



Community Service Projects Promoting Healthy Choices

Health Focus	Volunteer Ideas	Resources
NUTRITION	<ul style="list-style-type: none"> • Grow a community garden to support a food bank. • Pack food or deliver meals for a program that serves the homebound elderly. • Read children’s books and lead activities on healthful eating at a preschool or library summer program. 	<ul style="list-style-type: none"> • Starting a Community Garden • Find a Local Food Bank • Let’s Move: Eat Healthy • Meals on Wheels in your area • Children’s Books About Nutrition
FITNESS	<ul style="list-style-type: none"> • Clean up and/or develop bike paths and walking trails for National Trails Day, June 4. • Collect gently used sports equipment for kids’ programs. • Plan a recreation program or coach a sports clinic for children. 	<ul style="list-style-type: none"> • Trail Development from the National Park Service • American Hiking Society • Let’s Move: Get Active • Physical Activity: Guidelines for Children • Guide to Coaching Youth Sports • Health Tips from Major League Players
ANTI-SMOKING	<ul style="list-style-type: none"> • Make anti-smoking posters and murals to display in community centers and other places where kids hang out. • Create a video message on why not smoking is cool to post on a school or community Web site. • Start a truth-about-smoking blog with tips on quitting. 	<ul style="list-style-type: none"> • Facts About Smoking from the National Institutes of Health • Smoking: What You Can Do from PBS Kids • Designing Great Posters • Equipment, Instructions and Ideas for Making Videos
ANTI-BULLYING	<ul style="list-style-type: none"> • Develop a bullying prevention project to support younger children. • Create a page on anti-cyber bullying on Facebook and/or your school or community Web site. • Plan a local campaign for National Bullying Prevention Month in October. 	<ul style="list-style-type: none"> • Youth Leader Toolkit at StopBullying.gov • 11 Facts About Cyber Bullying from DoSomething.org • Cyber Bullying: What Kids, Teens and Young Adults Can Do • Teens Against Bullying at the National Bullying Prevention Center