

# Larimer County 4-H



LARIMER COUNTY  
COLORADO STATE UNIVERSITY  
EXTENSION

## Community Service Examples

## Read All About It

Volunteer at a local library.

Read stories to younger audiences.

Create an after school or weekend reading club for kids.

Work with an adult literacy program.

## 4-H Extreme Makeover

Decorate a room in a shelter, children's home, adult assisted living home, or non-profit agency. Be creative and find inexpensive or donated items.

Adopt or create a flower bed to spruce up one of the above mentioned groups are even a city park, municipal building, home, or other public location. Don't forget the "Adopted by: \_\_\_\_\_" sign!

## Secretary Appreciation

Volunteer to help out at your County Extension Office. Ideas might include filing, dusting, cleaning windows, organizing storage rooms, painting a room, stocking the kitchen with new utensils to name a few.

Send thank you notes or goodie baskets to your Extension support staff for all of the hard work they do behind the scenes in support of the 4-H program.

## The Season for Safety

With summer just around the corner, conduct a summer safety program. Examples of safety topics include:

- Tractor
- Bicycle / Skating / Skateboarding
- 4-wheeler (ATV) • Swimming/swimming pool
- Babysitting
- Summer skin care
- Livestock (for the animal and owner)
- Camping/Hiking
- Basic First Aid/CPR (taught by qualified instructor)
- Food Safety (for such occasions as barbeques, family reunions, etc.)
- Fireworks
- Insect repellent use
- Heat stroke/exhaustion prevention
- Sport

## Stretch Your Food Dollar

With fuel prices continually driving up the costs of food, families may have difficulties making ends meet. You can help these individuals by conducting a food budgeting program. As a Foods & Nutrition community service project, conduct a “Stretching Your Food Dollar” program at a local food bank/pantry. Your Texas AgriLife Extension Family Consumer Science agent or Better Living for Texans (BLT) program assistant can assist you with program information details and resources.

**Resources to help you get started:**

<http://fch.tamu.edu/programs/nutrition/>

<http://extension.oregonstate.edu/fcd/nutrition/ewfl/module3/index.html>

## Honor Them

Organize a Veteran's Day recognition event, or contact your local VFW to see what you can do for service men and women in your area. Take a trip to the nearest veterans hospital and share with patients get well cards and/or items of thanks and cheer. Identify the veteran memorials in your community/county and create a brochure, website, or publication describing each, its significance and its location. Be sure and share that information once it is created!

**Resources to help get you started:**

<http://www1.va.gov/opa/vetsday/>

## Make it Count

Assist county/city officials with the elections.

Conduct a mock election at a school or other location for youth to demonstrate the importance of voting.

## Kids Need Coats

With cooler weather upon us in December, some kids may not have the necessary clothing items to help keep them warm. Conduct a clothing drive to collect items like coats, gloves, and scarves and then distribute to individuals, local clothing rooms, or charitable organizations.

## Puppy Love

Conduct a donation drive for your local animal rescue shelter. Collect items like canned food, chew toys, old newspapers, etc. Be sure and ask your shelter what they need most. Adopt an animal shelter. Ask families to sign up to assist the shelter in cleaning out pens each month. Organize a free pet flea bath in your community to promote healthy pets.

## Community Jungle

### Equipment:

A variety of soft, colorful, diverse objects that can be tossed without hurting anyone. Useful objects include tennis balls, ping pong balls, bean bags, plastic fruit, flying disks, pieces of upholstery foam, stuffed animals, inflatable pool toys, rolled-up socks, pillows, and balloons.

### Challenge:

To pass an increasing number of objects between group members using a somewhat random but established pattern. Members must always call the person's name while passing the object to their person. Follow the same pattern until all of the objects have been passed. Complete the task as quickly as possible.

### Refreshment:

Ants on a Log - (celery with peanut butter and raisins)

## A Bicycle Built for....Safety

Coordinate a community drive to collect and repair used bicycles. Donate the refurbished bikes to a community agency that will give the bikes to kids. Partner with local police, public safety departments and businesses to make sure that each bike comes with a new bike helmet. (It isn't safe to recycle bike helmets!)