

2020 ONE

Day 4-H



MAKE A DIFFERENCE IN ONE DAY
OCTOBER 10, 2020

TEXAS A&M
AGRILIFE
EXTENSION

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Purpose of One Day 4-H

Texas 4-H members have always been proud of the communities they call home. Whether they live in cities, towns, or rural areas, 4-H'ers make their communities better year-round, but they couldn't do it without help. One Day 4-H was created in 2009 as a way for all 4-H members to say "thank you" to their communities, counties and state for all the support they have provided to 4-H for over 110 years. Now in its 12th year, One Day 4-H will be held on October 10, 2020, in every county across Texas. 4-H members, adult volunteers, and friends will help improve their communities by adopting a service project. These projects can be done as individuals or as an entire county 4-H program. No matter what project is chosen, this is one day to make a difference.

Our Goal

The goal of One Day 4-H is to encourage 4-H members in every Texas county to take one Saturday in October to make a big impact on a big state. Each 4-H club or county program will choose how best to ignite the spirit of service as we help improve Texas in hundreds of ways, from border to border.

Making it Your One Day

One Day 4-H is your day! You can work independently as a group, or side by side with adults to serve your community, while adhering to local guidelines for social distancing and safety. You can recruit non-4-H members to join in, or partner with another youth group. Your service project can be as small as mowing a neighbor's lawn or as large as designing an innovative new community service project that will extend well beyond one day. Whatever your project is, it is your day to make a lasting, positive impression. This year, projects may look a little different due to the suggestion of wearing masks, social distancing, and maintaining safety for all.

Note: The One Day 4-H Information Packet provides explanations and ideas for organizing, implementing, and reporting your One Day 4-H experience. Because One Day 4-H is an annual event, we encourage you to begin expanding on programs you might have started in previous as you gain recognition, funding, and support for this event in your community. Remember that every act of service is a step in the right direction and a huge success.

Who Can Participate

One Day 4-H is open to everyone in the community: 4-H and non-4-H members, their parents, club leaders, and volunteers. It is one day for everyone to serve the community together. Depending on how big your service project is, you could even invite church groups, school groups and other youth groups such as Boy Scouts and Girl Scouts to join you.

What a great way to recruit new members to Texas 4-H! Through one day of service, youth in your community can see what 4-H does, how it serves others, and how much fun you have when everyone works together. Make your One Day special for someone else by extending an invitation!

Ideas for Your One Day 4-H Project

One Day 4-H can be any service project that makes a difference in your community and/or count. It can be as simple as cleaning up a yard for a neighbor, cleaning or doing simple painting or repairs on someone's home, picking up trash in a Texas Department of Transportation Adopt-a-Highway area or along a beach front, or collecting food for your local food bank. In past years, One Day 4-H'ers have also made care packages for seniors, the military, and other special groups; held recycling days; planted trees, shrubs, or flowers to beautify the community; assisted with blood drives; held

educational events; and raised money to help support other organizations such as the Juvenile diabetes Research Foundation and wildlife relief groups. They have also developed their own unique projects such as mentoring kids with disabilities to help them show animals at a youth livestock show, and cleaning up public recreational facilities.

If your 4-H club or county 4-H program already has an annual community service project that is scheduled for another date, see if you can do the project on October 10. You don't need to create something brand new. One Day 4-H just give you a chance to be a part of what could be the largest youth community service activity ever held on one day by 4-H in America. It's the ultimate social network!

COVID-19 Updates Regarding One Day 4-H

It is very important to consider the current COVID-19 safety regulations in your area at the time of One Day 4-H before determining what project to do. It is important to consider what precautions will need to be taken this year to ensure safety of all participants (i.e. masks, social distancing, in person vs virtual/at home events). It is also important to consider state-wide regulations and AgriLife Extension guidelines before planning your project.

Organizations That Could Help

You might contact one or more of the following organizations or groups about working together on a service project (this list will vary depending on your community and county, and many will have others not listed here).

After-school programs

County Commissioners Courts

Kiwanis Clubs

Missions

Park / Recreation Departments

Department of Transportation

Chambers of Commerce

Garden Clubs

Lion's Clubs

Other Youth Organizations

Rotary Clubs

Churches

Homeless Shelters

Master Gardeners

Parent Teacher Organizations

School Districts

Determining What's Needed in the Community

Whether you live in a small community or the largest city, every community has a need for some kind of assistance. If you can't readily identify a need or project, call your County Extension Agent. He or she can help you with contacting one of the many organizations and/or agencies that Texas A&M AgriLife Extension collaborates with in the county. Between your Extension Agent and the other organizations or agencies, you will be able to identify a need that fits your group.

You can also advertise your services to the community and have resident submit a job request. From these requests, a certain number of tasks can be selected for 4-H members and adults to work on that day. What determines your decision to accept a particular job request is based on your community or county and the number of youth who will be involved in the One Day projects.

This approach is adapted from community service initiatives conducted by different colleges and universities. It has gained momentum over the past decade as a way to identify and select worthy community service projects.

Note: With any one Day 4-H event, an adult (parent, volunteer, club manager, or leader) must be involved to assess risk to participants, supervise, and assist wither needed. No group should engage in a service project that poses risk for any person or property. All equipment used in a service project must be used according to manufacturer guidelines and only used by age-appropriate individuals who have been trained int eh correct use of the equipment.

All adults who are working independently with youth must be screened through the Texas A&M AgriLife Extension Service's Youth Protection Standards Program.

Signing Up for One Day 4-H

The Texas 4-H Youth Development Program wants you to have a successful One Day event. That's why we request that all individuals and groups register projects by September 30, 2020, through the One Day 4-H website. Please register at texas4-H.tamu.edu/events/oneday/ .

Reporting Your Experiences

Would you like to say that you were part of the greatest youth service project in Texas? If you think you were, tell us about it!

The person (youth or adult) who registered the service project must also be the person to report the activities and accomplishments of the project at the conclusion of the event. You will find a reporting link on the One Day 4-H webpage to record the number of people involved the number of people reached, demographic information, and some narratives to complete on the significance of the event.

