

# Ocean County 4-H

4-H is America's largest youth development organization—empowering nearly six million young people with the skills to lead for a lifetime. 4-H is based on a positive youth development (PYD) approach, recognizing that all youth have interests, abilities, and strengths. Research shows that participation in high quality 4-H programs increases thriving in youth, and thriving youth achieve important developmental outcomes.

New Jersey 4-H is a part of the land-grant institution, Rutgers University, specifically Rutgers Cooperative Extension. Extension offices are found in every NJ County!

<https://njaes.rutgers.edu/county/>

## What makes 4-H unique?

4-H makes learning fun! In 4-H, young people work with peers and adult volunteers to learn new skills, practice leadership, give back to their community, and make new friends. They learn about topics that interest them through hands-on activities. The 4-H slogan is for youth to 'learn by doing'.

## 4-H is delivered in two ways to Ocean County youth:

**Clubs** – Youth are invited to participate in a 4-H club that meets annually throughout the program year (September – August). Clubs meet monthly or seasonally. Clubs have approved adult volunteers who work with members to organize the club's schedule of events and meetings. There is no limit to the amount of clubs a member wants to participate in. Club members may also participate in S.T.E.P. opportunities.

**Short Term Exploratory Program (S.T.E.P.)** – Youth are invited to participate in S.T.E.P., in which they are not a part of a specific club, but rather participate in Ocean County 4-H through a series of short-term programs that are organized by county 4-H Staff or approved adult volunteers. When these programs are available, they are held once a year or multiple times in a season. S.T.E.P. members may also join regular 4-H clubs.

In addition to participating in county-level clubs and S.T.E.P., 4-H members also have the opportunity to participate in NJ State 4-H Level programs and National 4-H Level programs!

4-H at the County Level: <https://ocean.njaes.rutgers.edu/4h/>

4-H at the State Level: <https://nj4h.rutgers.edu>

4-H at the National Level: <https://4-h.org>

We **R**4-H 



# 2024-2025 Current Club Listing

Project Area(s)	Club Name	Description	Grade	Time	Location
Archery	Bow Benders	Learn about the different disciplines of shooting archery with emphasis on safety.	4 - 13	Various throughout program year	Jackson & Bayville
Arts & Crafts, Food & Nutrition Clothing & Textiles	Food, Fun, & Frills	Create art, sew, cook, and more! Learn from experts in their field.	5 - 13	Various throughout program year	Toms River
Beekeeping & Pollinators	Busy Bees Beekeeping	Explore the life cycle of bees while caring for the 4-H hives at Jakes Branch County Park. Help maintain pollinator gardens too!	6 - 13	3 <sup>rd</sup> Sat./ month	Beachwood
Dog Behavior & Training	D.O.G.	Focus on canine care, training, agility and obedience. Must have a dog to participate with.	4 - 13	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays/ month	Toms River
Environmental Stewardship & Outdoor Recreation	Ecology	Explore the great outdoors while you learn to care and advocate for the environment.	K - 13	Various throughout program year	Barnegat
Equine Science	Saddle Squad	Learn about the breeds, care, and management of horses through hands-on activities. In addition, join the equine study team as you prepare for annual NJ 4-H State Level equine competitions. Participation in this club requires you to have access to an equine (lessons, lease, or own).	K -13		Forked River
Gardening and Environmental Science	Junior Master Gardners	Youth will get a hands on experience with a variety of gardens and environmental topics.	Comin g Soon	2nd Wednesday/ month	Toms River & Various Gardens
Homeschool Arts & Crafts, Food & Nutrition STEM	Radiant Spirits Homeschoolers	For youth who are homeschooled to meet new friends and participate in a variety of fun, educational, and hands-on activities.	K - 13	Bi-monthly meetings on Wednesdays	Toms River
Leadership & Community Service	Teen Council	Lead your own service project while building life skills and making connections with others.	7 - 13	1st Monday/ month	Toms River
Livestock- goats, pigs, cows, etc.	Udder Chaos	Learn about livestock breeds, care, and showmanship. You do not need to own an animal to participate.	K - 13	3 <sup>rd</sup> Thurs./ month	Toms River
Outdoor Education/ Recreation	Camping Clovers	Learn to connect with nature while participating in a variety of 4-H camping adventures	K—13	Various throughout program year	Various locations
Poultry & Waterfowl	Fine Feathered Friends	Learn about poultry breeds, care, and showmanship. You do not need to own an animal to participate.	K - 13	1 <sup>st</sup> Tues./ month	Toms River

