at the Capitol to a virtual event. The team has been meeting this week and will release updated plans very soon, but for those trying to secure transportation and lodging we wanted to let you know immediately. We will also be postponing "An Evening with Virginia 4-H." We will recognize the 2022 Youth in Action Award winners on January 20 virtually, but will postpone our Emerald Clover and Friend of 4-H recognition to be held during the 100th State 4-H Congress Celebration in June 2022.

Further, we can continue to monitor state guidelines related to COVID restrictions and will provide an update should any changes occur. Please continue to use the guidelines posted on November 8 at the following link. [COVID Protocols updated Nov 8.docx](#).

I know many of you have either personally experienced illness or have had close family who have. I also know many of you continued to be impacted by the recent winter weather. You are appreciated and we are here to support each other.

Be well and stay safe,  
Jeremy C. Johnson, M.Ed., Assistant Director and State 4-H Leader

## Prince William 4-H Job Opportunity

Prince William 4-H will have a part-time 4-H Youth Educator position released within the next few weeks. Bring your creativity, talents, and desire to learn, and come grow with us! If you're interested in joining our fun and fabulous team to serve the youth in our community, please email MaryBeth Lerch at [mbleerch@vt.edu](mailto:mbleerch@vt.edu) and we'll be sure to email when the job posting is available!



Click to Visit



Virginia Tech • Virginia State University

### Embryology Registration is Open!

**ALMOST FULL**



We have great **eggs-pectations** for this year! Registration for 2022 is now open. Last year filled up quickly, so be sure to register early. Training options can be selected at registration, as well as egg pick-up days. [Click here to register if we've beaked your interest.](#)

**Training Dates TBD** (in-person and virtual)

**Egg Pick-Up:** March 7th or 8th • Please send in your Group Enrollment Forms  
Contact [Ashley Isaacson](#) with questions or for more information.



### Next PW 4-H Clover(bud) Club Meeting

**THIS SATURDAY!**

**Date:** Saturday, January 15th, 10 am - 12

**Location:** 4-H Children's Barn at the PWC Fairgrounds

Discover the many aspects of agriculture in 4-H and have fun making animal paper bag puppets! All PWC youth ages 5-8 are encouraged to attend.

[Click here to register \(free\).](#)

### VA 4-H Healthy Living Summit - POSTPONED

**Dates:** This event has been postponed due to current COVID-19 conditions. **Tentative new dates are April 30 - May 1, 2022.**

**Location:** Northern Virginia 4-H Educational Center

**Cost:** \$50

[Click here for more information and to register.](#)

All Senior PW 4-H'ers are encouraged to attend the new 4-H Healthy Living Summit! The summit will feature hands-on and engaging workshop rotations focused on the four H's:

- Head** – Mental Health and Social/Emotional Wellbeing
- Heart** – Community Gardens and Service Learning
- Hands** – Physical Activity and Team Building Games
- Health** – Nutritious Snacks and Sugar Detectives

**Tentative New Dates:  
April 30 - May 1, 2022**

Prince William 4-H's very own Samantha Whysong, 2020 VA 4-H Healthy Living Youth in Action Award Winner, will kick off the program by highlighting her anti-bullying campaign. In addition, participants will have an opportunity to engage with an expert to discuss food inequities including what a food dessert is and how they can help within these areas. The Summit will also feature a shopping simulation where teens will learn how to make healthy food choices on a limited budget and limited access to fresh fruits and vegetables.

[Click here for Current COVID Protocols.](#)

Check out PWC 4-H's Samantha Whysong on TV! Sam was interviewed by WFXR(Fox) as part of their Loving Living Local in Virginia Segment. She discussed some of the key take-aways for the upcoming Healthy Living Summit.





# Teen Club

Discover your strengths and talents by joining the Prince William 4-H Teen Club!

There's no better way to culminate your 4-H experience and exemplify fancy terms like *positive youth development* than to provide opportunities and train **YOU** to take the lead!

## Who Should Participate

Prince William 4-H'ers ages 14 to 19 that have a desire to learn, lead and strengthen their talents with the support and network of Prince William 4-H.



## How to Participate

- ➔ Be a member of Prince William 4-H
- ➔ Actively participate in your 4-H Club
- ➔ Attend 1 designated PW 4-H Teen Club activity each month. Some meetings are specific to the club, while others are in conjunction with county, district and state programs and activities.



