### Signature Program
#### Action Plan

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<tr>
<th>Team</th>
<th>Horticulture and Forestry</th>
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<tr>
<td><strong>Program Title</strong></td>
<td>Junior Master Gardener Program</td>
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<td><strong>Program Coordinator(s)</strong></td>
<td>Dean Aakre, Tom Kalb, Todd Weinmann</td>
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#### Situation
Nine out of ten children in North Dakota do not eat a healthy diet. Three out of four children do not achieve the recommended levels of physical activity. These factors contribute to excessive weight, reduced performance in school, higher rates of poverty, and greater vulnerability to chronic diseases such as diabetes.

Gardening programs benefit youth by improving their diets and health, stimulating their skills in science, increasing their awareness of the environment, and serving their community.

#### Objectives
- Support youth organizations by providing funds and educational materials for gardening projects across the state.
- Enhance youth development through improvements in scientific skills, diet, and physical activity.

#### Extension response (planned activities – meetings/workshops, bulletins, field days, etc.)
NDSU Extension will develop partnerships with a broad range of youth organizations including youth clubs, schools, libraries, churches and care centers.

Projects will beautify parks and schools, grow food for the needy, establish raised beds for senior citizens, develop educational plots at schools, and conduct applied research, among other projects.

#### Evaluation plan/tool
Local project leaders will complete an online survey that documents the number of youth served and their impacts in their communities. Projects will analyze effects on skills development, diet, and levels of physical activity. Photos of projects will be included. A statewide impact report will be completed every year.

#### Anticipated impacts
- Educational programs will be provided to over 2,000 youth in over 30 counties every year.
- Projects will develop scientific skills, improve diets, and increase levels of physical activity among youth.