Information reported in the system will be compiled and distributed to all County extension offices, highlighting the day's successes. It will also be used to interpret to key elected officials across Texas what our program is doing to better our state.

Reports must be filed by October 31, 2020 unless your event is scheduled for a later date, in which case reports must be filed within 30 days of the date of the event.

Getting the Word Out about One Day 4-H

Public Service Announcement Talking Points

Use these talking points to record ads for your local radio stations. If possible, have a 4-H'er do the recording since a young voice will stand out from the rest of the chatter on the radio. Or, if you know a well-known local person who is a former 4-H member, ask him or her to record the PSA.

Texas 4-H is the state's oldest youth organization. For more than 110 years, it has received many different kinds of support from Texas communities for programs that help build better kids and create tomorrow's leaders. In 2009, Texas 4-H decided to set aside one day each fall to give back to our communities, as a way of saying thanks for the support. This special day is called "One Day 4-H." It has become the nation's largest organized day of community service by 4-H.

This year, One Day 4-H is scheduled for October 10. All across the state, 4-H club members, adult volunteers, and friends will conduct community service projects to say thanks for the many years of support we have received from parents, neighbors, volunteers, and local businesses and organizations. And you don't have to be a 4-H member to help out. We love volunteers of all ages.

The Texas A&M AgriLife Extension Service 4-H office in _____ County would like to hear your ideas for what could be done to improve our communities. This could mean helping a person or family in need to make minor home repairs or do yard work; raising money for a charity; cleaning up streets, parks, beaches, or highways; planting trees or gardens; or any number of other projects. Most of our One Day projects will be done in one day by volunteer crews that will include 4-H members and friends, adult leaders, and other adult and youth groups. Please submit a job request to your County Extension Office by _____.

Social Media

Begin promoting your One Day 4-H project on social media platforms as soon as you have it confirmed, using #OneDay4H.

Tag the Texas 4-H Facebook page – Facebook.com/texas4h/

Twitter - @Texas4H

Instagram - @texas4h

TikTok - @texas4h

Snapchat - @Texas 4-H

and your local Facebook page often. Be sure and add photos of the day of your event.

News Media Guidelines

Tell your story in your local news media. News operations are as different as the people who staff them so there is no single approach that works best. Check first for advice from someone such as your County Extension Agent who works regularly with local reporters and knows from experience who to talk with and what approach might be best.

News Release

Decide how you want the local media involved in telling your story. Do you want their help in putting the word out to encourage people with project ideas to contact you? If so, write a brief news release. Type the release on one page and send it directly to the person you have identified who handles news such as yours. At the top of the page, always include a date and headline as well as contact info in case the reporter needs more details. Your opening paragraph should get to the main point in a single sentence. Follow up with supporting details (answering the who, what, when, where, and why questions) and end with what you want the reader to do.

Media Advisory

You can generate lots of local interest in One Day 4-H through social media posts in the weeks prior and the day of your event. Sometimes you can interest the news media in doing their own stories on the day of the event as well. Try to direct reporters to an activity that offers good visuals for photos or video. Have them talk to members or volunteers who have had some experience speaking to the media if possible.

Providing together a media advisory to give reporters the information they will need to cover the story themselves might be helpful. Be sure to include the who, what, when, where, why, and how.

Consider Other Means of Advertising

Weekly newspapers might print your news release verbatim. Other media may run only a mention, if anything at all – so don't rely solely on the news media to generate a public response to your request for service project ideas. Consider other means, including posting a story on the AgriLife Extension website for your county; getting a mention in a county agent's blog or newspaper column; hitchhiking on direct mail pieces that go out to the community from the local Extension office; or posting flyers and distributing Request Forms at banks, libraries, and grocery stores.

Follow-up Stories

Help your local media get the full story by keeping tabs on how your community service efforts can be quantified. Include any statistics that measure your success: number of volunteers who worked, number of truckloads of trash hauled to the landfill, bags of litter picked up from the roadways, number of homes where trees were trimmed, and so forth. Recruit some volunteers ahead of time who can report these numbers to you.

Community Service or Service Learning:

What type of project should you choose?

Many people ask about the difference between community service and service learning and which to choose for their One Day 4-H project. Either is fine, because both provide a service to the community or individuals. To determine what type of project your 4-H group should do, answer these questions:

- Is this a project that your 4-H members will identify themselves, or is it something they have been asked to participate in by another organization? (If it is the latter, it's Community Service.)
- Is this project solely asking 4-H members to drop off canned goods, a baked good, or some other article? (Community Service)
- Will the project provide an opportunity for the youth to distribute goods and services once they are collected like distributing food at a food bank after it is collected? (Service Learning)

Community service and service learning both reach out and serve the community; however, a service learning project allows those conducting the project to either identify the issue based on their knowledge and community needs, or it arises from something that affects them personally, such as a community health issue, accident trends, or natural disasters. A service learning project also immerses the youth in the project. An example would be working hand in hand with family building a Habitat for humanity house or working on a community beautification project. The final component of a service learning project is the opportunity to reflect and process the project experience which allows the youth to understand the value of their commitment and talk about future community assistance.

Community service, while vital, is more focused on conducting a predetermined task. For example, a 4-H group is asked to participate in leading people through a tour of a historical site. Although they are providing a valuable service to the community, the 4-H'ers probably will not experience a personal difference in their lives or contribute to change in their community. Another example would be a bake sale supporting the local children's home. While the 4-H members know they are doing something good for others, they might not understand why they are helping. Simply talking to the 4-H members about why some of the children are in the home and what might help them find a permanent home could change the project from community service to a service learning experience.

Community Service Ideas

Listed by 4-H Project/Activity/Interest

The following list came from an old document found in the file cabinet that had to be retyped and put in electronic format. Some things were deleted because they were not timely, but most remained in the hopes of encouraging you make a difference. We also included ideas that were gathered from the 19-20 Texas 4-H Council members. Some of the ideas are duplicates that you can find elsewhere in the list. We are sure you have new and exciting ideas that can be implemented and hope that you do.

