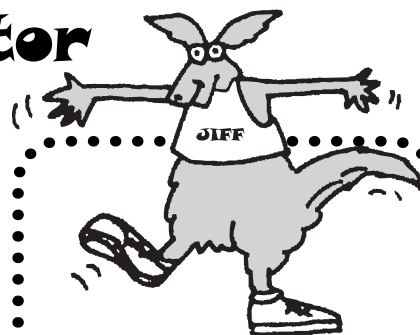


Jump Into Foods & Fitness Job Description:

Adult or Teen Volunteer JIFF Coordinator



Make a difference in your community by advising and organizing a group of teens who will teach younger children ways to make healthy food choices and be more physically active using Jump Into Foods and Fitness (JIFF).



Responsibilities

- Become a teen advisor for a group of teens who will be teaching.
- Help recruit teens and then design, plan, coordinate and implement training for the teens involved in the *Jump Into Foods and Fitness* program.
- Work with teens to coordinate teen teaching sessions with younger youth.
- Teach youth about foods, nutrition, physical fitness and much more.
- Share with others ways to get involved with this project.
- Organize participation of youth in county, regional and statewide events.

Benefits

- Get recognition for doing a great job!
- Learn how to be a coordinator or advisor to teens.
- Help teens do a community service project.

Resources

- *Jump Into Foods and Fitness* (4H1602) curriculum
- Other local or state MSU Extension facilitator or teacher training
- Statewide adult and teen 4-H volunteer workshops such as the Peer Plus, Group Dynamite and YEA (Youth Experiencing Action) Workshop
- JIFF Web site at <http://www.msue.msu.edu/4h/jiff>
- Governor's Council on Physical Fitness, Health and Sports <http://www.michiganfitness.org>

How to Volunteer

Fill out and return this form to your county MSU Extension office.

- Yes, please contact me about becoming a JIFF coordinator!

Name: _____

Title: _____

Address: _____

Phone: (____) _____

E-Mail: _____

Web address: _____



Skills and Knowledge Needed

- Interest in learning about foods, nutrition and fitness issues
- Creativity and organization
- Interest in building assets in teens and younger children

Time Required

About 2 to 3 hours a week for 8 to 10 weeks

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UNIVERSITY
EXTENSION**

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