

Passaic County 4-H Happenings



A note from your FCHS Educator

March is National Nutrition Month, a yearly celebration created by the Academy of Nutrition and Dietetics to inspire healthier habits. This year's theme, *Discover the Power of Nutrition*, encourages us to explore how smart food and beverage choices can fuel our day, boost our energy, and support well-being. This month, take some time to learn some simple ways to access nutritious foods in your community: check out local farms and market schedules or look into growing your own. Spring is also a great time to build some healthy everyday habits that will help you feel your best! You can find helpful information at eatright.org.

By Jennifer Salt Taylor,
Family & Community Health Sciences Educator

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It's time for PUBLIC PRESENTATIONS

As a part of New Jersey 4-H, all youth are asked to create a presentation on any topic of their choosing and then give that presentation in a public format. The presentation can be a formal speech, an illustrated talk, a demonstration, or performing arts. Cloverbuds (youth in kindergarten to 3rd grade) are not required to do a public presentation, but they are welcome to! Presentations should be 5-15 minutes in length.



To register, scan the QR code or go to go.rutgers.edu/northeastpublicpres26



Passaic County 4-H Public Presentations

- Friday, April 3rd
- 6:30 pm
- PCCC Public Safety Academy
300 Oldham Road Wayne, NJ 07470

If you are unable to attend Passaic County 4-H Public Presentations, you may attend one of the neighboring counties! Please use the QR code or follow the link above to register.

WINTER CAMP

My stay at winter camp was an eminently charming, educational, and entertaining experience! I loved all activities; like snow tubing and fun hikes, as well as cozy accommodations like lodging in cabins. I got the opportunity to meet a lot of benevolent and talented individuals; I made various connections at winter camp and even learned about utterly fascinating and pulchritudinous animals like owls and hawks. This trip was without a doubt one of my most cherishable and memorable ventures!

Written by Genesis L :)



CLUB UPDATES

CLOVERBUD ART CLUB

In December, the Cloverbud Art Club took part in an age old craft: making picture frames out of popsicle sticks! They were able to draw on the images of themselves before they were printed to add a personal flair.

In January, the club created Valentine's Day cards for Meals on Wheels. During the meeting, we talked about the importance of giving back to our community. Club members made very creative cards that were very appreciated!

For their February meeting, club members got into the spirit of the games. With both the Winter Olympics and the Superbowl happening this month, the club created their very own team banners. The banner could represent themselves, their family, or even the club!

This club is recruiting new members and volunteers!

Next club meetings: Friday, April 10th, 2026

Friday, May 1st, 2026



PREAKNESS AGGIES

The Preakness Aggies joined the Junior/Teen Council to bake delicious cookies during their December meeting. Ms. Raquel lead the club in in baking nonpareils cookies. While the cookies were baking, the two clubs had a cookie exchange. Each club member brought a different cookie to share. Before exchanging cookies, each member had to stand up and introduce themselves and the type of cookie they chose. This is to help the 4-Her's practice their public speaking.

In January, the Preakness Aggies created Valentine's Day cards for recipients of Meals on Wheels.

For their February meeting, the Aggies explored the wonderful world of science. They learned about forming a hypothesis, and then testing that hypothesis out thorough different experiments. The experiments the Aggies conducted involved combining different amount of baking soda, vinegar, and lemon juice.

This club is accepting new members and volunteers!

Next club meeting: Saturday, March 21st, 2026

Saturday, April 18th, 2026

Saturday, May 16th, 2026



ART CLUB

For their December meeting, the art club created picture frames out of popsicle sticks. They also used iPads to take portraits of one another. Once the portraits were taken, 4-Hers used Apple Pencils to decorate the portraits.

In January, the art club created hand-made Valentine's Day cards for recipients of Meals on Wheels in Passaic County. This is an annual service project for Passaic County 4-H.

During the meeting in February, the Art Club got into the spirit of the Olympic games and they created team banners. The team banner could be for themselves, their family, their school or even their 4-H club. Art club members learned the difficulty and skill it takes to master fabric paint!

This club is recruiting new members and volunteers!

Next club meetings: Friday, April 10th, 2026

Friday, May 1st, 2026



ALL PAWS ON DECK

For our December club, meeting All Paws on Deck learned about dog nutrition. We learned about the different holiday food to be mindful of this time of year. We also baked dog treats for our dogs at home. We are happy to report that Ms. Kirsten's pup, Rocky, really enjoyed the treats! In January, the club made Valentine's Day cards for recipients of Meals on Wheels as part of the Passaic County 4-H service project.