PLEASE NOTE: SOME OF THESE IDEAS MAY NOT BE ACCEPTABLE OR SAFE IN YOUR COMMUNITY THIS OCTOBER DUE TO COVID-19. PLEASE CONTINUE TO FOLLOW LOCAL AND STATEWIDE SAFETY SUGGESTIONS AND REGULATIONS.

Beef Cattle

1. Tour for urban youth to beef cattle enterprise
2. Place animals in petting exhibit or children's barnyard at local fair or show
3. Provide refreshments and concession stand services at beef cattle field day or production sale
4. Enter beef cattle float of educational nature in local parade
5. Inspection of cattle farms to identify safety hazards
6. Tour beef cattle farms for sources of stream and environmental contamination
7. Provide programs for civic groups on the beef cattle enterprise in the county

Bicycle Care and Safety

1. Bicycle safety inspections
2. Bicycle safety rodeo
3. Provide bicycle helmets and tag bicycles for ownership
4. Conduct community bicycle hazards inspection
5. Bicycle lanes survey and promotion
6. Presentation/exhibit in the community regarding awareness of bicycle safety
7. Organize and promote bicycle safety week
8. Give community bicycle tours
9. Bicycle maintenance clinic
10. Organize community bicycle ride

Citizenship

1. Present programs on citizenship in school, church and community
2. Inform the general public of rules for displaying the flag of the United States
3. Participate in flag raising and lowering ceremonies in school and 4-H camps
4. Participate in special programs during the Fourth of July, Veterans Day and other similar celebrations
5. Know your community, county, state, and federal government officials
6. Help to register eligible persons to vote and develop a plan to get more persons to vote in all elections
7. Clean vacant lots in the community
8. Initiate yard-of-the-month campaign
9. Remove old buildings in the community
10. Clean up community health hazards
11. Repair, paint, and stencil names on mailboxes
12. Care for and beautify grassy areas at street intersections
13. Take care of cemetery

14. Paint and repair community buildings
15. Provide and plant trees, shrubbery, flowers, and/or grass around churches, schools, and/or community buildings
16. buildings
17. Map the community building and provide to city officials
18. Place garbage cans in community (bearing the 4-H emblem)
19. Build walks at the community center
20. Provide equipment for the community center
21. Organize and/or assist with the summer recreation program
22. Identify needs at community recreation facilities and help to improve the facilities
23. Build or help maintain and improve the softball-baseball field(s)
24. Build a roadside park with picnic table, barbecue pit, and playground
25. Initiate or collaborate with rabies vaccination campaign
26. Participate in the March for Dimes and similar campaigns or drives
27. Organize activities for the physically and mentally challenged
28. Give programs at a nursing home
29. Prepare treats for nursing home patients
30. Pack boxes for shut-ins
31. Present special programs and meals to senior citizens
32. Send get-well cards to the sick
33. Pack Christmas boxes for needy families
34. Collect, repair, paint, make and/or distribute toys to needy families at Christmas
35. Go Christmas caroling
36. Put up a community Christmas tree
37. Collect clothes for the community clothing bank
38. Provide trees, shrubs, and flowers for schools and help landscape the grounds
39. Promote defensive driving courses
40. Conduct a hunter safety program
41. Help maintain the school/church/community grounds
42. Host a community get to know your neighbor party
43. Coordinate seasonal appropriate community parades
44. Build ramps at homes for elderly and disabled citizens
45. Telephone service – make phone visits with older people or home-bound people on a daily or weekly basis
46. Adopted Grandparent – club member chooses special adults for a secret “pal” type of project; send special occasion cards, run errands or do favors
47. Make decorations or favors for hospitals or nursing homes
48. Share talents on special occasions – Thanksgiving, Christmas
49. Volunteer yard work for family, neighbor or community park
50. Organize a group of friends to improve community – clean a park, paint a room at a day school, pick up litter, etc.
51. Assemble directory of available services.
52. Provide youth employment services.
53. Provide youth job preparedness clinic.
54. Develop a farmers’ market for youth producers.
55. Home repair/paint for elderly community members
56. Build ramps at homes for elderly and handicapped
57. Assist elderly families with cleanup activities
58. Build bookshelves in nursing homes and stock with books and magazines
59. Clean or change filters for the elderly

60. Assist the elderly with patching cracks in driveways, sidewalks, brick work or other structural parts of the house
61. Clean out gutters for the elderly in fall and spring
62. Help install slip-proof material in the shower and bathtubs
63. Help the elderly evaluate safety features around the house. Includes slip-proof throw rugs, railing on stairways, helping with unused gas outlets, position of space heaters and cleanliness of gas heating elements

Clothing

1. Plan and conduct a fashion show for the public or organized group utilizing gently used clothing
2. Assist at the Fair with fiber-related, clothing-related contests
3. Displays/exhibits on clothing or fabric related topics
4. Collect/donate/distribute clothes for needy
5. Activity book for pediatricians waiting rooms that relate to self-help clothing for children – example:
6. snaps, zippers, large buttons, etc.
7. Mending for a shut-in, nursing homes
8. Exhibit or bulletins for backpacks to increase community awareness of dressing safety after dark at
9. Halloween
10. Have clothing drive for clothing for Goodwill, etc.
11. Sponsor a grooming clinic for special groups
12. Organize a grooming clinic for back to school
13. Set up question/answer service on clothing care at a laundromat
14. Have a garage sale of clothing and donate money to local charity
15. Present program on accessories, fashion, etc. to a community organization
16. Develop and promote ideas for recycling clothing; give program to community organizations
17. Involve older adults in teaching skills of needlework – Example: tatting, quilting, making lace, crocheting, etc.

