

Project List

Below is a list of fun project suggestions that will help you contribute to the overall wellness of your community. Be creative and come up with your own ideas as well.

Community Gardens

Community gardens are a great way to promote healthy foods. Work with a local community gardening group to set up a program that donates food to a local food pantry.

Key project tasks for an existing community garden:

- Find an existing community garden at a church, community group or in your neighborhood and join the garden.
- Present to the gardening group about healthy habits and how they can help.
- Build a relationship with the local food bank. You could volunteer at the food bank to learn more about its processes and needs.
- Work with leaders at both the community garden and the local food bank to develop a process for your community garden to donate food to the local food bank.

You may also work within your own community to start a new garden, with plans to donate food to the local food bank.

Key project tasks for a new community garden:

- Become a gardening expert. Look for resources on gardening.
- Find a church, community group or a place in your neighborhood where you would like to start a garden.
- Present to the leaders in your group about healthy habits and how community gardens can help.
- Research and identify the steps for starting a new garden, such as finding space and building a garden plan.
- Work with leaders to establish a new community garden.
- Spread the word about the new garden to your community.

RESOURCES:

- <http://www.letsmove.gov/community-garden-checklist>
- <http://communitygarden.org/learn/resources/resourcelinks.php#Generalcg>

Healthy Habits Activities in Youth Programs

Lead healthy habits activities for kids in a local youth program.

Key project tasks:

- Identify a youth program in your community that serves children.
- Identify the contact person who is involved with the youth program.
- Practice the Strong4Life healthy habits activities.
- Teach the Strong4Life healthy habits activities to the contact person at the youth program, and ask to help lead the activities with the kids.
- Set dates and times to lead your activities.
- Gather materials.
- Lead healthy habits activities for kids.

RESOURCES:

- [Strong4Life Activity Book](#)

Add Activity Breaks

Lead activity breaks during youth group/club meetings.

Key project tasks:

- Talk to your adult leader about the importance of being active.
- Decide when and how often you will lead activity breaks.
- Choose activity breaks, and think about the materials you will need (like music).
- Practice your activity breaks.
- Lead activity breaks at your group/club meetings.

RESOURCES:

- [Be Active Healthy Habits Handout](#)
- [Strong4Life Activity Videos](#)

Concession Stand Makeover

Work with your team's or group's concession stand to add healthier choices.

Key project tasks:

- Identify the adult who oversees the concession stand.
- Talk with them about the importance of eating right for your body and brain.
- Give them the Strong4Life Concession Stand handout and ask them to add healthy choices, like fruits and veggies, and bottled water.
- Offer to help promote healthy foods. For example, you could:
 - Survey parents and kids for healthy ideas for the concession stand.
 - Create posters or signs to let people know about new concession foods.
 - Put on a taste test for new concessions stand foods.
 - Provide educational materials to families who visit the concession stand, like the Strong4Life Healthy Habits Handout or Sugary Beverage Chart.
- Encourage your friends and family to visit the concession stand and try the new choices.

RESOURCES:

- [Strong4Life Concession Stand Handout](#)
- [Strong4Life Healthy Habits Handout](#)
- [Strong4Life Sugary Beverage Chart](#)

Healthy Cookbook

Work with your group or club to put together a healthy cookbook.

Key project tasks:

- Decide how you will use the cookbook. For example, it could be a free educational tool for families, or it can be sold as a fundraiser.
- Ask parents and kids to submit their favorite healthy recipes.
- Organize recipes by type, like, salads, soups, and main dishes.
- Add pictures, fun facts about your group or club, or some active games to play at home.
- Put the cookbook together, and print (or you can make it an online cookbook).
- Get everyone excited about your book. For example, you could:
 - Host a cooking demonstration to highlight one of the recipes from the cookbook.
 - Promote the cookbook with fliers, or in other forms of communication used by your club or group (newsletters, website, social media, etc.).

RESOURCES:

- [Veggies and Fruits Healthy Habits Handout](#)

Healthy Habits Walking Trail

Work with your group or club to plan a walking trail event that includes healthy habits activities.

Key project tasks:

- Talk to your adult leader about hosting a healthy habits walking trail.
- Choose a walking path that has space to stop for short activities or demonstrations. If the path is not owned by your group or club, talk to the path owner to make sure you can use the path for your event.
- Plan activities that take place along the path, for example you could:
 - Set up a Strong4Life Water Bar with different waters flavored with sliced fruits (like lemon slices or fresh berries).
 - Offer a fruit or veggie taste test.
 - Challenge participants to complete an activity (like 5 pushups, 10 jumping jacks, etc.).
- Provide educational material, like the Strong4Life Healthy Habits handout, at the end of the trail.

RESOURCES:

- [Strong4Life Water Bar Activity Sheet](#)
- [Strong4Life Healthy Habits Handout](#)

Host a Healthy Habits Fair

Work with your group or club to plan a healthy habits fair

Key project tasks:

- Talk to your adult leader about hosting a healthy habits fair.
- Plan a date, time and location for the fair.
- Invite other community members. For example, the local health department, hospital, university, schools, physical activity organizations, or other community groups.
- Decide if there will be food vendors. If so, ask them to provide healthy choices.
- Plan activities to promote healthy habits during the fair. For example:
 - Set up a Drink More Water Booth with the Strong4Life Sugar Demo, and Strong4Life Sugary Beverage Chart.
 - Reserve space for activity, like dancing, hula hooping or jump roping.
 - Host a cooking demonstration with fruit and veggie recipes.
- Offer free water to participants, and ask vendors not to sell or give away sugary drinks.
- Provide educational materials and handouts, like the Strong4Life Healthy Habits handout, for the fair participants.

RESOURCES

- [Strong4Life Sugar Demo Activity Sheet](#)
- [Strong4Life Healthy Habits Handout](#)
- [Strong4Life Sugary Beverage Chart](#)