

New Mexico State 4-H Family and Consumer Sciences Lettermen Program Guidelines

What is a 4-H Family and Consumer Sciences (FCS) Letterman?

Any 4-H Member who is active in FCS Projects may "letter" in FCS. All that is necessary to "letter" is to complete the requirements in their age level and submit the appropriate forms to their County Extension Office by September 27. The first year a member letters they receive a "clover" letter as you would see on a lettermen jacket. Bronze, Silver, and Gold pins in the shape of the letter "H" are awarded in the respective age levels. A member can "letter" at anytime, even if they did not begin as a novice, but they will receive the pin for the appropriate age level. In addition, two platinum letters will be awarded each year in the form of a plaque. The platinum letters are based on overall achievement and may be received at any age level. Platinum awards are selected from all applications submitted in that 4-H program year.

- ▶ **Note** – A member must be enrolled in 4-H for **at least two years** before they can letter, regardless of age. A member may receive each letter only once, with the exception of the Platinum Letter which may be received at each age level.

Program Objectives:

- Recognize youth who are actively involved in the 4-H FCS Program.
- Increase awareness, participation, and completion of New Mexico 4-H FCS Projects.
- Increase awareness, participation, and completion of New Mexico 4-H Creative Arts and Personal Growth & Development Projects.
- Encourage youth to continue the pursuit of quality educational experiences related to FCS.
- Encourage youth to explore opportunities in Community Service, Leadership, Public Speaking, and Record Keeping related to FCS.

Awards:

- Lettering at any level for the first time – Chenille Letterman Clover
- Bronze Letter for Novice Achievement – Bronze "H" Pin
- Silver Letter for Junior Achievement – Silver "H" Pin
- Gold Letter for Senior Achievement – Gold "H" Pin
- Platinum Letter for Overall Achievement in FCS – Award Plaque

Procedure:

- Completed application form with signature of member, leader and County Extension Agent must be turned in to the County Extension Office by September 27th.
- County Offices forward approved applications to the State 4-H Office for review by October 11. (there is no limit to the number of applications a county may submit).
- The State 4-H Office meets with a review committee to approve applications and select Platinum Letter recipients. This committee will consist of at least:
 - ▶ One Collegiate 4-H Member
 - ▶ Two County Extension Faculty
 - ▶ One State Agent/Specialist
 - ▶ One 4-H Youth Development Specialist
- Counties are notified of awardees by October 31 and provided awards to present. 4-H Senior members will be recognized at Senior Leadership Retreat 2025.

Eligibility:

Bronze Letter: Any novice-age 4-H member in good standing in New Mexico 4-H, not having received a Bronze Letter previously and meeting the following requirements: (requirements may be met over a two year period or cumulatively over a member's novice career.)

- At least **two years** of enrollment in:
 - one or more Home Economics, Family Life, or Consumer Education & Home Management Project, Food & Nutrition and
 - one or more Personal Growth & Development or Creative Arts Project
- Presentation of a project report on a Home Economics, Family Life, Consumer Education & Home Management, Food & Nutrition, Personal Growth & Development or Creative Arts Project at a local club meeting.
- Involvement in or donation to a FCS related community service (refer to project Greentops for suggested community service activities).
- Participation in a FCS related contest at County Contest.
- Exhibit at least four items related to Home Economics, Family Life, Consumer Education & Home Management, Food & Nutrition, Personal Growth & Development or Creative Arts Projects in the Indoor Exhibits at the County Fair.
- Complete a project record form for at least one Home Economics, Family Life, Consumer Education & Home Management, Food & Nutrition, Personal Growth & Development or Creative Arts Project.

Silver Letter: Any junior-age 4-H member in good standing in New Mexico 4-H, not having received a Silver Letter previously and meeting the following requirements: (requirements may be met over a two year period or cumulatively over a member's junior career.)

- At least **two years** of enrollment, as a junior, in:
 - two or more Home Economics, Family Life, or Consumer Education & Home Management, Food & Nutrition Projects and
 - one or more Personal Growth & Development or Creative Arts Project
- Presentation of a project demonstration or illustrated talk on a Home Economics, Family Life, Consumer Education & Home Management, Food & Nutrition, Personal Growth & Development or Creative Arts Project at:
 - A 4-H meeting, achievement day, or other 4-H event and
 - A non-4-H group
- Volunteer at least two hours to a FCS related program (thrift store, senior center, food bank, etc.)
- Participation in a FCS related contest at District Contest.
- Exhibit at least six items related to Home Economics, Family Life, Consumer Education & Home Management, Food & Nutrition, Personal Growth & Development or Creative Arts Projects in the Indoor Exhibits at the County Fair.
- Complete a project record form for at least two Home Economics, Family Life, Consumer Education & Home Management, Food & Nutrition, Personal Growth & Development or Creative Arts Projects.

Gold Letter: Any senior-age 4-H member in good standing in New Mexico 4-H, not having received a Gold Letter previously and meeting the following requirements: (requirements may be met over a two year period or cumulatively over a member's senior career.)

- At least **two years** of enrollment, as a senior, in:
 - three or more Home Economics, Family Life, or Consumer Education & Home Management, Food & Nutrition Project and
 - two or more Personal Growth & Development or Creative Arts Projects
- Presentation of a project demonstration or illustrated talk on a Home Economics, Family Life, Consumer Education & Home Management, Food & Nutrition, Personal Growth & Development or Creative Arts Project at:
 - A 4-H meeting, achievement day, or other 4-H event
 - Two non-4-H groups

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- Organize a FCS related community service activity (refer to project Greentops for suggested community service activities).
- Serve as a teen leader for a Home Economics, Family Life, Consumer Education & Home Management, Food & Nutrition, Personal Growth & Development or Creative Arts Project through a local 4-H Club or County Council.
- Participation in a FCS related contest at State 4-H Conference.
- Exhibit at least eight items related to Home Economics, Family Life, Consumer Education & Home Management, Food & Nutrition, Personal Growth & Development or Creative Arts Projects in the Indoor Exhibits at the County Fair.
- Complete a project record form for at least three Home Economics, Family Life, Consumer Education & Home Management, Food & Nutrition, Personal Growth & Development or Creative Arts Projects.

Platinum Letter: any 4-H member in good standing in New Mexico 4-H and submitting an application for the Bronze, Silver or Gold Letter. Two Platinum Letters may be awarded each year to any novice, junior, or senior applying for a letter, all ages groups will compete together for this award. A member may receive a Platinum Letter more than once. Selection of Platinum Letter(s) is at the discretion of the review committee.

A Platinum Letter Recipient:

- Meets the requirements for the Bronze, Silver or Gold Letter and has submitted appropriate application.
- Shows outstanding service to 4-H FCS Programs.

New Mexico 4-H is the Youth Development Program of the New Mexico State University Cooperative Extension Service. New Mexico State University is an equal opportunity/affirmative action employer and educator.
NMSU and the U.S. Department of Agriculture cooperating.