

**Suggestions/ideas for Healthy South Texas Youth Ambassadors**

With 4-H Clubs:

* Be a leader/work with all 4-H Club Health officers
  + Train Health Officers
  + Provide information/presentations to health officers to use at club
* Provide at least one 4-H Club program per year
  + Will be the club program for a monthly club meeting
  + Will work with club manager/county extension agent to determine topic, time, etc.
* Work with agents to provide summer youth camps related to health (food & nutrition, physical activity, healthy lifestyles, etc.)
* Work with agents to provide activities for Food & Nutrition project meetings

With Schools:

* Work with staff to setup display for students about healthy lifestyles
* Work with schools to set up curriculum enrichment programs
  + Fuel Up 2 Play 60
  + Let’s Grow Eat Go
* Coordinate school Walk Across Texas teams

With the Community:

* Help with health fairs/community fairs
  + Run smoothie bike demonstration
  + Run a HST booth for promotion
* Be on Health Coalition
  + Be a member of the health coalition
  + Provide input on community and youth health needs

With Elected Officials:

* Help with interpretation events
  + Talk to elected members about the benefits and support of Healthy South Texas

Other activities can be determined by local need and initiatives.