



# 4-H S.N.A.C. Club

(Student Nutrition Advisory Council)



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# About 4-H SNAC Club





# What is 4-H SNAC Club?

4-H SNAC Club is an after school program designed for youth in 4th-6th grade who have never participated in 4-H and who attend schools in low-income or underserved communities.

The 4-H SNAC Club model was developed within Cooperative Extension nutrition and youth development programs.

## The goals of 4-H SNAC Clubs are to:

**1**

Develop youth leaders in nutrition and physical activity in order to promote healthy schools and communities

**2**

Establish positive youth-adult partnerships in order to improve youth outcomes related to health and academics

**3**

Increase the access to 4-H programming in low-income and underserved communities

# Why 4-H SNAC Club?

4-H SNAC Club is a way to integrate positive youth development and community engagement into existing nutrition (Supplemental Nutrition Assistance Program - Education (SNAP-Ed) or Expanded Food and Nutrition Education Program (EFNEP) programs, while increasing equitable access and opportunity to participate in 4-H among low-income and historically underserved Hispanic or Latino communities.

# Bringing together youth

4-H SNAC Club follows a school year calendar and, typically, youth meet once per week with consistent adult facilitators during or after school for about one hour.

4-H SNAC Club brings together the positive youth development resources of 4-H; the experience working with low-income communities to promote health and nutrition of SNAP-Ed and EFNEP; and the local expertise of school staff, families, and students.

## 4-H SNAC Club creates opportunities for youth to:

### Opportunities to

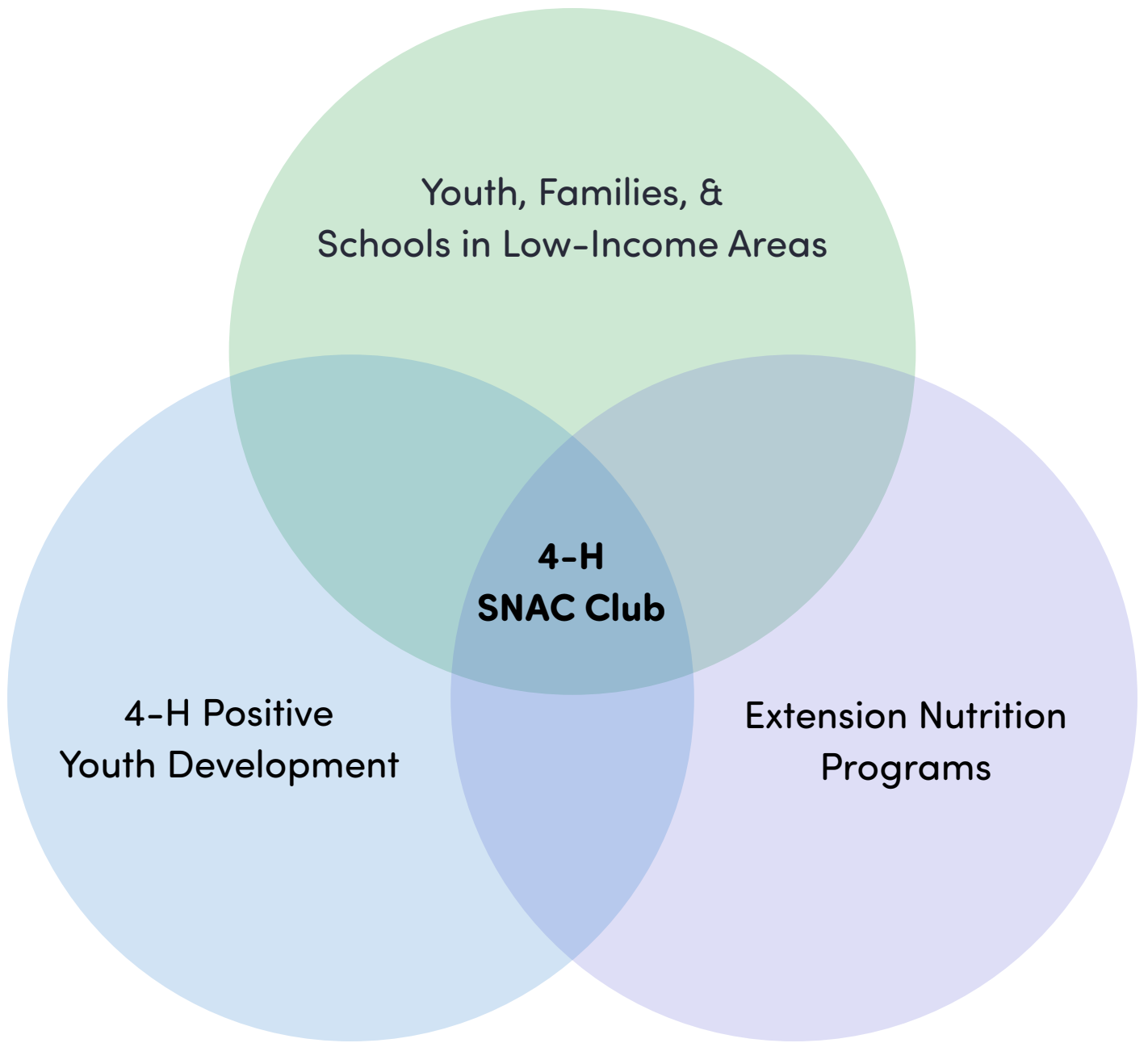
**Be leaders**  
in health

**Develop  
health  
promoting**  
and peer teaching skills

**Address  
the social  
determinants**

of health through  
championing  
policy, system, or  
environmental changes





# Why add youth engagement to your healthy living & nutrition programming?

- Community engagement strategies with groups experiencing health inequalities are effective in supporting positive health behaviors and health outcomes, particularly when community members are involved in intervention delivery (O'Mara-Eves et al., 2015).
- Community engagement is a core step in the SNAP-Ed Checklist for Public Health Approaches including: 1) engaging communities of focus to gain an understanding of current issues of importance and relevance, and 2) identifying appropriate policy, system or environmental change approaches (United States Department of Agriculture, 2022).

# Why add 4-H SNAC Club to your 4-H positive youth development programming?

- Historically, youth of color have been less likely to participate in 4-H (Hamilton et al., 2014; Smathers et al., 2019).
- Goals toward increasing equitable access to 4-H are reflected in the 4-H Strategic Plan (National Institute of Food and Agriculture, 2017) which envisions that by 2025, 4-H will reflect the population demographics, vulnerable populations, diverse needs, and social conditions of the U.S.
- Communities that are underrepresented in 4-H and PYD programs face structural barriers to participation, including programs that occur during parents' work schedules, cost of participation, transportation, awareness of programs, and felt exclusion (Avent & Jayaratne, 2017).
- Previous research has shown that offering tailored, site-based youth development programs can help Extension reach underserved youth (Skuza, 2004).

# Who is 4-H SNAC Club designed for?



## **UPPER ELEMENTARY AGE YOUTH (9-12 YEAR-OLDS)**

who have never participated in a 4-H club due to systemic or social barriers.



## **DELIVERED BY EXTENSION OR OTHER PROGRAM STAFF**

or volunteers; however, training in cultural proficiency, positive youth development and youth engagement methods, and nutrition and food safety are crucial to ensuring youth success and thriving.



## **SUPPORTED BY EXTENSION 4-H &/OR NUTRITION STAFF**

to ensure a sustainable program model independent of volunteer availability and interest that can serve low-income communities for multiple years.