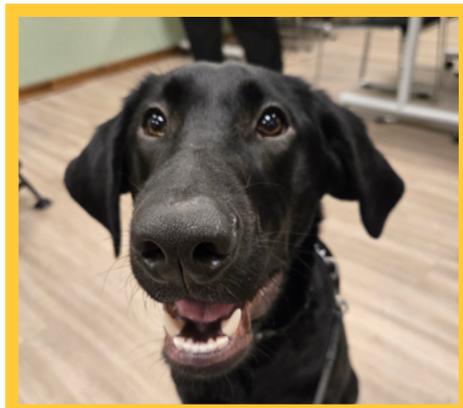
The club would like to congratulate our club Vice President Aily on her acceptance into the 4-H Leadership Academy!

In February, All Paws on Deck had a wonderful visit from some furry friends and their families. Thank you to the K-9 Obedience club of Essex County for presenting about your dogs and the fantastic opportunities available through the American Kennel Club (AKC).

All Paws on Deck 4-H club is recruiting new members and volunteers!

Next club meeting: Tuesday, March 21st, 2026

Tuesday, April 17th, 2026



EMERALD ARCHERS

At our December meeting, we had a holiday themed archery shoot. In January we used confetti balloons to celebrate the New Year. We also made Valentines cards that will be distributed by Passaic County Meals on Wheels.

Text and images from The 4-H Buzz, Bergen County 4-H Newsletter

Next club meetings: Saturday, April 4th, 2026
Saturday, May 2nd, 2026
Saturday, June 6th, 2026



JUNIOR/TEEN COUNCIL

In December, we celebrated the most wonderful time of the year by doing a cookie exchange with the Preakness Aggies. Sprinkle cookies, chocolate cookies, oreo cookies, and more were shared among both clubs! The smell of cookies and the look of enjoyment filled the room!

For our January meeting, we made Valentines day cards for Meals on Wheels. The Junior Teen Council along with the other Passaic County 4-H clubs contributed to the goal of making 825 cards!

In February, we cooked turkey tacos with Mrs. Jen Salt Taylor! The tacos included zucchini, carrot, turkey, tomatoes, pinto beans, lettuce, and cheese! Although this is very different from your average taco recipe, it was very yummy and delicious!

This summarizes everything we've done in the last few months! It was filled with fun and productivity!

Written by Veronica L.

This club is recruiting new members and volunteers!

Next club meetings: Saturday, March 21st, 2026
Saturday, February 18th, 2026

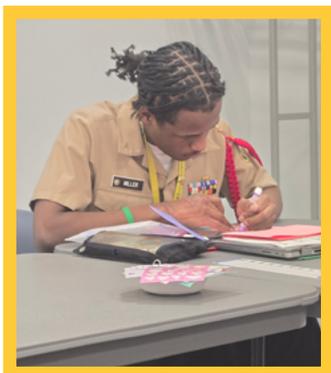
STEM AMBASSADORS

For December, we did our annual Gingerbread STEM Challenge. We formed our own groups and then every group got 2 packs of graham crackers, a plate to build the house on, a candy bag, and then a can of frosting. At the end of the meeting, we all had to do a secret vote as to who they thought did the best job!

For our January meeting, we made Valentine's Day cards and also discussed future business. The first portion of the meeting, per usual was used to talk about business like fundraisers and everything we would like to do for our community. Everyone was supposed to come up with ideas as to what we could sell. Some agreed they wanted to sell mini science experiments for makers day, while others decided they wanted to attempt to sell food at our earth day event! After the business portion, we got into making our cards. Each member was supposed to make about 15 cards to be given out. With that time we were there making cards, every member also got 90 minutes of service.

In our February meeting, we made makeshift controllers with the makey-makey boards! Every person had to get into a group of 3. Each group then got a makey-makey board, wires, foil, playdough, and other materials. With those materials we were then supposed to try to connect everything to make a controller that would be able to control our iPad game!

Written by Lenora J.



WEST MILFORD CLUB



The West Milford 4-H Club has had a fantastic start to the new year! In December, members took on a festive Gingerbread STEM Challenge, working in small teams to design and build gingerbread structures that were both creative and sturdy. January was all about kindness and giving back as club members made Valentine's Day cards for Passaic County Meals on Wheels.

