

Community Service Projects You Can Do!

<http://tx4-h.tamu.edu/commserve/csprojects.htm>

CLOTHING

1. Plan and conduct a fashion show for the public or organized group utilizing ready-made clothing.
2. Present a fashion show of garments 4-Hers have made for community organizations, example: Lions Club, Business and Professional Women, Senior Citizens, or in retirement homes.
3. Develop short radio spots on fabrics, care of clothing, fashion tips, etc.
4. Assist with finer-related, clothing-related contests. Example: Make it Yourself with Wool, Make it With Cotton.
5. Become involved in promotion of cotton or wool, i.e., Maid of Cotton.
6. Displays or posters on clothing or fabric-related topics.
7. Make clothes for Christmas for needy or for fund raising.
8. Scrapbook of ideas for pediatricians' waiting rooms that relate to self-help clothing for children, example: snaps, zippers, large buttons, etc.
9. Mending for a shut-in, nursing homes.
10. Have a pattern-a-rama to exchange or sell patterns for community.
11. Make special clothing for the handicapped or older adults.
12. Exhibit or posters to increase community awareness of dressing safety after dark.
13. Have clothing drive for clothing items for Goodwill, etc.
14. Sponsor a grooming clinic for special groups.
15. Set up question answering service on clothing care at a Laundromat.
16. Have a garage sale of clothing and donate money to local charity.
17. Present talk on "How not to dress and drive" to Driver's Education class or community group.
18. Present program on accessories, fashion, etc. to community organizations.
19. Develop and promote ideas for recycling clothing; give program to community organization.
20. Sponsor a "Christmas in November" for sale of various clothing items to benefit _____.
21. Involve older adults in learning skills of needlework, example: tatting, quilting, making lace, crocheting, etc.

FAMILY LIFE

1. Organize a child development workshop.
2. Assist in developing a child care center to help working mothers.
3. Assist as volunteers to professional staff conducting childhood immunization clinic.
4. Provide safety search service for homes with young children and apply symbols to point out hazards.
5. Conduct a used toy drive to accumulate toys for day care centers and local distribution.
6. Conduct activity to develop a neighborhood playground.
7. Conduct for youth a workshop on children emergencies and first aid.
8. Build playground equipment for parks or playgrounds.
9. Conduct activity to repair day care and playground equipment.
10. Conduct city search for broken street lights.
11. Conduct city services for traffic hazards.
12. Short-term adoption of member of a family who has lost home in fire or wind, etc.

13. Develop a "Mother's Day Out Program" to give mother a day away from home by keeping children.
 14. Adopt a special friend program — work with handicapped children.
 15. Volunteer service with library and museum.
 16. Sponsor a story hour in the community for young people.
 17. Ride church bus to help care for young children.
 18. Ride school bus to help care for first grade children.
 19. Assume responsibility for upkeep of old cemeteries in the county.
 20. Organize and sponsor 4-H "Share-the-Fun" contest with emphasis on cultural exploration and heritage.
 21. Sponsor a one-act play for community entertainment.
 22. Sponsor a parent-teen seminar.
 23. Sponsor an amateur arts and crafts show on neighborhood or community scale.
 24. Provide transportation service for senior citizens.
 25. Sponsor historical or heritage tour of area — old town, ranches, etc.
 26. Organize exchange tours with other counties to see new heritages and ethnic origins.
 27. Develop a history of 4-H in the county.
 28. Conduct a new mother errand service for mothers in hospital with new babies.
 29. Organize a community seminar for expectant parents in cooperation with county Extension office.
 30. Provide transportation home from hospital for new mothers when needed.
 31. Provide delivery of county Extension agent-prepared packet of parenting information.
 32. Help county Extension agent assemble packet of parenting information.
 33. Deliver to medical center packets of pre-parenting material prepared by county Extension agent's office.
 34. Sponsor emergency telephone stickers with phone numbers.
 35. Develop a pre-parenting workshop for older 4-H members.
 36. Serve as an apprentice parent at state schools, Foster homes, etc.
 37. Take as guests children from homes, schools, and orphanages and attend 4-H functions.
 38. Conduct rap session on dating.
 39. Make toy boxes and book shelves for nursery schools.
 40. Promote the necessity for having a place for medicine and all bottles with harmful contents to be out of reach of small children.
 41. Sponsor a children's book drive.
 42. Paint a room for an elderly person in the community.
 43. Make pictures and wall painting for nursing homes.
 44. Build ramps at homes of elderly and handicapped.
 45. Assist elderly families with cleanup activities.
 46. Build book shelves in nursing homes and stock with books and magazines.
 47. Clean or change filters for the elderly.
 48. Assist the elderly with patching cracks in driveways, sidewalks, brick work, or other structural parts of the house.
 49. Clean out gutters for the elderly in the spring and fall, help install slip-proof material in the bathtub and shower.
- Help the elderly evaluate safety features around the house. To be included would be such items as slip-proof throw rugs, railing on stairways, telephone locations, helping with unused gas outlets, position of space heaters and cleanliness of gas heating elements.