Community Development

1. Roadside cleanup with the sale of aluminum for community projects
2. Workday to repair community facilities
3. Landscape and establish a procedure for continued maintenance to beautify public facilities
4. Restoration of community signs both public and private
5. Work with the city, county or state engineer for placement of trash barrels
6. Cooperate with public officials in locating and supplying picnic facilities (tables, benches, covered shelters, etc.)
7. Assist with seeding, sprigging, or landscaping public areas
8. Help provide and construct ornamental rock and stone areas on public property
9. Work with recreational leaders to provide out-of-school recreational activities at public facilities for younger youth
10. Work with a local librarian to provide a story hour for youth
11. Assist the local librarian by preparing displays (consider promoting 4-H projects)
12. Volunteer at church/school with conducting church/school activities
13. Visit with community shut-ins (using arts, crafts, baking, etc.)
14. Assist with cemetery cleanup and maintenance
15. Identify and maintain historical markers in cooperation with local historical society
16. Identify a place for and help erect a neighborhood flagpole

17. Facilitate or assist with voter registration
18. Assist as need, i.e. baby-sitting, transportation, etc. at election time
19. Build a conservation nature hike and/or bike trail
20. Participate in city council meetings and establish a youth council focused on youth issues
21. Distribute 4-H car litter bags emphasizing youth's responsibility in anti-litter campaign
22. Help construct and place signs saying "welcome" and any other message like "help keep our city clean"
23. Help plan and construct hike and bike lanes
24. Assist the county commissioners with tasks to carry out his/her responsibilities on repair and construction of county facilities such as roads, fairgrounds, parks, solid waste disposal areas, etc.
25. Seine a nearby stream to collect garbage and run lab tests on the water to find the pollution level. When the findings are reported to county officials, offer to help solve the problem if solutions are available
26. Prepare a booklet to distribute to community residents stating, "Things a citizen needs to know" such as: where to register to vote; location of certain community/county offices; community/county ordinances; list of civic and non-profit organizations, county Extension contact information, current 4-H clubs, etc.
27. Work with an historical society to prepare some histories of the local community
28. Check railroad for visibility and assist the highway department with erecting signs where needed

Consumer Life Skills

1. Give presentation on consumer life skills to student groups, civic organizations, etc.
2. Prepare posters or bag stuffers with time saving hints for supermarkets
3. Develop a list of credit institutions and distribute to new families in the community
4. Develop a "safe toy" checklist for shoppers to use when purchasing toys for children
5. Work with community leadership to organize community recycling center for aluminum, glass, paper, etc.
6. Organize an exhibit giving tips to help consumers to be better shoppers
7. Research a list of organizations that recycle unwanted products and distribute listing to community or publicize in newspaper

Dairy

1. Display of restored historic dairy equipment and machinery and importance to area
2. Working demonstrations of dairy processing with different kinds of equipment; for example: butter making, milk separation, butterfat testing
3. Demonstrations and distribute information/recipes for making homemade ice cream
4. Display a cow and calf in a prominent place during festivals and fairs
5. Arrange for a live milking demonstration at elementary schools or other public places
6. Conduct survey of community residents and/or elementary school students to determine the amount of milk consumed per person
7. Provide dietary information about the importance of dairy in the diet
8. Organize a milking contest
9. Visit a local supermarket and provide dairy information and recipes in the dairy section of the market
10. Plan a taste and compare display for ice cream, ice milk, soft ice cream, and sherbet; homogenized, skim, Visit a local supermarket and provide dairy information and recipes in the dairy section of the market

12. Plan a taste and compare display for ice cream, ice milk, soft ice cream, and sherbet; homogenized, skim, and buttermilk; cottage cheese; two kinds of soft cheese and two kinds of hard cheese
13. Make a collection of at least 10 international recipes using dairy products. Include the country of origin (consider fondue, yogurt and lasagna) and special customs, if any. Printed list of recipes could be distributed at public places
14. Prepare a list of interested dairies and milk-processing plants (including phone number, address and name of contact person) for elementary teachers to contact for tours.
15. Develop a display for public places tracing milk being processed from raw milk into many dairy products, using diagrams, from production at the farm through the processing plant, to retailer and consumer
16. Plan, prepare and organize workshop to train older youth for employment on dairy farms. A list of youth completing the training could be provided to local dairymen
17. Prepare a list of dairymen who have dairy calves for 4-H projects and provide to Extension agents and AST
18. Assist local dairymen with animal exhibits at local, county, or area shows
19. Help register entries at local, county, or area dairy shows

Electricity

1. Conduct a community or neighborhood electrical safety check, looking for hazards in the community and
2. in individual homes
3. Set up electrical energy conservation exhibits in public places
4. Teach people how to read electric meters and how to monitor electrical uses
5. Conduct a community energy survey to see where energy is wasted.

Emergency Preparedness

1. Prepare and distribute emergency telephone numbers.
2. Serve on emergency preparedness and disaster organizations.
3. Help with flood prevention and control activities.

Energy

1. Distribute home energy conservation information
2. Encourage families to conduct home energy audits
3. Conduct a tour of energy efficient homes
4. Assist the elderly with weatherization of homes.

Family Life

1. Organize a child development workshop in community
2. Volunteer to assist a professional conducting childhood immunization clinic
3. Provide safety search service for homes with young children and apply symbols to point out hazards
4. Conduct a used toy drive to accumulate toys for day care centers and local distribution
5. Conduct activity to develop a neighborhood playground
6. Conduct first aid workshop