In February, the club had a truly special visit from The Seeing Eye®! Members met adorable puppies, learned how local families help raise them, and discovered how these amazing dogs grow up to assist people all around the country.



The club is excited for more fun, learning, and hands-on activities at upcoming meetings. New members are always welcome, come join the adventure! Please email Kirsten for more information (Kirsten.Cowan@Rutgers.edu)



This club is recruiting new members and volunteers!

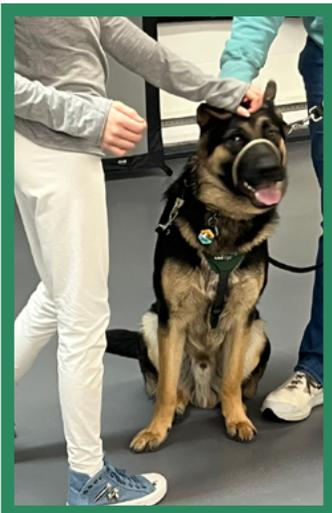
Upcoming Club Meetings:

Friday, March 20th, 2026 - Small Animal Demonstration

Friday, April 17th, 2026 - West Milford Animal Shelter

Friday, May 15th, 2026 - VetVentures and Fireside Fridays with the Community

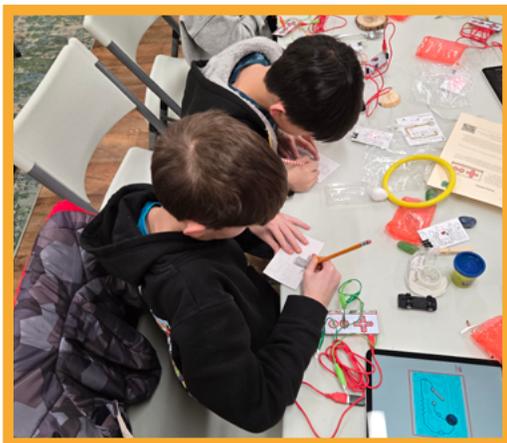
Friday, June 19th, 2026 - End of Year Celebration and End of Year Celebration & County Fair Prep



IN THE COMMUNITY

STEM Explorer's at the Library

Youth in 4th-8th grade were invited to discover the fun and exciting parts of STEM through the STEM Explorer's STEP Club at the Clifton Public Library. (A STEP Club is a Short Term Exploratory program in which youth are invited to join a 6-8 week program about a specific topic.) For this program, each week youth focused on a different area of STEM. They have learned how to test solutions for viscosity, dilution rate and pH, how electricity flows through conductive materials, how to engineer bridges and how to collect data with spreadsheets. From February to March, this program engaged 12 youth in out of school time STEM learning.



Robotics with Highlands Family Success Center

In partnership with the Highlands Family Success Center, youth in 4th-8th grade were invited to discover the fun and exciting parts of STEM through the STEM Explorer's Robotics STEP Club at Highlands Family Success Center. For this program, each week youth focused on different parts of robotics. They learned how electricity flows through conductive materials, how to create game controllers and how to code a robot through a maze. From January to February, this program engaged 11 youth in out of school time STEM learning.

Guardians of the Food Galaxy in Paterson

The 5th grade class at Paterson Public School 2 is learning about Food Loss and Waste through Guardians of the Food Galaxy in school program. This program merges climate change education with food waste reduction and gardening based-lessons. The goal of the program is to improve school administrations' and students' knowledge, attitudes, and behaviors towards adopting healthy and sustainable eating habits and encourage waste reduction and gardening production. This program will run from October 2025 to March 2026.



IN THE COMMUNITY

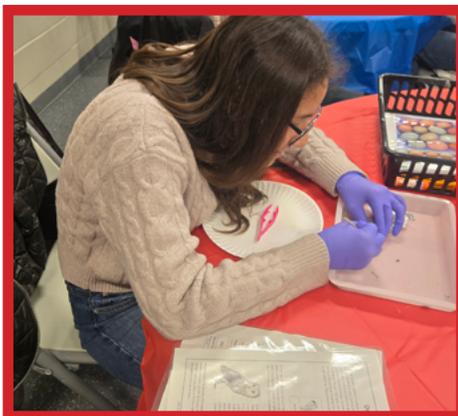
Curious Critters

This winter, Passaic County 4-H partnered with Clifton Rec to run a fun and engaging six-week Curious Critters program for kids in grades K–5. Each week, youth met a new animal friend and learned what makes that critter unique. The animals covered included rabbits, chickens, Seeing Eye puppies, hermit crabs, horses, and dairy cows. Participants grew more confident around animals each week and had a great time exploring the world of animal science.