For more information or to join the **Prince William 4-H Teen Club**, please contact:

MaryBeth Lerch  
[mblerch@vt.edu](mailto:mblerch@vt.edu)

Learn more about Prince William 4-H at  
[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H).

## Skills Development

The PW 4-H Teen Club provides opportunities through training sessions, seminars, camps, and activities to grow into who **YOU** are meant to be! We'll focus on communicating effectively, positive interactions with others, growing your desire to continue to learn, how to approach decision making and strategies to solve problems, managing resources, and bringing people together to reach a common goal.

## Team Building

Demonstrate and improve your leadership skills by participating in team activities throughout the year. The PW 4-H Teen Club provides opportunities to try many different team roles to help **YOU** discover your strengths. We'll also have meetings to practice our skills and learn how to work as a team.

## Leadership

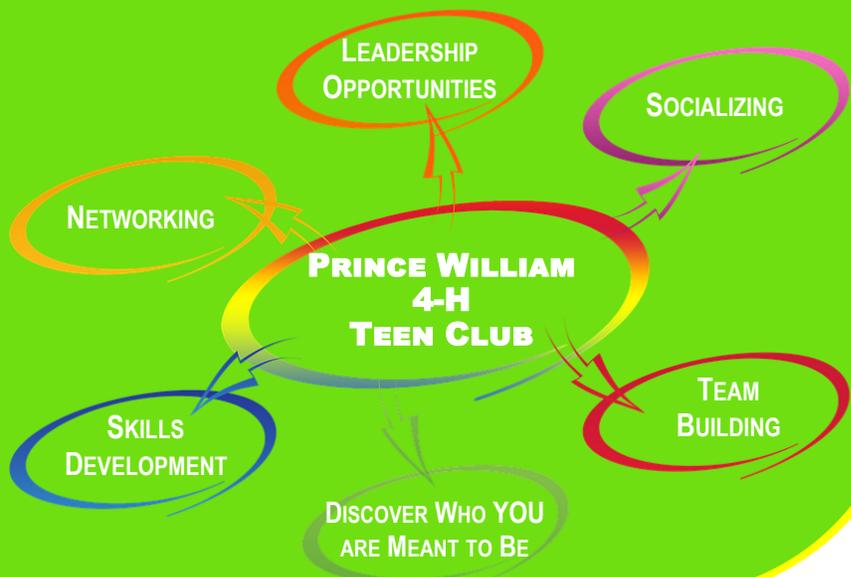
Test yourself by volunteering for one of the many leadership opportunities available just for **YOU**! Challenge your skills of identifying problems and developing action plans. Take ownership of the plan and follow through to reach the goals.

## Networking

Build your understanding of opportunities available by networking with your peers. Learn about 4-H programs such as Ambassadors and All Stars. Discover scholarship opportunities, leadership opportunities, community service programs, and many more resume-building activities that will ultimately build **YOU**!

## Socializing

The PW 4-H Teen Club fosters life-long friendships through meaningful, positive and productive activities. We'll have a lot of laughs, challenge ourselves in team building games, and encourage you to **discover who YOU are meant to be!**



[REGISTRATION IS OPEN! CLICK HERE TO REGISTER.](#)

# PRINCE WILLIAM 4-H



# AGRICULTURE

**Community Night**  
Tuesday, February 8, 2022

## Get Involved!

*Click for more information.*

Prince William 4-H Clubs  
Prince William 4-H Embryology Program  
Virginia 4-H Horse Program  
Virginia 4-H Youth Livestock Program

## Resources on Agriculture

*Click for more information.*

- VCE Body Condition Scoring Beef Cows
- Body Conditioning Scoring for Cows video by Penn State Extension
- Body Condition Scores in Dogs and Cats by VCA
- VCE 4-H Curriculum
- VCE Speakers Bureau
- Virginia 4-H Curriculum, Videos and Activity Guide Resources for Teachers and Club Leaders
- National 4-H STEM & Agriculture Curriculum

## Come experience the art and science of growing crops and raising livestock!

The 4-H pillar of Agriculture includes topics such as veterinary science, biotechnology, raising and training animals, forestry, environmental science, and much more. The goal of the program is to teach problem solving, creative and critical thinking to our youth - equipping them with the skills they need to succeed in life.