7. Build playground equipment for parks or playgrounds
8. Conduct activity to repair day care and playground equipment
9. Conduct city search for broken streetlights
10. Short term "adoption" of friend or family who has lost home to fire or wind, etc.
11. Develop a "Mother's Day Out Program" to give mothers a day away from home by keeping children
12. Adopt a special friend program – work with handicapped child
13. Volunteer at a museum
14. Volunteer to ride the bus to help with young children
15. Sponsor a parent-teen seminar for the community
16. Sponsor an amateur arts and crafts show on neighborhood or community scale
17. Provide transportation service for senior citizens
18. Sponsor historical or heritage tour of area – old towns, ranches, etc.
19. Conduct a new mother errand service for mothers in hospital with new babies
20. Organize a community seminar for expectant parents in cooperation with county Extension service
21. Provide transportation home from hospital for new mothers when needed
22. Provide delivery of county Extension agent prepared packet of parenting information
23. Help county Extension agent assemble packet of parenting information
24. Deliver to medical center packets of pre-parenting material prepared by county Extension office
25. Develop and distribute emergency telephone stickers with phone numbers
26. Develop a pre-parenting workshop for older 4-H members
27. Transport children in need of rides to various functions (parental agreement needed)
28. Make friendly phone visits with older people or home bound people on a daily or weekly basis
29. Contact stores in your town that will agree to provide discounts to older adults with the special cards
30. Members choose special older adults for secret "pal" type of project
31. Adopt-a-grandparent – an individual can "adopt" an older person for developing a special friendship
32. Christmas Packages – making and delivering
33. Yardwork or housework
34. Read to a senior citizen
35. Volunteer to write letters for elderly
36. Run errands for elderly in the community
37. Decorations and favors for hospital/nursing facility meal trays, doors, building entrances, etc.
38. Organize carpools
39. Record church services for nursing home residents
40. Caroling and special holiday celebrations – parties (valentines, Easter, Halloween)
41. Birthday parties in nursing homes, hospitals, retirement centers
42. Organize craft centers in nursing homes
43. Serve popcorn at retirement home movies
44. Organize community ice cream socials

Food and Nutrition

1. Promotion of foods
 - » March is nutrition month
 - » June is dairy month
 - » August is sandwich month
 - » October is eggs month
2. Promote seasonal food-uses and handling of turkey at thanksgiving, picnic foods in summer, etc.
3. Do radio spots 20-30 seconds on foods, nutrition, buying tips, safe handling of food, etc.
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. Preset 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 educational displays
12. Provide a consumer answering service at a grocery store a few hours a week
13. Provide foods for needy families at Christmas or other times
14. Fruit baskets or other homemade goodies for shut-ins
15. Have a community event when some experienced cooks show their specialties and younger ones learn how to make items
16. Offer food editors copies of favorite recipes you have used
17. Sponsor a recipe contest – pumpkin in fall, dairy in June, etc.
18. Be involved in planning and running a concession stand
19. Work with school lunch program. Make posters for eating area
20. Survey a school classroom or organization on what they ate. Follow up with information, posters, displays on good eating habits.
21. Be involved in Farm-City (in November) activities. Help people understand the links between agricultural production and food consumption
22. Volunteer for the ENP-Y (Expanded Nutrition Program).
23. Host a taste test/comparison on different varieties of apples

Forestry

1. Put up a community Christmas tree for all to enjoy
2. Develop a nature trail or a park that people can go to study nature and ecology
3. Set up a club camping program to study forestry
4. Organize an observance of National 4-H Tree Farm Week (exhibits, displays, news articles, tours, etc.)
5. Present forestry programs to community, club and school groups on subjects such as forest production, uses of wood, forest recreation, etc.
6. Plant trees, shrubs, etc. in parks, public places, etc.
7. Identify and tag trees, etc., in public parks, etc.
8. Participate in local forest fire prevention campaign
9. Construct and erect "Keep Green" signs for roadside areas during the dry seasons
10. Conduct a public awareness campaign on how to plant a tree and how and when to prune trees
11. Promote the planting of trees, especially in observing Arbor Day.

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 homeowners
4. Work with police 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.
7. Sponsor a home paint up-fixup week
8. Sponsor fiber arts show in the spring
9. Host a community antique show
10. Conduct a tour of local housing alternatives
11. Write articles about historical homes in the community
12. Make wall hangings for community buildings
13. Refinish furniture for community rooms or centers

Horses

1. Develop a riding trail for public use
2. Conduct horsemanship clinic for horse owners in the community
3. Conduct horse safety programs for the community
4. Club project to repair local community rodeo and horse show grounds
5. Conduct a "fun day" to provide riding experiences for handicapped children at schools
6. Conduct horse farm inspections to locate and call attention to safety hazards
7. Organize a program to provide riding experiences for children with learning disabilities and challenges
8. Conduct a trailer inspection clinic to locate hazards in horse trailers
9. Conduct a safe driving clinic for people pulling horse trailers

Horticulture

1. Prepare fruit and/or vegetable baskets for needy families
2. Involve senior citizens in fruit and vegetable projects as resource persons and helpers
3. Prepare educational exhibits showing the importance of fruits and vegetables in the diet
4. Operate a fruit and vegetable stand and budget a certain percent of the profit for a worthy cause
5. Prepare timely news items and radio spots on fruits and vegetables
6. Promote vegetable and fruit production with handicapped children, low-income families, urban youth,
7. senior citizens and other groups
8. Initiate a yard-of-the-month campaign
9. Care for and help beautify grassed areas at street intersections and other sections of the community
10. Become involved in taking care of a cemetery
11. Provide and/or plant trees shrubs and flowers around schools, churches, community and county buildings and help landscape the grounds
12. Involve senior citizens in landscaping horticulture as resource persons and helpers
13. Coordinate a team of qualified 4-H members to do all phases of yard work for the neighborhood
14. Prepare exhibits showing well-landscaped homes, schools, office buildings, parks, etc. and place them in key locations at expositions of different types
14. Collaborate with other organizations in promoting beautification through landscaping

Leadership

1. Conduct parliamentary procedure workshop for community leaders
2. Teach club officers their responsibilities
3. Encourage people to register to vote
4. Host a “get to know your government day” with county, city, etc.
5. Inform people about the REAL ID Act and the requirement to have a gold star on the license/ID

Photography

1. Take pictures of 4-H projects, events, and activities for use in 4-H member record books, newspaper articles, exhibits, promotion and recognition
2. Document citizenship and community service activities from the initial stages of completion
3. Develop a photo presentation in cooperation with the county extension staff to give an overview of 4-H with emphasis on your county 4-H youth program. This presentation could be shown by agents, adult leaders and/or 4-Hers to the county 4-H groups, civic clubs, schools, church groups, other organizations and the general public
4. Provide photographic services to individuals and groups for special occasions
5. Prepare photo exhibits for different occasions during the year
6. Involve senior citizens as resource persons or helpers
7. Present programs in nursing homes and assisted living centers

