

# Jump Into Foods & Fitness Job Description:

## Adult or Teen Volunteer JIFF Facilitator



Become a Jump Into Foods and Fitness (JIFF) adult or teen facilitator! Make a difference in your community by helping young people learn to make healthy food choices and be more physically active.

### Responsibilities

As a JIFF facilitator, you'll be responsible for:

- Learning about healthy eating habits, physical fitness skills and ways to have fun with friends and family.
- Teaching young people aged 8 to 11 ways to make healthy food choices and be physically fit using the *Jump Into Foods and Fitness* materials.
- Organizing the participation of young people in county, regional and state food and fitness activities.

### Benefits to You

When you become a JIFF facilitator, you'll:

- Learn how to be an educator.
- Complete a community service project.
- Be recognized for doing a great job! (And it'll look good on a resume or college application.)



### Skills and Knowledge Needed

All you'll need to start as a JIFF facilitator are:

- Interest in learning about foods, nutrition and fitness issues
- Creativity and organization
- Interest in helping youth

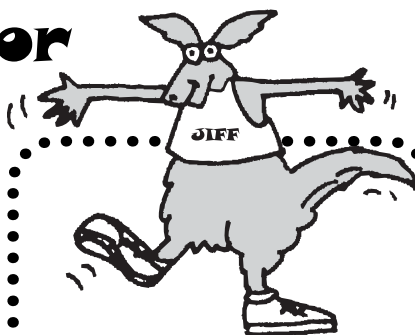
### Resources

You don't have to be a foods or fitness expert to be a JIFF facilitator. You'll have access to a variety of resources to help you succeed:

- *Jump Into Foods and Fitness* (4H1602) curriculum
- Local and state MSU Extension facilitators or facilitator training
- Statewide adult and teen 4-H volunteer workshops such as 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 at <http://www.michiganfitness.org>

### Time Required

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



## How to Volunteer

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

Yes, please contact me about becoming a JIFF facilitator!

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_

Web address: \_\_\_\_\_

**MICHIGAN STATE  
UNIVERSITY  
EXTENSION**

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