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.

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

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.)

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: ____________________________

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

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