



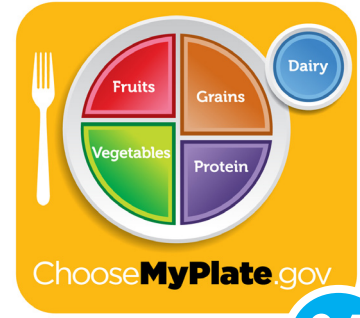
50 WAYS TO INCLUDE HEALTHY LIVING IN 4-H SERVICE LEARNING PROJECTS

- 1 Plan a formal dance for a senior citizen community
- 2 Demonstrate how to pack a healthy lunch at a local school
- 3 Launch a “Rethink Your Drink” campaign
- 4 Lead physical activities for an afterschool program
- 5 Start a youth hiking program for low income children
- 6 Bring fresh fruit and vegetable tasting into a local school
- 7 Launch a bicycle helmet drive and donate helmets to children in need
- 8 Teach others how to manage stress
- 9 Facilitate a peer mentoring program
- 10 Start a gleaning program and donate harvested produce
- 11 Partner with local police to stage a realistic car accident to increase awareness of distracted driving
- 12 Host a movie screening and community forum around bullying
- 13 Build a community garden
- 14 Perform a skit about healthy living during a schoolwide assembly
- 15 Collect and distribute food to those in need
- 16 Help local children achieve the President’s Active Lifestyle Award
- 17 Choreograph dance routines and teach them to others
- 18 Map safe routes to local schools and distribute them to students
- 19 Build a safe walking trail
- 20 Teach others how to interact with people who have a physical disability
- 21 Identify places to buy healthy food in the community and provide recommendations to community leaders
- 22 Take children on a visit to a local farm
- 23 Organize a community health night featuring activities, cooking lessons and exhibits
- 24 Host a blood drive
- 25 Teach children the importance of dental care
- 26 Organize a walking school bus
- 27 Facilitate a cooking class that teaches others how to make healthier desserts



*The projects listed are creative ideas to get you started and are not necessarily stand-alone service learning projects. To learn more about service learning, visit www.ca4h.org/Projects/Citizenship/ServiceLearning.

28 Work with the Parks and Recreation Department to build and install playground equipment 29 Organize an anti-smoking campaign for middle school students 30 Hold a class at the community center to teach families how to cook on a budget 31 Provide a series of bicycle safety clinics 32 Develop a reading partners program that uses literature to teach about healthy living 33 Host a Relay for Life event 34 Plan a presentation to teach children about the MyPlate food icon 35 Demonstrate principles of food and kitchen safety 36 Research local history and traditions and organize a community celebration 37 Create a program to regularly bring pets into nursing homes 38 Make a healthy meal and serve it at a homeless shelter 39 Research the availability of free drinking water in the community and



install a new fountain 40 Start a “Plant a Row for the Hungry” campaign and donate produce to a food bank 41 Work with a local gym to offer free fitness classes for kids

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42 Educate others about bullying and how everyone has a role 43 Teach a workshop about teen dating violence 44 Renovate a poorly maintained soccer field and offer a free soccer clinic 45 Work with a local counseling center to launch a suicide prevention campaign 46 Develop a toiletry drive for a homeless shelter 47 Partner with an afterschool program to offer cultural dance lessons 48 Collect donated toys and school supplies to create “Hero Packs” for military children 49 Teach first aid and safety basics to a community youth organization. 50 Offer a free bicycle repair clinic

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The Revolution of Responsibility is a movement for positive change in every county across California. 4-H youth are a living, breathing, culture-changing revolution for doing the right thing, breaking through obstacles and pushing our country forward by making a measurable difference right where they live. California 4-H is celebrating its first 100 years by creating 1,000 service projects in 4-H communities across the state. Up to \$1,000 will be available to support each project. Want to be part of the Revolution? Visit www.ca4h.org for more information.

University of California 4-H Youth Development Program

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