Plant and Soil Sciences

1. Prepare packets of rice, wheat, soybeans, or oats and planting instructions for elementary students. Ask elementary teachers to conduct a rice, wheat, soybean or oat growing project in their classrooms
2. Prepare a display for public places showing the different types and locations of soils in the county
3. Prepare displays for public places showing “how to take soil samples for lawn, garden, pastures, etc.
4. Prepare posters for distributions throughout the community showing the “effects of plants on noise and air pollution.”
5. Prepare a list of interested grain elevators, dryers, milling companies, farms, result demonstrations and cotton gins (including phone number, address and name of contact person) for elementary teachers to contact for tour.
6. Develop a display for public places tracing cotton from the field to retailer or user of the product
7. Conduct experiments in public places to show “the effect of fertilization of plants”
8. Prepare a display showing the historical development of grinding or milling grain into flour
9. Plan a tasting booth in a public place for passers-by to sample products made from cottonseed.
10. Research the average annual county rainfall for a 100-year period. Publicize results in newspaper, radio, & TV.
11. Help farmers collect and submit soil test samples.
12. Assist farmers and agents in establishing and harvesting result demonstrations.
13. Arrange for outstanding farmer to be guest of honor or speaker at club meeting, school event or community meeting.
14. Help register and prepare farm produce for local fair exhibit.
15. Collect hay samples for county or area hay show.
16. Prepare a poster for public display showing a fertilizer bag, illustrating what the numbers on the bag represent and the importance of these nutrients in plant growth and development.
17. Collect several soil cores from the area, identify soil horizons and present a short history of soils in the area.

18. Prepare an exhibit showing different types of grain and how they are consumed. Example: short, medium and long grain rice. Display in public places.
19. Prepare display of weeds commonly found in a specific crop and display in public place.
20. Make an identification exhibit of various types of seeds. Example: cotton, grain sorghum, corn, etc.
21. Display showing processing of minerals (P1K) into chemical fertilizers.
22. Prepare a display of products made from soybeans.
23. Sponsor a community lawn and garden clinic.
24. Conduct a survey to determine how many people in your county are employed in agricultural service
25. industries – publicize results.
26. Prepare display of different types of fertilizers (dry) and label properly.
27. Prepare display of different types of sorghum – white, yellow, red, double yellow, etc.
28. Prepare a display of important diseases on a specific crop.
29. Prepare a display of sunflower production and uses.
30. Help neighbors identify weeds in their gardens in the community.
31. Research economic data for your community and show the importance of agriculture, by crops.
32. Research the importance of energy requirements necessary for agriculture production, crop production, fertilizer manufacturing, etc.
33. Show the role of agricultural producers in preserving our environment for future generations.

Public Speaking

1. Organize and conduct a public speaking contest. Topic could be one of local interest or concern, nationwide concern, etc.
2. Write 15, 20, 30 second radio spots to promote 4-H and its programs year around or 4-H project information
3. Sponsor and organize a career day
4. Volunteer at speech therapy clinic.
5. Volunteer as leader or assistant for deaf youth.
6. Sponsor political debates, question and answer sessions, or rap sessions.
7. Organize a list of speakers and program ideas for 4-H clubs.
8. Organize and develop a 4-H Speakers' Bureau for other organizations.
9. Sponsor purchase of portable podium for community building.
10. Sponsor purchase of public address systems for community building, retirement home, Extension office, etc.
11. Provide information about hearing loss and conduct a drive to provide hearing aids for needy.
12. Set up hearing test booths or clinics.
13. Teach others sign language.
14. Interview and tape record older people in the community about what life was like as they were growing
15. May coordinate with historical society or library.
16. Become involved with children's hour at library – reading stories, puppet show, storytelling.
17. Identify 4-H alumni in the county.

Rabbit Project

1. Provide displays of bunnies for special community activities, such as; pet fairs, etc.
2. Furnish rabbit barbecue for special community activities.
3. Provide rabbits and instruction on their proper care for day schools, kindergartens and other places where young children, intellectually challenged, or senior citizens are involved.
4. Promote compliance with city ordinances and regulations.
5. Supply rabbit manure for community garden, nursing home gardens, or gardens of elderly.
6. Provide earthworms for citizens to use for fishing.
7. Work with the humane society or the society for the prevention of cruelty to animals and provide information about proper shelter, feeding and care for animals.

Range Science

1. Develop a grass board (samples of grass species, identified and labeled). Place in bank, Extension office, other meeting places.
2. Display or posters on weed and brush control.
3. Collect plant specimens to be used in teaching other 4-H members.
4. Be involved in result demonstration, planning, keeping track of data, and writing reports and results.
5. Poisonous plant display could include other local plants.
6. Develop nature trail in a local park.
7. Be a leader of nature hikes at the park.
8. Illustration through talks, demonstrations, displays, etc. – results of more efficient livestock production through good range management.
9. Set up and sponsor a plant identification contest and range judging for the community. Could include youth and adults.
10. Publicize various range improvement practices by news release, radio, displays, etc.
11. Use of native plants for landscaping – Example: public building.

Recreation

1. Develop and mark a nature trail for community group use.
2. Cooperate in the development of bike paths in the community.
3. Construct a public boat ramp at community owned lake.
4. Construct public fishing pier at local waterside area.
5. Develop a clean, safe and attractive swimming area on local river or lake.
6. Sponsor hunter safety short course for local sportsmen.
7. Produce folk dance demonstrations to be given to various community groups, e.g., senior center, rest home, classes for retarded students and other interested groups.
8. Provide recreation instruction and leadership for community groups.
9. Sponsor a square dance teaching program.
10. Conduct a swimming instruction program for children.
11. Sponsor a community sports tournament according to appropriate season.
12. Sponsor a fishing tournament.
13. Sponsor a bike rodeo.
14. Sponsor an outdoor camping instruction program.
15. Hold a crafts and handwork exhibit and contest with a sale open to the public.
16. Sponsor a shooting sports tournament.

