



NEWS RELEASE

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FOR IMMEDIATE RELEASE

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4-H YOUTH-LED SOLUTIONS TO REAL WORLD PROBLEMS

Established in 1988, Global Youth Service Day (GYSD) is celebrated in more than 135 counties on all seven continents. This annual event, held on April 29, 2017, mobilizes the power of millions of children, teens, and young adults to bring positive change to the world through volunteer service projects.

The four H's found in the clover emblem stand for head, heart, hands, and health. The third "H" of the 4-H pledge reads "I pledge my hands to larger service". Community Service is a requirement to be a 4-H'er and the youth give back to the county through a variety of youth-led service projects throughout the year. Shayna Cohen of Holmdel is a sophomore at Allied Academy of Health and Sciences in Neptune. Shayna serves as a Monmouth County 4-H Teen Community Service Ambassador. She chose poverty and hunger as her focus for GYSD with a project to benefit LUNCH BREAK of Red Bank. LUNCH BREAK is a food pantry that freely provides life's basic necessities: food, clothing, and fellowship for our community members in need. Peg Rizzo, LUNCH BREAK's Volunteer Coordinator shared, "Our mission is to alleviate hunger and lead those we serve to self-sufficiency and healthier lifestyles." The center provides a hot meal daily and also delivers meals to the homebound, such as the elderly or disabled. Shayna's goal was to inform and educate other youth about this important hunger relief organization, while engaging them in a hands-on service opportunity. For more information go to www.lunchbreak.org

With months of planning, Shayna took the lead to develop and organize a community "goodie bag" volunteer day at the Monmouth County Agricultural Building. A generous corporate donation of supplies was received from Samson Electrical Supply Company of South Plainfield. Youth decorated and stuffed snack bags and personal hygiene bags for the needy. In addition, plastic utensils were rolled in napkins for the hot meals served at the center. Forty-two million people face hunger in the U.S. today – including nearly 13 million children and more than 5 million seniors. "Hunger knows no boundaries. It touches every community, even our own. I am proud that these young people took action today and made an impact in the fight against hunger" says Virginia Krzyzanowski, 4-H Program Associate. A total of 246 lb of donations were prepared and delivered to LUNCH BREAK from this 4-H event.

The 4-H Youth Development Program is part of Rutgers New Jersey Agricultural Experiment Station - Cooperative Extension; 4-H educational programs are offered to all youth, grades K-13, on an age-appropriate basis, without regard to race, religion, color, national origin, ancestry, sex, sexual orientation, gender identity and expression, disability, atypical hereditary cellular or blood trait, marital status, domestic partnership status, military service, veteran status, and any other category protected by law. For more information about the Monmouth County 4-H Program call the 4-H Office at 732-431-7260 x7264 or visit the 4-H website at <http://nj4h.rutgers.edu>