The Prince William 4-H Agriculture Community Night is full of hands-on activities that expose youth to a sample of clubs, activities, curriculum and project ideas available through 4-H. The evening will feature:



**Body Conditioning Scoring in Farm Animals Workshop** (*cow, dog, cat*) – learn the tools used and the intricacies of assessing the health of animals.



**Sustainable Farming** - hear first hand experiences from Prince William 4-H'er Katie Saul as she shares the ins and outs of her personal involvement in sustainable farming.



**And so much more** as we explore the 4-H Pillar of Agriculture! Find your *SPARK* for a new 4-H project and discover resources to help launch your idea.



## 4-H Agriculture Community Night



All Prince William County Youth Ages 9-18 are invited!

Tuesday, February 8th  
7-8:30 pm  
4-H Office, Manassas

Free! [Click here to register.](#)

Prince William 4-H Community Nights are open to all youth in the county. Prince William 4-H strives to inspire youth towards leadership, citizenship and life skills using research-based curriculum, and encourages youth to learn by doing.

[Click Here to Register!](#)

Visit <https://www.pwcva.gov/4-H> to learn more about PWC 4-H.



# PRINCE WILLIAM COUNTY 4-H CONTEST DAY

SATURDAY, FEBRUARY 12TH  
MCCOART BUILDING, WOODBRIDGE, VA  
[REGISTRATION IS OPEN! CLICK HERE TO REGISTER.](#)

## START PREPARING TODAY!

Prince William 4-H Contest Day is an exciting event where 4-H'ers have an opportunity to teach, entertain, and tell others about a topic that they have explored. 4-H Contest Day helps youth gain confidence in public speaking, develop research and writing skills, learn computer skills, and improve communication skills. Participants are judged according to a rubric to help individual members improve their skills and move on to the district and state competitions. *More information coming soon.*

[Scoring Acts](#) · [Guide to Presentations](#) · [Presentation Tip Sheet](#) · [Competition Guides](#)

PRESENTATION



EXTEMPORANEOUS



TABLE SETTING



DRAMA



PUBLIC SPEECH



DRAMATIC  
READING



VOCAL,  
INSTRUMENTAL  
OR COMBO



FASHION  
REVIEW

Please join us for Prince William County 4-H's annual

# FOOD CHALLENGE

NUTRITION ✨ SHOPPING ✨ PREPARING ✨ SAFETY ✨ CAREERS ✨ FUN!

Challenge your culinary skills! The **Prince William 4-H Food Challenge** is an exciting opportunity for youth to learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges teams of 3-4 4-H members to create a dish using only a predetermined set of ingredients within 40 minutes. From these ingredients, team members must identify and prepare the dish, then present it to a team of judges.

## GOALS

- To exhibit knowledge and skill when preparing and presenting a dish
- To utilize teamwork and leadership skills
- To demonstrate public speaking skills

## HOW ARE TEAMS JUDGED

Teams are judged on preparation and presentation to encourage learning and improvement based on a National 4-H rubric. Judging categories include: knowledge of *MyPlate*, nutrition knowledge, food preparation, safety practices, serving size, food appearance and quality, creativity, communications, and ability to respond to questions.

## WHO CAN PARTICIPATE

All Prince William County 4-H members!

## RESOURCES

Check out the videos, curriculum material, tip sheets and more compiled by our friends at [Texas 4-H](#).



Saturday, February 26th

Buckhall VFD  
7190 Yates Ford Rd  
Manassas, VA 20111

[CLICK HERE TO REGISTER!](#)



## Recertification for Shooting Education Instructors



### Recertification for Shooting Sports Educators

**Date:** February 26-27

**Location:** Holiday Lake 4-H Center, 1267 4-H Camp Road, Appomattox, VA

**Registration:** Please contact your club leader or Lynn Wheelless at [lynnwheelless1@vt.edu](mailto:lynnwheelless1@vt.edu)

**Registration and payment due February 11th.**

### IMPORTANT MESSAGE FOR SHOOTING EDUCATION INSTRUCTORS

The Minimum Standards & Best Management Practices of a 4-H Shooting Sports Program as established by the National 4-H Shooting Sports Committee require Shooting Education Instructors to be recertified every seven years. Restrictions associated with the COVID pandemic have severely hampered our efforts to implement our recertification program, but we must continue to make progress. Here are some facts you need to be aware of:

