
4-H LEADS FOR LEADERS

WAYS 4-H IS OFFERED

90501C

Leader's Guide



4-H is offered in different ways in each county. Check with your local Colorado State Cooperative Extension office to see what options are available or could be added in your county.

4-H Clubs

4-H is primarily offered through local clubs. Clubs usually are formed within neighborhoods and/or share a common project interest. 4-H club work provides excellent opportunities for members to develop leadership public speaking skills. Clubs also are a great place to make new friends and provide service to the surrounding community.

4-H club members are eligible to exhibit and participate in events and activities according to rules set up by county, state or national committees.

Individual or Family Membership

Individual or family 4-H members also are eligible to exhibit and participate in events and activities according to rules set up by county, state or national committees. This membership is for those between 5 and 19 years of age who cannot belong to a 4-H club because of travel distances, lack of leadership in the selected project area or other reasons.

Special Interest Membership

This membership is for those 5 to 19 years of age who are interested in a special project or who take their training in a short period of time. Day camps,

school enrichment programs and job training programs may be included. Eligibility for participating in events is determined by county policy.

4-H EFNEP (Extension Food and Nutrition Education Program)

Projects focus on nutrition and health and members are encouraged to participate in other 4-H projects.

The county determines eligibility for participation in events and activities.

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