



Youth Leadership Program Impacting Communities

With a fast growing and changing county, there is need for assistance in youth leadership and a sense of community among youth. The ACTS (A Chance to Serve) program is five full-day sessions held during the school day. Upon completion of the program, 60 youth serve on a community board for one year. The impact the youth are making on their communities following their training with this Purdue Extension Hamilton County program is growing each year. School officials have shared that at one of our larger schools their ACTS students are serving as School Ambassadors to assist them with new students who transfer in each month. Four ACTS graduates raised more than 1,200 pounds of food for the county food bank in their school and wrote and received a grant to put freezers in all of the county food pantries.

Master Gardener Educational Series promotes continuing education

A series of educational lectures to the advanced Master Gardeners encouraged them to continually grow and learn, while enriching their volunteer experience. By providing educational opportunities, these volunteers are more prepared to share updated information to clientele. The five lectures had a combined attendance of 191 volunteers. Topics

included: Pollinators, Cover Crops, Maintaining Healthy Plants, and Growing Roses in Indiana.

Comments following the program included: "Sign me up for all the sessions. Thank you for offering the education." "YEA! Thank You! Thank You! Thank You! This is just what we needed."

Community Wellness Coordinator

The Family Nutrition Program Assistant is now our Community Wellness Coordinator in Hamilton County. This position is focusing on collaborations with community partners on larger community change that involves policies, systems and environments. Gloria DelGreco is partnering with community leaders in Sheridan and working on implementing walking trails at the Hamilton County 4-H Fairgrounds.

I am Moving I am Learning

Children inherit more than our genes, they inherit our lifestyles. 68% of adult men and 57% of women in Indiana are obese. This is a public health threat. The *I am Moving, I am Learning* curriculum is designed as a training for preschool teachers to encourage the development of healthy practices such as incorporating healthy food choices and movement into the daily routine of children. This four hour training was offered to teachers in Hamilton County with information and hands on activities being delivered.