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 to coordinate and promote accident prevention and safety programs.
3. Organize block safety committees to promote home accident prevention topics.
4. Present accident prevention programs to community groups.
5. Serve on safety councils or committees.
6. Promote accident prevention with farm equipment – sponsor farm equipment accident prevention and maintenance clinic.
7. Promote accident prevention with livestock – prepare handout materials for producers, auction barns and livestock shows.
8. Promote bicycle accident prevention – conduct bicycle safety checks at elementary schools and conduct bicycle rodeo.
9. Inspect, repair or modify recreational facilities to reduce accident risks. Example: repair surfaces under play equipment to prevent injuries from falls, install light, etc.
10. Promote fire prevention activities – conduct home fire prevention and survival clinics, sell fire extinguishers, provide smoke detectors, etc.
11. Promote various accident prevention topics through exhibits at super-markets, doctors' offices, schools, church buildings, drug stores, etc.
12. Promote tractor accident prevention through displays at local implement dealers, tractor rodeos, tractor safety inspection programs, sales of replacement slow-moving vehicle signs.
13. Promote public awareness and use of local safety inspection services of fire departments, utility companies, etc.
14. Cooperate with a local builder or home building association to sponsor an open house of a model home featuring many built-in features. Point out these features and others by display cards, handouts, signs, or a guide. Publicize in local papers and media.
15. Distribute literature on home fire drills.
16. Arrange for public meeting where a building inspection, electrical inspector and a fire inspector can discuss building, electrical and fire codes as they relate to accident prevention.
17. Arrange for an exhibit at local drug stores and supermarkets on home poison prevention including proper use and storage of hazardous products.
18. Volunteer for service to older or disabled community member related to accident prevention around the home – assist in inspection, cleanup, modifications, etc.
19. Promote the necessity for having a place for medicine and all bottles with harmful contents to be out of reach of small children.
20. Research and present hazards and health concerns of vaping.
21. Organize ATV safety program

Sheep and Goat Project

1. Help build, maintain and/or clean the county livestock show buildings and pens.
2. Provide sheep and goats for petting and teaching pre-school and grade school children about sheep and goat production.
3. Invite urban youth to help take care of sheep and goats and inform them about sheep and goat production, promotion of grading, and marketing of sheep, goats, wool and mohair, selection of sheep and goats, feeding, preparation for show, showing, etc.
4. Make the general public aware that dogs cause loss of sheep and goats and that pets should be controlled.
5. Make the general public aware of predator control (coyotes, bobcats, foxes, eagles, etc.) is essential for profitable sheep and goat production.
6. Prepare educational exhibit on different aspects of sheep and goat production, marketing, nutritional
7. value of sheep and goat meat, etc.

Small Engines

1. Lawnmower safety inspection clinic.
2. Boat motor safety inspection clinic.
3. Safety clinic for youth who will be involved in lawnmowing, edging, etc.

STEM - Automotive Care and Safety

1. Automotive preventive maintenance and safety inspections
2. Conduct safety rodeo
3. Organize automotive safety week
4. Traffic hazards inspection (need for signs, new signs, right of way visibility)
5. Provide flight demonstrations for handicapped youth

Swine

1. Develop exhibit at county or regional fair with animal representatives of each breed.
2. Develop exhibit at county or regional fair empathizing baby pig care, the swine production marketing process or other similar topic.
3. Conduct telephone survey of community to determine educational program needed by swine producers.
4. Provide programs for civic groups on the swine enterprise in the county.
5. Visit local supermarket and count number of different pork products in meat counter and on shelf (pickled pigs' feet, fried pork rinds, etc.). Provide recipes and nutrition information for various products.
6. Plan a taste display for some specialty cut or cuts of pork at a local supermarket.
7. Develop a list of recipes featuring pork or pork products. Pass these out a display in a supermarket or a county or community fair.
8. Plan, prepare and organize a workshop to train youth and/or adults for employment in a swine operation.
9. Organize tour to swine operation for urban youth.
10. Prepare a list of interested pork producers whom elementary schoolteachers could contact for a
11. farrowing house and/or nursery tour.
12. Serve as a guide for a swine operation tour by elementary school children and/or group of urban young people.

13. Place animals in petting exhibit or children's barnyard at local fair or show.
14. Provide refreshment and concession stand services at show pig sales or local breeding sales.
15. Assist with the recognition of buyers of swine at the county or community livestock show auction.
16. Assist local producer with swine exhibits at local, county, or area shows.
17. Help register buyers at local pig sales.
18. Help register entries at local, county, or area swine shows.
19. Help set up swine pens for county or community livestock show.
20. Help clean up the swine barn following a county or community show.
21. Prepare a list of swine producers who have breeding swine and show barrows for 4-H/youth projects.

Vet Science

1. Sponsor a pet vaccination clinic (rabies, etc.) in cooperation with city health department or animal health division
2. Organize a pet sitting service for owners of animals who are away from home.
3. Conduct a community pet wash and grooming project.
4. Conduct educational programs on preventing stray animals.
5. Conduct a pet health care clinic.
6. Set up program with animal shelter to encourage "pet adoption".
7. Conduct horse immunization clinic for community each spring.
8. Conduct an educational program on prevention and treatment of internal parasites in horses and pets.

Wildlife and Fishing

1. Plan, organize and coordinate a hunter safety program.
2. Plan, organize and coordinate a fish (fresh water/tropical) show and clinic.
3. Develop a list of public fishing and hunting facilities (public and private boat launching ramps) in the county and display in sporting goods shops, marinas, boat dealerships, etc.
4. Promote water safety – prepare display for local boat dealership and marina. Display can be either for farm ponds or lakes or the gulf.
5. Promote adequate first-aid supplies and equipment for boats and for hunting trips – develop a first-aid checklist for equipment and supplies.
6. Prepare a list of retail live bait dealers for fishermen. Display list at sporting goods shops, motels, restaurants, gasoline stations, etc.
7. Prepare a list of commercial deer processors for hunters. Display list at sporting goods shops, motels, restaurants, gasoline stations, etc.
8. Present programs to community groups on fishing identification, bird identification, mammal identification, and amphibian identification. Show poisonous and non-poisonous snakes common to the county. First-aid for snake bites might be included.
9. Plan and prepare a display for pet stores outlining the housing, space and food supply needed for particular species of reptiles and amphibians.
10. Plan, prepare and organize an informal clinic for beginner hunters on "field dressing a deer" and for fishermen on cleaning, dressing, and preserving fish.
11. Prepare a list of recipes using wild game meats, fish or shellfish, and distribute.
12. Organize a team of older 4-H members to eradicate domestic rodents and remove other wildlife species from pest situations. Example: moles, skunks, etc.

