

# 4-H leaders attend nutrition forum

NEWARK, DL. — Martha Klair, Barbara Klair and Jessie White returned this week from Washington, D.C. where they attended the second annual 4-H Forum Nutrition Leader Training at the National 4-H Center. They were among 125 delegates from 41 states and the District of Columbia.

The sessions focused on the 4-H foods and nutrition program and were designed to strengthen skills of adult volunteer leaders, make

learning fun for youth and adults, identify and use community resources and build careers into nutrition programming. The forum was made possible by a grant from the Campbell Soup Company, Camden, NJ.

Participants attended in-depth seminars on nutrition, managing resources and nutrition program as well as measuring their impact on youth nutritional habits. Other areas of concern dealt

with physical fitness, foot conservation, motivating young people and stretching food dollars. Mrs. White commented that one of the most interesting aspects of the forum was learning how to plan your shopping for good nutrition and at the same time getting your dollar's worth.

A highlight of the forum was a one-day field trip to the Campbell Soup Company in Camden, New Jersey where participants studied

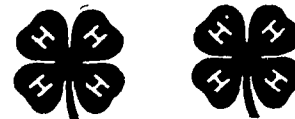
the research aspects of the company and explored career potentials in the food industry.

Delaware was also honored in having an opportunity to send the only youth delegate to the forum. Certainly a highlight of the forum was the clown act presented by Martha Klair, a sixteen year old 4-H'er from Hockessin. Miss Klair becomes Miss Vita and presents a nutritional program for preschool and

elementary school children. She states that "It is amazing what you can do with the help of a little make-up and a costume. The children really seem to learn from this type of presentation."

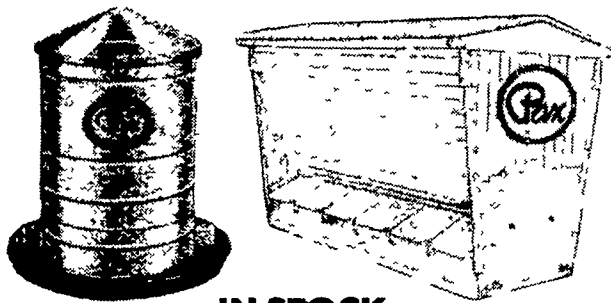
Participants in the forum were selected on the basis of their experiences at 4-H leaders and their commitment to extend the skills and knowledge they acquired to others in their community and state. Throughout the week, each leader had an opportunity to

share ideas with others and prepare a back-home action plan. 4-H Leader Forums are conducted throughout the year by National 4-H Council in behalf of the Cooperative Extension Service. To learn how you might become involved, please contact your County 4-H Agent.



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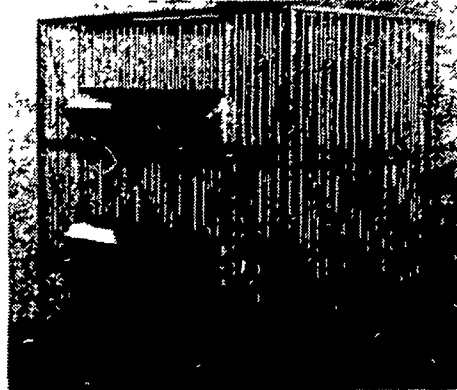
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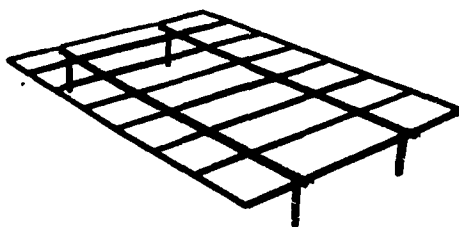
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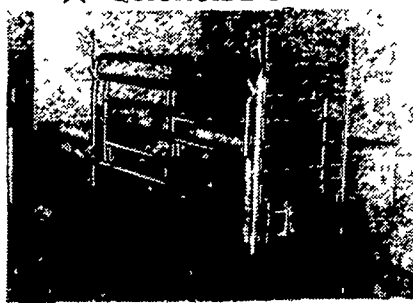
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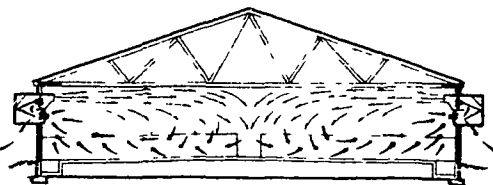
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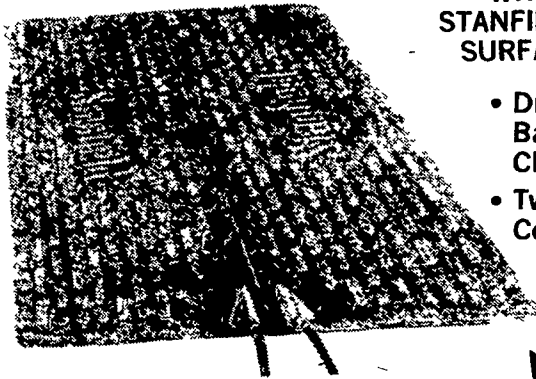


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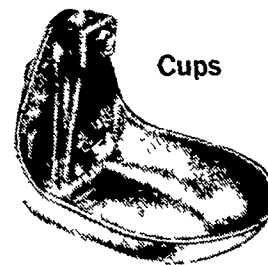


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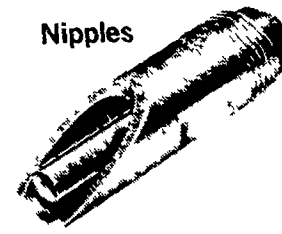
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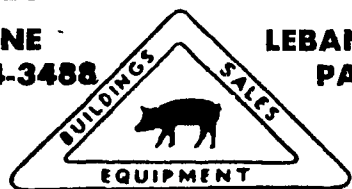


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