Science, Technology, Engineering, and Math come together to create the STEM activities that 4-Hers can’t get enough of! Our projects confront the issues of alternative energy and natural resource conservation with a hands-on discovery based learning approach. Projects include:

- Project Butterfly W.I.N.G.S.
- 4-H AgriScience
- 4-H2Online
- The Power of Wind
- There’s No New Water

Also, explore our film making, robotics, and tech clubs. 4-Hers across the country use state-of-the-art technology to make discoveries at every meeting! Help us meet our goal of creating 1 Million New Scientists and 1 Million New Ideas by 2013!

Leadership Development

Take action and become a leader in your community! Learn to make and invest money for your future. Explore projects like: Teen Corps - Develop leadership skills. Identify resources and provide training opportunities for 4-H programs. Plan and implement citywide events. Develop entrepreneurship, workforce readiness, service-learning and environmental science skills. Hone your skills in Entrepreneurship and Public Speaking by participating in marketing and outreach efforts, business development, and civic engagement. Network with local business professionals and learn from experienced industry leaders!

Nutrition

Healthy Lifestyles, and healthy living classes teach youth about making nutrition and physical activity a part of their daily lives so they can develop healthy habits. Our summer Nutrition and Fitness Program focuses on nutrition, and fitness, which includes food tasting! The 3 week course is fun and free! Some schools, and community organizations offer specialty 4-H clubs in nutrition and Fitness!

My Pledge

My country, my community, my club, my HEALTH, my HANDS, my loyalty, my HEART, thinking, to greater, to clearer, to larger service, and my HEAD.
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4-H Fun Facts

The iconic 4-H clover was originally a 3-leaf clover until the 1920’s with the addition of “Health.”

More than 60 million people across America have been 4-H members since the program began in 1902.

Studies show that 4-H members do better in school and are more motivated to help others.

Many well known professional athletes, politicians, and celebrities were in 4-H.

You can join 4-H at age 5 as a Cloverbud and stay through age 18. Over 400,000 4-H’ers have turned 18 in the last year.

Visit www.4-H.org to hear remarkable stories about 4-H’s paving the way to their future by being active in their clubs, community, country, and world.