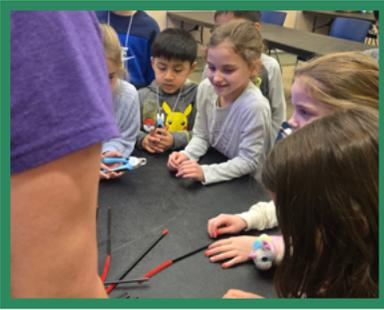


VetVentures

This winter, Passaic County 4-H partnered with Clifton Rec to offer a six week VetVentures program for youth in grades 6 and up. The series provided an introduction to animal science, agriculture, and STEM through hands on, veterinary themed activities. Participants explored topics such as healthy versus sick animals, body systems, a visit with Seeing Eye puppies, reading medication labels, injections and suturing practice, and a mock diagnosis challenge. Throughout the program, youth used basic veterinary tools, examined anatomy models, and practiced introductory skills that helped them understand how veterinarians approach animal health and care.



Dog Discovery Day



Youth across New Jersey gathered together at the Community College of Morris to learn all about dogs! Through a variety of hands-on lessons youth learned about dog grooming and care, tick identification, rare dog breeds, and the amazing work done by Search and Rescue teams across New Jersey. To end the day, youth were asked to create a poster about a specific dog breed and then present on that breed.

NJ 4-H Food Security Coalition STEP Club

4-Her's from a variety of towns across NJ met online once a week in January to learn how to create a research paper revolving around issues surrounding global food security. Each 4-Her chose a topic and a country to research. They then had to find solutions for their topic that could be implemented in the country they chose. Youth then submitted their papers to World Food Programme so they could take part in the New Jersey Food Institute at Rutgers University on March, 6th, 2026. 14 youth from New Jersey 4-H STEP Club presented.



STEAM Day at Paterson STEAM High School

In December, 70 youth in 10th, 11th and 12th grade participated in the STEM Challenge: Sphero Maze at Paterson STEAM High School. Students were split into groups, and then challenged to build a maze with tape and cardboard. Once their maze was complete, students were then given a Sphero robot to code through the maze. One participant said of the experience: "STEAM Day was very fun and interactive, I enjoyed working with peers and learning about coding using robots from the Rutgers 4-H Program."



Community Service with Yantacaw Elementary

Yantacaw Elementary 5th grade invited Passaic County 4-H to speak with them about the importance of community service and giving back. Youth then took action to make change their community. Over 60 youth worked together to create no-sew blankets for the local animal shelter. They created 7 small blankets for the cats and 16 large blankets for the dogs to give them a safe and warm space. In addition to the blankets, youth also created dog toys by up cycling t-shirts.



UPCOMING OPPORTUNITIES

science-sational day!
with Passaic 4-H

Open to youth in 4th - 8th grade
Registration required - space limited

register here!
www.CliftonRec.com

Full Day STEM Workshop
9:30am - 3:30pm
\$25 per person R/NR
Anzaldi Park (38 John Samra Way)
- Field House
Please pack own lunch

April 8th, 2026

Questions?
✉ Passaic4H@aes.rutgers.edu
🌐 passaic4H.njaes.rutgers.edu/4H
📞 (973) 684-4786

HANDS ON ACTIVITIES INCLUDING...

- ✓ science experiments
- ✓ technology exploration
- ✓ engineering challenges
- ✓ mathematic puzzles
- ✓ and more!

We R 4-H **CLIFTON RECREATION**
Now Us To Fun!

R RUTGERS UNIVERSITY 4-H Youth Development New Jersey Agricultural Experiment Station
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PRESENTED BY PASSAIC 4-H



INTERVIEW 101 & DRESS FOR SUCCESS

- Interview preparation
- How to dress for interview
- Common interview questions
- Interview strategy
- Post-interview etiquette



PREPARATION & PRACTICE IS HOW YOU OVERCOME INTERVIEW NERVOUSNESS!