- More than 100 instructors have exceeded the seven-year threshold but continue to instruct our youth; these instructors are protected by our "grace-period" until the end of 2023 before being decertified. Click here to read the Recertification for VA 4-H Shooting Education Instructors 2021 v3 COVID update Sep 2021 document.
- If we fail to reduce this backlog in a systematic manner, there will be more than 150 instructors in jeopardy of being decertified by the end of 2023, resulting in severe impact to the shooting education program for many units
- There will be four recertification sessions held in the next two years, two in 2022 and two in 2023. These sessions are conducted by volunteer Level 2 instructors, who are the same volunteers that conduct our Instructor Certification program and who operate our major events like Spring Air, District Shoots, State Shoot, etc.
- We need about 40 to 50 instructors to attend each recertification session during the next four years to eliminate the backlog.

Please contact your shooting club leader to determine if you are eligible for recertification and to obtain the registration information for the upcoming training session.

## Current COVID Protocols for 4-H Overnight Events



Following best practices from the CDC, VDH, and in keeping with ACA recommendations, Virginia 4-H requires one of the following to attend overnight programs, regardless of vaccination status:

Proof of a negative COVID test (*diagnostic or viral*) within 1-3 days of the beginning of program. Either a molecular PCR test or Rapid Antigen test are acceptable.

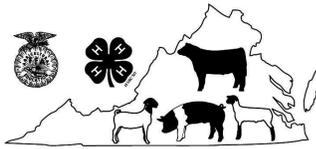
- Nonprescription molecular COVID-19 tests that can be done at home as well as Antigen tests.
  - **Antigen** (BinaxNow) can be purchased over the counter at retail pharmacies and Walmart. Please note that using an at home test will require a photo with a time stamp of the results for proof.
  - **Lucira CHECK-IT** COVID-19 Test Kit ([www.lucirahealth.com](http://www.lucirahealth.com)) can be used on people 2 years of age and older
  - **Cue** COVID-19 Test for Home and Over the Counter (OTC) Use ([www.cuehealth.com](http://www.cuehealth.com)) can be used on people 2 years of age and older
- Visit a medical provider and/or urgent care center to have a Covid-19 PCR test done.

COVID testing sites in Virginia: <https://www.vdh.virginia.gov/coronavirus/covid-19-testing/covid-19-testing-sites/>

All local Health Departments and some pharmacies are offering free testing to uninsured or underinsured. Follow the link above to see what is available in your area.

Virginia 4-H policy for overnight events during the pandemic, including camp and weekend events, has been that there is no open access to facilities. In other words, once attendees are checked in, and documents are verified, etc., they are essentially, checked in for the duration of the event. If they leave campus, for any reason, they are not permitted back.

## 2022 VT Block and Bridle Hippology and Horse Judging



The 2022 VT Block and Bridle Stockman's and Livestock Judging Contests will be in-person events held at Virginia Tech.

- **Jr Stockman's Contests, Friday, February 25th:** Please note the split schedule for the Junior and Senior Divisions. Click here for entry information. **ENTRIES DUE FEB. 14th.**
- **Livestock Judging Contests, Saturday, February 26th:** Please note the split schedule that provides for the judging portion of the Advanced (youth who will give reasons) contest in the morning and the Regular contest (non-reasons) in the afternoon. **ENTRIES DUE FEB. 14th.**
- **State 4-H and FFA Meats Evaluation Contests, Saturday, March 5th:** The final schedule for this event will be announced following the close of entries, and based on entry numbers. Dual-entry in this contest is allowed (youth may compete as both 4-H and FFA, provided they are enrolled and eligible members of both), but dual-entered contestants may need to complete additional contest components to meet the contest requirements for each. **This will serve as the State Contest for both 4-H and FFA, with the top placing VA team in the senior divisions earning the right to compete at their respective National Meats Evaluation Contest/CDE.**

Click here for more information and to enter. Entries for the Jr. Stockman's Contest and Livestock Judging Contest are due by February 14th. Please read the contest letter with details regarding changes and updates to the contest.

Current COVID protocols and guidelines for VA Tech and Virginia Cooperative Extension, at the time of the contests, will be followed and enforced – the current requirements are outlined in the attached contest letters. Updated guidelines will be shared prior to the event, and the contest administration reserves the right to adjust contest schedules and/or number of participants, if necessary, to remain COVID guideline compliant.

Please contact Katherine Carter at [carterke@vt.edu](mailto:carterke@vt.edu) or Jessica Dotson at [ejessica@vt.edu](mailto:ejessica@vt.edu) with questions.