50. Civic projects

- a. Telephone service — make friendly phone visits with older people or homebound people on a daily or weekly basis.
- b. Card service — contact stores in your town that will agree to provide discounts to older adults with the special cards.
- c. Grandparent -- 4-H community projects — a group of 4-Hers and grandparents work together on a selected project of value to the community.
- d. County fairs — 4-H youth and older adults work together on planning and executing a county fair.
- e. Citizenship awards — special county or community awards could be given to older adults and teens who make noteworthy contributions together or in service to one another.

51. Individual and club projects.

- a. Secret Grandmother — club members choose special older adults for secret “pal” type of project.
- b. Adopt-A-Grandparent — an individual can “adopt” an older person for developing a special friendship.
- c. Visiting — exchange a craft, talent, skill, or any activity listed under service projects.

52. Service projects

- a. Christmas packages — making and delivering.
- b. Tape recording church services for nursing home residents.
- c. Decorations and favors for hospital meal trays, doors, building entrances, etc. could be done at nursing homes, etc.
- d. Yardwork or housework.
- e. Reading and letter writing.
- f. Funning errands.
- g. Organizing car pools

53 Entertainment

- a. Caroling and special holiday celebrations — parties (Valentine, Easter, Halloween).
- b. Birthday parties in nursing homes, hospital retirement centers.
- c. Organizing craft centers in nursing homes.
- d. Serving popcorn at retirement home movies.
- e. Older adults and 4-H square dancing or fold dancing - contests.
- f. Ice cream socials.

54. Fund Raising

- a. Sponsor a sock hop — invite older adults and youth to share popular dances of each generation.
- b. Have a square dancing contest.
- c. Sell tickets to a fish fry — youth and older adults have a fishing contest. The catch is prepared and served to ticket holders.
- d. Home repair — Youth volunteer time and labor for reasonable wages that older adults can afford.

FOODS AND NUTRITION

- 1. Promotion of foods. Example: education and nutrition. March is Nutrition Month, June is Dairy Month, August is Sandwich Month, and October is Eggs Month.
- 2. Promote seasonal foods — uses and handling of turkey at Thanksgiving, picnic foods in summer.
- 3. Do radio spots, 20-30 seconds, on foods, nutrition, buying tips, safe handling of food, etc. (Check with agent for accuracy.)
- 4. Plan and conduct a bake sale.
- 5. Bake Christmas cookies for people. Take orders.

6. Plan a cake decorating service on order basis.
7. Present nutrition information to senior citizens, nursery schools or day care centers, or other community organizations.
8. Assist with children's hour at a library, plan and provide nutritious snacks.
9. Assist young mothers with children's birthday parties.
10. Offer to waitress for a community meal or banquet.
11. Put up posters in the community with specific thoughts.
12. Put up educational displays.
13. Provide a consumer answering service at a grocery store a few hours a week.
14. Provide foods for needy families at Christmas or other times.
15. Fruit baskets or other homemade goodies for shut-ins.
16. Have a community event when some experienced cooks show their specialties and younger ones learn how to make items.
17. Offer foods editors copies of favorite recipes you have used.
18. Sponsor a recipe contest — pumpkin is fall, dairy products in June, etc.
19. Learn about a locally grown food from farm or ranch to grocery shelf.
20. Be involved in planning and running a concession stand.
21. Plan and conduct a clinic on checking pressure cookers.
22. Work with school lunch program. Make posters for eating area.
23. Write news releases on timely topics or try fillers.
24. Survey a school classroom or organization on what they ate. Follow up with information, posters, displays on good eating habits.
25. Feed experimental animals a good and poor diet. Have a place where others can record the progress.
26. Be involved in Farm-City (in November) activities. Help people understand the links between agriculture production and food consumption.
27. Coordinate efforts with foods and nutrition related projects and activities, example: health (relate to disease prevention), gardening (food production).
28. Volunteer for the ENP-Y (Expanded Nutrition Program).
29. Have your 4-H club have nutritious snacks for their meetings.

HEALTH

1. Organize and carry out a service project for patients in a nursing home, hospital, or other similar health institution. Project ideas include reading to them, writing letters for them, having a party, and putting on a talent show for the patients.
2. Develop a health exhibit and arrange to display it in facilities such as the library, county courthouse, school pharmacy, or other similar public place. Topics for the exhibit could be dental health, immunizations, heart disease, high blood pressure, and how smoking affects an individual's health.
3. Volunteer to participate in a local health campaign such as immunization clinics, blood pressure clinics, blood donation programs, and programs sponsored by voluntary health organizations (e.g., American Cancer Society, American Heart Association, American Lung Association, National Foundation/March of Dimes, Society for the Prevention of Blindness, Arthritis Foundation, American Diabetes Association).
4. Promote rabies vaccination program in community.
5. Members could be encouraged to investigate:

- * Health services available in the community;
 - * Fluoridation of the community's water supply;
 - * Methods of waste disposal and water treatment;
 - * The status of general public health hazards such as rabies and rodent control;
 - * Procedures to be followed in case of an emergency in the community (e.g., hurricanes, tornadoes, floods, and fires);
 - * Presenting information to a civic group;
 - * Making an exhibit or bulletin board or poster for placement in public building;
 - * Radio spots, television, newspaper; or
 - * Places with marquees for messages.
6. Provide transportation for blood drive and volunteer at center.
 7. Determine the community services available for those with physical disabilities and determine any barriers.
 8. Assist with fund raising for community agencies, i.e. heart fund, American Cancer Society.
 9. Sponsoring a rabies clinic or serving as volunteers.
 10. Visit and volunteer services at nursing homes, hospitals, and handicapped, mentally retarded, deaf, blind, and rehabilitation centers.
 11. Prepared a jogging path.
 12. Conduct community Olympics with different events for different age groups.
 13. Donate subscriptions to health magazine - health department clinics, rehabilitation centers.
 14. Make Healthy picture books for younger kids.
 15. Sponsor purchase of books for library.
 16. Maintain health records; make others aware of need for them and keeping one of their own.
 17. Place garbage cans with 4-H emblem in strategic areas in town.
 18. Sponsor and help conduct a Crippled Children's camp.
 19. Send cards to and visit shut-ins and invalids.
 20. Prepare and present first-aid kits to schools and churches and other community facilities.
 21. Sponsor a nutritious picnic or other social event for underprivileged children.
 22. Prepare nutritious holiday baskets for the needs.
 23. Participate in the March of Dimes and similar campaign drives.
 24. Work for better community dental care.
 25. Work with the physically and mentally handicapped.
 26. Assist as volunteers to professional staff conduction childhood immunization clinic.
 27. Provide safety search service for homes with young children and apply symbols to point out hazards.
 28. Conduct for youth a workshop on children's emergencies and first aid.
 29. Adopt a special friend program — work with handicapped children.

HOME ENVIRONMENT

1. Assist fire, postal, and police departments by painting house numbers on curbs and by also painting street signs.
2. Work with city council to identify and clean up vacant and/or overgrown lots.
3. Work with local fire department to develop a home check list for fire safety, then distribute the check list to all home owners.
4. Work with policy to engrave furniture with identification number.
5. Establish a community activity bulletin board to include such information as special guests, entertainment, sports events, garage sales, sponsored meetings, etc.

6. Sponsor a home paint-up/fix-up week.
7. Sponsor a fiber arts show in the spring, an antique show.
8. Conduct a tour of local housing alternatives.
9. Write articles about historical homes in the community.
10. Make wall hangings for community buildings.
11. Refinish furniture for community rooms or centers.

CONSUMER LIFE SKILLS

1. Teach management life skills to special interest groups at Girls' Club or Boys' Club.
2. Give an illustrated talk on management life skills to student groups, homemakers, civic organizations, etc.
3. Work, leisure, etc.
4. Prepare posters with time-saving hints for supermarkets.
5. Prepare "Hints for Check Writing" posters for junior high and high schools.
6. Present illustrated talk to service clubs on "Pointers for Buying Used Cars".
7. Develop a list of credit institutions and distribute to new families in the community.
8. Develop a "safe toy" checklist for shoppers to use when purchasing toys for children.
9. Project group organize community recycling center for aluminum or glass containers to operate one or two days a month.
10. Develop a list of sources of consumer information and set up an information center in a central community location with sample materials from each source.
11. Prepare series of short articles for school or local newspaper on "Teens CAN Be responsible Consumers" (avoid shoplifting, tactful complaints, handle merchandise carefully, etc.).
12. Organize an exhibit giving tips to help consumers to be better shoppers.
13. Write an "advertisement" or public service announcement to promote 4-H club membership benefits to individuals and the community.
14. Sharing information with Others
 - a. Prepare "hints for check writing" posters for junior high and high schools.
 - b. Present illustrated talk to service clubs on "pointers for buying used cars".
15. Researching a list of organizations that recycle unwanted products and distribute listing to community or publicize in newspaper.
16. Share money management and consumer information with parents and peers.
17. Be a good example by keeping a budget, establishing a checking account, and being an informed and efficient consumer.
18. Club visit to city, county, and school officials to become familiar with expenses for providing public goods and services.
19. Help the general public become aware of the procedure to sue in filing a consumer complaint.
20. Inform the general public of sources of information through radio, TV, newspaper, talks, and demonstrations.
21. Encourage high school students to enroll in courses dealing with management and consumer education.
22. Prepare educational exhibits and places in different locations in the community, county, and/or district.

SAFETY AND ACCIDENT PREVENTION

1. Conduct survey of major community hazards including those causing personal injury and property or equipment damage.

2. Organize a local safety council in coordinate and promote accident prevention.
3. Organize block safety committees to promote home accident prevention topics.
4. Present accident prevention programs to community groups — illustrated talks, method demonstrations.
5. Serve on safety council or committees.
6. Develop “accident prevention awards” for local 4-H club members.
7. Promote accident prevention with farm equipment — sponsor farm equipment accident prevention and maintenance clinic.
8. Promote accident prevention with livestock — prepare handout materials or displays for auction barn and livestock shows.
9. Promote bicycle accident prevention — conduct bicycle safety checks at elementary schools and conduct bicycle rodeo.
10. Inspect, repair, or modify recreational facilities to reduce accident risks. Example: repair surfaces under play equipment to prevent injuries from falls, install lights, etc.
11. Promote fire prevention activities — conduct home fire prevention and survival clinics, fire extinguishers, smoke detectors, etc.
12. Set a good example for youth and others regarding safe driving, bicycle safety , tractor safety, etc.
13. Promote various accident prevention topics through exhibits at supermarkets, doctors’ offices, schools, church buildings, drug stores, etc.
14. Promote tractor accident prevention through displays at local implement dealers, tractor rodeos, tractor safety inspection programs, sales of replacement slow-moving vehicles, and “no riders” signs.
15. Promote public awareness and use of local safety inspection services of fire departments, utility companies, etc.
16. Cooperate with a local builder or home building association to sponsor an open house of a model home featuring many built-in safety features. Paint out these features and others by display cards, handouts, signs, or a guide. Publicize in local papers and media.
17. Distribute literature on home fire drills.
18. Arrange for public meeting, where a building inspector, electrical inspector, and a fire inspector can discuss building, electrical, and fire codes as they relate to accident prevention.
19. Arrange for an exhibit at local drug stores and supermarkets on home poison prevention, including proper use and storage of hazardous products.
20. Volunteer for service to older or disabled community members related to accident prevention around the house — assist in inspection, cleanup, modifications, etc.
21. Emergency preparedness:
 - a. Prepare and distribute emergency telephone numbers.
 - b. Serve on emergency preparedness and disaster organizations.
 - c. Help with emergency C.B. radio calls.
 - d. Help with flood prevention and control activities.