04.15.2026
4 - 5:30 PM
PATERSON FREE PUBLIC LIBRARY, MAIN (DANFORTH) BRANCH
250 BROADWAY PATERSON, NJ 07501
TEEN ROOM

TEEN RESUME & COVER LETTER WORKSHOP

PRESENTED BY PASSAIC 4-H

Join us to learn how to build resumes and write cover letters!



04.01.2026
4 - 5:30 PM
PATERSON FREE PUBLIC LIBRARY, MAIN (DANFORTH) BRANCH
250 BROADWAY PATERSON, NJ 07501
TEEN ROOM

- understand why resumes are important
- Become a hiring manager and identify qualities of good resume
- Build your own job ready resume & get it reviewed
- Learn about cover letters



R RUTGERS UNIVERSITY 4-H Youth Development New Jersey Agricultural Experiment Station

ACAS: ADVANCING CAREERS IN AGRICULTURE & STEM TEEN INTERNSHIP PROGRAM

Join Passaic & Essex 4-H in an exciting Agriculture & STEM focused internship week. Teens will dive into hands-on learning, professional development, and career exploration. Engage in workshops & field trips to discover the endless opportunities in these dynamic industries. Visit colleges and learn about continuing educational opportunities. Then, spend time applying skills in a real-world career setting.

Best consideration Date
MAY 31ST

Program Week
JULY 27TH - JULY 31ST

High School Sophomores & Up

\$75 refundable deposit - Need Based Scholarship Available

Activities

- ✓ Farm & Industry Tours
- ✓ Leadership Development
- ✓ Expert Guest Speakers
- ✓ College Visits
- ✓ Career Exploration
- ✓ Team Building
- ✓ And More!

Primary Meeting Location*

621a Eagle Rock Avenue, Roseland, NJ 07068-1501
9:00 AM - 4:00 PM Daily

Friday Showcase for friends & family
Transportation to Field Trips Included

*Transportation from Clifton/Paterson may be possible - email for more information



go.rutgers.edu/acas2026

More Information Kirsten Cowan | Kirsten.Cowan@Rutgers.edu (973) 684 - 4786 | passaic.njaes.rutgers.edu



MARCH

1	2	3	4 Curious Critters & VetVentures at Clifton Rec	5	6 New Jersey Youth Institute Cloverbud Art Club Art Club	7 Emerald Archers
8	9	10 Volunteerism 101 @ Yantacaw Elementary STEM Explorers at Clifton Library	11 Curious Critters & VetVentures @ Clifton Rec STEM Ambassadors	12 Leaders' Association	13	14
15	16	17 All Paws on Deck Dog Club	18 Curious Critters & VetVentures at Clifton Rec	19	20 West Milford Club	21 Maker Day @ Clifton Library Jr/Teen Council Preakness Aggies
22	23	24	25	26	27	28
Ignite by 4-H Youth Summit Series						
29 Ignite by 4-H	30	31				

APRIL

CALENDAR KEY
 Passaic County 4-H Programs
 Passaic County 4-H Clubs
 Passaic County Programs
 Rutgers 4-H Programs

			1 Teen Cover Letter & Resume Workshop @ Paterson Library	2	3 Public Presentations	4 Emerald Archers
5 	6	7	8 Science-sational Day @ Clifton Rec STEM Ambassadors	9 Food Smart Kids Leaders' Association	10 Cloverbud Art Club Art Club	11
12	13	14 App Design at Clifton Library	15 Interview 101 @ Paterson Library	16 Food Smart Kids	17 West Milford Club	18 Jr/Teen Council Preakness Aggies
19	20	21 App Design at Clifton Library All Paws on Deck Dog Club	22 Composting 101 @ Packanack Elementary	23 Food Smart Kids	24	25 Rutgers Day Earth Day @ Rifle Camp Park
26	27	28 App Design at Clifton Library	29	30 Food Smart Kids		

MAY

					1 Cloverbud Art Club Art Club	2 Emerald Archers
3	4	5 App Design at Clifton Library	6	7 Food Smart Kids	8	9
10 	11	12 App Design at Clifton Library	13	14 Food Smart Kids Leaders' Association	15 West Milford Club Fireside Friday	16 Kids to Parks Jr/Teen Council Preakness Aggies
17	18	19 App Design at Clifton Library All Paws on Deck Dog Club	20 STEM Ambassadors	21	22	23
24	25  4-H Office Closed	26 App Design at Clifton Library	27	28	29	30
31						