### Rockingham Stockmans Contest Monday January 17, 2022

**Registration**  
[Link to registration form.](#)

**Contest Details**

ID Categories

- Breed - 10 with breed description for Sr.
- Equipment - 10 items for Jr, 20 items for Sr.
- Feed - 10 with feed usage for Sr.
- Meat - 10 cuts

General Knowledge Quiz

- 25 multiple choice questions
- Junior and Senior versions

Judging Classes

- 4 - Live animal classes
- 1 - Keep/Cull class (paper based)
- 1 - Meats class with questions
- 1 - Hay class with questions

Quality Assurance

- Junior and senior scenarios
- 10 multiple choice questions



**Schedule**

8:45 AM - Contest instructions  
9:00 AM - Contest begins  
Noon - Lunch on your own  
1:30 ish - Results

**Contest Format**

Contest is open to all 4-H and FFA members and will consist of 2 divisions. All ages will be as of the contest date.

**Junior division**

- 4-H members ages 8 - 13
- FFA members grade 6-9

**Senior Division**

- 4-H members ages 14-19
- FFA members grade 10-12

**Where**

The Rockingham Stockmans Contest will be held at the Rockingham County Fairgrounds and will utilize both outside and indoor facilities. Contestants should dress appropriately!

## Rockingham Stockman's Contest

**REGISTRATION DUE JANUARY 14th!**

**Date:** Monday, January 17th

**Location:** Rockingham County Fairgrounds, Harrisonburg, VA

**Contact:** John Welsh at [jwelsh@rockingham.k12.va.us](mailto:jwelsh@rockingham.k12.va.us)

[Click here to register.](#)

This is a great opportunity to prepare for the upcoming Block and Bridle Stockman's Contest and State 4-H/FFA Skill-a-thon!

**AITC Ambassador Meeting**  
*We all scream for ice cream!*

February 3rd  
7:00 P.M.

CONTACT AITC@VAFB.COM OR 804-290-1143  
TO REGISTER FOR THIS ZOOM EVENT

## Ag In the Classroom Ambassador Program

Become an Ag in the Classroom (AITC) Ambassadors! AITC Ambassadors include Farm Bureau volunteers, 4-H Agents and Assistants, and Virginia Teachers who meet quarterly via Zoom to receive new information and activities to share with youth in their programs and communities. After each meeting, AITC distributes a kit including items needed to complete activities presented.

The next Zoom session is on February 3rd at 7:00 PM. Please send an email to register for the session and receive the Zoom link to [aitc@vafb.com](mailto:aitc@vafb.com) or call 804-90-1143. For more information about AITC or the Ambassador Program, please contact Tammy Maxey at [tammy.maxey@vafb.com](mailto:tammy.maxey@vafb.com).

## REMINDER: Apply for a Virginia State Fair Scholarship!



**Application Deadline: January 26th at 5:00 PM**

[Click here for more information and to apply.](#)

The 2021 State Fair of Virginia Applied Scholarships Program is now open and applications are available. There are scholarships for exhibitors, as well as General Scholarships for youth who participated in 2021 State Fair Competitions.

There are additional scholarships available to those youth who exhibited livestock (Youth Beef Cattle, Youth Sheep, Youth Swine, and Youth Meat Goats) at the 2021 State Fair of Virginia. There are scholarship categories for Junior, Intermediate, and Senior exhibitors – this is a great opportunity for younger youth to begin establishing a scholarship fund, so please apply.

The SFVA Applied Scholarship Program is managed by the State Fair of VA – please direct all Questions to [edu@statefairva.org](mailto:edu@statefairva.org). Review the directions carefully to make sure you have attached and included all required information.



## From our Friends at PWC VCE: Volunteer Coordinator Position

Are you up to the challenge of leading clients in budgeting, debt reduction, increasing savings and retirement planning? Are you skilled in recruiting, training, and managing volunteers? The Virginia Cooperative Extension (VCE), is accepting applications for Personal Finance Counselor/Volunteer Coordinator to work with our Financial Education & Housing Counseling program. The program promotes improved personal financial behaviors through research-based curriculum and financial counseling to develop sound financial practices for improved economic stability.