13. Plan and prepare a rifle range for hunters to “sight-in” their deer rifles.
14. Build a fishing pier.
15. Prepare a county map of public waterways.
16. Clean up a local public beach area and provide litter containers in green and white.

Wood Science

1. Make wooden toys to give children’s homes, doctors’ offices, etc.
2. Make doll houses with miniature furniture to give away.
3. Build staging or props for plays, pageants, opera, at church, school, community theater groups.
4. Assist with remodeling of a community buildings.
5. Remodel or build podiums for church or a community building.
6. Build bird houses or feeders for putting out around the community.
7. Build plant containers to help beautify downtown or the entrance of lobby of a building.
8. Have displays showing different woods, finishes and the results.
9. Make benches for downtown, park, fair grounds, etc.
10. Cooperate with garden club or other civic group in a beautification project.
11. Make or repair toys for needy families at Christmas.
12. Create public awareness of the growing of trees and the end use of forestry product.
13. Provide demonstration for people about use of tools, etc. and answer questions on how to make things of wood, finishes of wood, refinishing, etc.
14. Make signs to identify historic homes, directions to historic landmarks, etc.
15. Make gravel for presidents of organizations.
16. Make signs for nature trail or points of interest in a park.
17. Cut firewood from fallen trees and provide to the community.
18. Build display tables, shelves, etc. for a project show or fair grounds building.
19. Build dog houses.
20. Make toy boxes and bookshelves for nursery schools.

Ideas given by 19-20 Texas 4-H Council Members

- Food Drive
- School Supply Drive
- Book Drive
- Coat/glove/scarf Drive
- Blood Drive
- Project Linus
- Hygiene Drive for homeless
- Backpack Drive
- Trash Pick Up
- City Park clean up
- Fire Hydrant painting
- Ronald McDonald Coke tab collection
- Helping elderly with chores
- Fire extinguisher drive
- Smoke detector drive
- Install smoke alarms
- Survey community to find out if they have smoke alarms
- Fan drive
- Shoe drive
- Landscape project
- First responders appreciation
- Stuffed animal drive for kids at hospitals
- Rabies clinic
- Livestock show for special needs people
- Charity walk or run
- Volunteer at a local nonprofit
- Clothing drive
- Back the Blue initiative
- Blue jeans Go Green (converts denim to insulation)
- Meals on Wheels
- Habitat for Humanity
- Build bird houses to give away
- Brooke's Blossoms
- Pillows for dialysis patients
- No sew blankets for military/veterans/homeless/seniors
- Plant trees/flowers/etc around your community
- Write and send letters/care packages to soldiers and vets
- Adopt a highway and clean it regularly
- Host reading sessions at the library
- Work with children on art project
- Take flowers to local nursing care facilities
- Cook a meal with a senior neighbor

- Decorate doors at a nursing home for the holidays
- Deliver groceries for elderly
- Host regular game night at nursing home
- Rake leaves/yard work for senior neighbors
- Organize a community garden
- Socks for nursing home residents
- Volunteer at a senior resident home
- Volunteer at animal shelter
- Collect pet food and supplies for shelters
- Collect/donate grocery coupons for local food bank
- Create care packages for people less fortunate
- Host a meal for needy
- Create portable first aid kits
- Volunteer at local homeless kitchen
- Homeless sleeping mats from plastic bags
- Create busy aprons for vets
- Paint barrels at the local rodeo arena
- Repair work for neighbors
- Host nutrition classes
- Clean up ponds/rivers/lakes and shorelines/banks
- Birthday in a box for shelters (decorations, cake mix, icing, party hats, balloons, confetti, etc.)
- Paint park benches
- Repair equipment in local park
- Mow lawns for free
- Bake bread for soup kitchens
- New mom care packages
- Make "go bags" for foster children
- Collect children's books for hospitals
- Diapers for church nursery
- Board game drive for senior resident homes
- Cookies for local businesses/school lounge
- Volunteer at school
- Read at the library
- Lap blankets for nursing home residents
- Pillowcases for Ryan's Case for Smiles
- Hand crocheted scarves for women's shelter
- Decorate bookmarks with kids at the local library
- Just because cards for seniors
- EMS/Fire Department/Police care packages
- Talent show at local nursing home
- Volunteer at a recycling center
- Paint (with permission) a mural in the community
- Dental supplies for community
- Organize a nature walk for kids

- Recognition event for community veterans
- Collect aluminum cans and donate earnings to charity
- Art supplies for children in shelters
- Hold a dance for residents at nursing home
- Adopt a grandparent for a day
- Big brother/sister for a day
- Help clean and organize at the Extension office
- Collect baby clothes for new families
- Cosmetics and/or perfume to battered women's shelter
- Magazines to hospitals
- Collect/donate unused eyeglasses
- Crayons/markers and activity books for children at hospital
- Collect pencils for schools
- Cemetery cleanup
- Distracted driving awareness campaign
- Prom dress giveaway (collect and distribute)
- Provide quarters/detergent at the local laundry mat
- Teach computer skills to seniors
- Donate an animal to family in developing country
- Work with community officials and establish recycling program
- Placemats for Meals on Wheels program
- Support Solehope.org (jeans into shoes)
- Collect/fill/donate backpacks
- Dog walking service for elderly
- Organize a health fair
- Host an interview training for community
- Organize a self-defense class
- Collect/donate DVDs to library/hospitals
- Create a butterfly garden
- Care packages for cancer patients
- Paint over graffiti in community

Questions?
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