

Proud to Bee a 4-H'er

Proud to Bee a 4-H'er: What's it all about?

4-H Canada and Syngenta Canada are excited to launch Year 3 of *Proud to Bee a 4-H'er!* We encourage all 4-H clubs in Canada to join the fun.

By participating in the *Proud to Bee a 4-H'er* campaign, you will get to:

- ✦ Spread the news about 4-H and the fun, meaningful, and engaging activities offered.
- ✦ Learn (by doing, of course!) all about the amazing and fascinating work of bee pollinators.
- ✦ Get outside and enjoy nature. Plant, grow, and tend a pollinator-friendly garden.

So, how will you get to do all of this fun stuff? It's easy. All you have to do is follow these steps:

PHASE 1 – Plant a “Beeautiful” Garden

Step 1: Register Your Club

To participate, the first thing you need to do is register at <http://4-h-canada.ca/proudtobee>

Step 2: Plant Power!

Proud to Bee a 4-H'er packages will be received by participating 4-H clubs in Canada throughout March. Here are a few ideas on the kinds of things you can do with your seeds:

- ✦ Plant the seeds in your backyard to create your own personal pollinator haven at home.
- ✦ Pool seeds together with other 4-H'ers to make one big pollinator garden in your community.

Why Are Bee-Friendly Gardens Important?

By using your bee pollinator seed mix, not only are you growing a beautiful garden, you are also helping to create pollinator-friendly habitats. And healthy pollinators are an important part of a healthy ecosystem and a sustainable food supply. When pollinators land on a flower or a plant to gather food for themselves, they are also helping to feed us. That's because during their daily flower-hopping trips, pollinators end up transferring pollen from plant to plant—helping plants become fertilized and reproduce. Check out the online [Pollinator Fact Sheet](#) for more information!

PHASE 2 – Give Us the Buzz

4-H Canada would love to see, hear, and track your involvement and progress with *Proud to Bee a 4-H'er*.

Keep in touch with 4-H Canada by:

- ✦ Posting on Twitter, Facebook and Instagram using #ProudToBeeA4Her
 - Facebook: [facebook.com/4hcanada](https://www.facebook.com/4hcanada)
 - Twitter: [@4HCanada](https://twitter.com/4HCanada)
 - Instagram: [@4HCanada](https://www.instagram.com/4HCanada)
- ✦ Email photos of your gardens and club activities, comments and updates to communications@4-h-canada.ca

PHASE 3 – We're Proud to Bee 4-H'ers video contest

This is your opportunity to spread the word about why you're "Proud to bee 4-H'ers!" Make sure you visit <http://4-h-canada.ca/proudtobee> for additional information, including:

- ✦ Video contest registration forms and information
- ✦ Photo/Video release forms

In Partnership:

