

Session II

SERVICE PROJECT IDEAS

There are a variety of service projects that your group can implement. Use the brainstorming worksheets completed in Session 1 to help come up with ideas that coincide with the solutions you'd like to see in your communities. Here are some ideas to get you started.

Organize a healthy food cooking demonstration



Create, print and distribute a healthy cookbook



Deliver needed items to a local nursing home



Pick up trash in the community



Session II

SERVICE PROJECT IDEAS

There are a variety of service projects that your group can implement. Use the brainstorming worksheets completed in Session 1 to help come up with ideas that coincide with the solutions you'd like to see in your communities. Here are some ideas to get you started.

Host a community walk or bike ride



Organize a community play day at your school or a



Volunteer at a 5k or bike event



Host a bike rodeo