[Click here for more information and to apply.](#)

## New Position with our Friends at Fauquier County 4-H



Fauquier County 4-H is hiring a 4-H Program Educator to develop and implement a new 4-H After School Program while also providing support to ongoing local 4-H programs. Their schools are interested in STEM programming and the new position is expected to be fun and meaningful to their community.

The 4-H Program Educator is a professional educator who provides leadership to the local 4-H After School Program, manages its day-to-day operation, and extends similar learning opportunities throughout other 4-H programs. 4-H believes in the power of young people, and utilizes trained professionals and caring adult volunteers to deliver programming that allows youth to learn by doing. The mission of 4-H is to develop youth to realize their full potential—becoming effective, contributing citizens through participation in research-based, non-formal, hands-on educational experiences.

[Click here for more information and to apply.](#)



**Children get overwhelmed by big emotions. Our job is to share our calm, not join their chaos.**



**Parenting Young Children Classes**  
**Providing parents and caregivers with positive parenting tools.**

Tuesdays, January 25-March 15, 5:30-7:00 PM  
OR  
Thursdays, March 3-April 28, 10:00-11:30 AM

Free classes meet once a week for 8 weeks on Zoom.

For more information or to register, contact Keli Lichty or Julie Fox by email or text/call:  
[keli@nrvcare.org](mailto:keli@nrvcare.org) or 540-494-0835  
[julie@nrvcare.org](mailto:julie@nrvcare.org) or 540-494-0806




**PRINCE WILLIAM  
COUNTY**

8033 Ashton Ave, #105,  
Manassas, VA 20109

**Click to Visit Online:**

[PCW 4-H](#)  
[Virginia State 4-H](#)  
[National 4-H](#)



**Your Dedicated PWC 4-H Staff**

**MaryBeth Lerch**  
4-H Extension Agent  
[mblerch@vt.edu](mailto:mblerch@vt.edu)  
703-792-4536

**Ashley Isaacson**  
4-H Youth Educator  
[aisaacson@pwcgov.org](mailto:aisaacson@pwcgov.org)  
703-792-4761

**Kristin Saul**  
4-H Youth Educator  
[ksaul@pwcgov.org](mailto:ksaul@pwcgov.org)  
703-792-4762

**Candi Helmlinger**  
4-H Program Specialist - Newsletter  
[chelmlinger@pwcgov.org](mailto:chelmlinger@pwcgov.org)



**PWC 4-H Resources**

**National 4-H**

[National 4-H Homepage](#)

**Virginia 4-H**

[VCE 4-H](#)  
[VCE COVID-19 Updates](#)

[4-H Online Information](#)  
[The 4-H Foundation](#)  
[Educational Resources](#)  
[4-H All Stars](#)

[STEM in Virginia 4-H](#)  
[VCE Speakers Bureau](#)

**Prince William 4-H**

[PWC 4-H Homepage](#)  
[PWC 4-H Programs](#)  
[PWC 4-H Camps](#)  
[PWC 4-H Events & Calendar](#)

**Portfolio Records**

[Member Record](#)  
[Cloverbud Sheet](#)  
[Project Record Ages 9-10](#)  
[Project Record Ages 11-12](#)  
[Project Record Ages 13-15](#)  
[Project Record Ages 16-19](#)

[Outstanding Member Form](#)



**2020-2021 PWC 4-H  
Association Officers**

**Youth Officers**

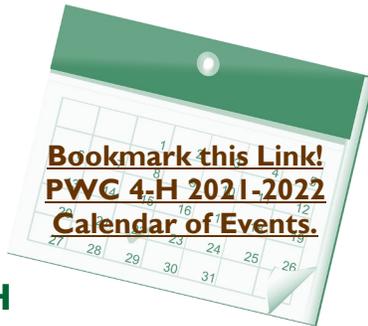
Samantha Whysong, President  
Kayla Dixon, Vice President  
Alexis Cox, Treasurer  
Secretary - Vacant

**Adult Officers**

Vacant - President  
Alan Lerch, Vice President  
Sydney Nguyen, Treasurer  
Tom Harrigan, Secretary

**Committee Chairs**

Fundraising Committee - Samantha Whysong  
Recognition Committee - Alan Lerch  
Membership Committee - 4-H Staff



**Support the Prince William County 4-H  
Association while You Shop!**

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Prince William County 4-H Association" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app
5. Start shopping! A portion of select purchases will be donated to 4-H at no additional cost to you.



HEAD



HEART



HANDS



HEALTH