CALENDAR KEY
 Passaic County 4-H Programs
 Passaic County 4-H Clubs
 Passaic County Programs
 Rutgers 4-H Programs

JUNE

	1	2	3	4	5 Cloverbud Art Club Art Club	6 Emerald Archers Babysitters Training
7 Babysitters Training	8	9	10 STEM Ambassadors	11 Leaders' Association	12	13
14	15	16 All Paws on Deck Dog Club	17	18	19  West Milford Club 4-H Office Closed	20 Jr/Teen Council Preakness Aggies
21 	22	23	24	25	26 4-H State Teen Conference @ Rutgers University	27
28 State Teen Conference	29	30				

CALENDAR IS SUBJECT TO CHANGE

NJ 4-H STATE TEEN LEADERSHIP CONFERENCE

FRIDAY, JUNE 26 - SUNDAY, JUNE 28, 2026
RUTGERS COOK CAMPUS

DON'T MISS OUT - SAVE THE DATE!

FOR 4-H MEMBERS IN GRADES 9 & UP

We R4-H

RUTGERS UNIVERSITY
New Jersey Agricultural Experiment Station

2026 RUTGERS JUNIOR ANIMAL SCIENCE SYMPOSIUM

HANDS-ON WORKSHOPS IN THE FOLLOWING FIELDS:

- Equine
- Small Ruminant
 - Sheep and Goat
- Large Ruminant
 - Dairy and Beef
- Canine
- Poultry
- Beekeeping
- Rabbit & Cavy (Guinea Pig)
- Marine Life
- Animal Science Careers
- Barn and Farm Safety
- and the Animal Science Video Contest!

Register Here!



WEBSITE:

<https://nj4h.rutgers.edu/smallanimals/junior-symposium/>

ORGANIZED BY:

The New Jersey Department of Agriculture Junior Breeder Program, in cooperation with Rutgers Cooperative Extension faculty and staff.

Check out the Session list Here:



SATURDAY, MARCH 28, 2026

LOCATION: ROUND BARN @ GEORGE H. COOK CAMPUS – RUTGERS UNIVERSITY
TIME: 8:30AM – 3:00 PM; YOUTH AND ADULTS; RAIN OR SHINE
COST: \$15 EACH YOUTH AND ADULT PARTICIPANT; CASH OR CHECK ACCEPTED
REGISTER BY: MARCH 14 2026

QUESTIONS? CONTACT: AMELIA.MINERVINI@RUTGERS.EDU OR MB2173@NJAES.RUTGERS.EDU

Outdoor Adventure Camp

Spend the last week of summer learning about environmental stewardship and outdoor education while building leadership skills for the upcoming school year! Each day, we will take on team challenges, learn new skills, and go on an outdoor adventure

When: August 24th to 29th, 2026 from 9:00 am to 3:00 pm
Where: All over Passaic and Essex County Parks and Natural Spaces
Who: Youth in 6th to 10th grade with an interest in nature
Cost: \$150.00

Questions? Email Essex4H@njaes.rutgers.edu

Drop-off & Pick-up at Essex County Environmental Center 1230 Eagle Rock Ave. Roseland, NJ

To register, scan the QR code or follow the link: go.rutgers.edu/oac2026



Kirsten Cowen
Passaic County
4-H Agent

Jennie Thomas
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Program Associate I

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Passaic County 4-H Website: <http://www.passaic.njaes.rutgers.edu>
New Jersey 4-H: www.nj4h.rutgers.edu
National 4-H Website: www.4-h.org
RCE of Passaic County Instagram: [@rcepassaiccounty](https://www.instagram.com/rcepassaiccounty)

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, gender, sexual orientation, or disability. For additional information, contact: 973-684-4786 or nj4h.rutgers.edu. Cooperative Extension encourages individuals with disabilities to participate in its programs and activities. If you need special accommodations, have questions about physical access, or require alternate means for program information, please contact your local Extension Office. Contact the State Extension Director's Office if you have concerns related to discrimination, 848-932-3583. Rutgers Cooperative Extension is an equal opportunity program provider and employer. Contact your local Extension Office for information regarding special needs or accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination, 848-932-3583