

Project Ideas

Help for the Hungry/Homeless

1. Help cook and/or serve a meal at a homeless shelter
2. Gather clothing from your neighbors and donate it to a local shelter
3. Make "I Care" kits with combs, toothbrushes, shampoo, etc. for homeless people
4. Help with repairs at a local homeless shelter
5. Make a care package with mittens, socks, t-shirts, long underwear, etc. for a child at a homeless shelter
6. If your community doesn't have a food bank, work with local officials to start one
7. Pack and hand out food at a food shelf
8. Organize a neighborhood group to plant, tend and harvest a vegetable garden
9. Donate the produce to a food shelf

Senior Citizens

1. Adopt a "grandfriend"
2. Visit a nursing home
3. Rake leaves, shovel snow, clean gutters, or wash windows for a senior citizens
4. Pick up medicine for an elderly person
5. Write your "grandfriend" a letter, or write letters for an elderly person
6. Go for a walk with a senior citizen in your community
7. Hold an afternoon dance for your local nursing home
8. Teach them your dances and ask them to teach you theirs
9. Deliver meals to homebound individuals
10. Offer to pick up groceries with/for a senior citizen
11. Help senior citizens in your neighborhood obtain and install locks or smoke alarms
12. Teach a senior friend how to use a computer or the Internet
13. Get a group together to sing or present a play at a nursing home

School Activities

1. Organize class recycling education and action
2. Organize and invite local police officers to present a drug

- awareness or bike safety assembly
3. Form volunteer teams for a campus safety escort service
 4. Tutor a student that needs help with your best subject like math, science or English
 5. Organize a canned goods drive in conjunction with a school activity (like the dance or spirit day) and donate the goods to a food shelf

Neighborhood Enhancement

1. Help neighbors paint and repair their homes
2. Clean up a vacant lot
3. Organize a campaign to raise money to purchase and install new playground equipment in an area park
4. Campaign for additional lighting along poorly lighted streets
5. Paint a mural or clean up in a local park
6. Plant flowers in public areas that could use some color

For Those with Special Needs

1. Volunteer to help at a Special Olympics event
2. Set up a buddy system for kids with special needs at your school
3. Raise money for Braille or large print books for the visually impaired
4. Volunteer at an agency that works with emotionally disturbed children
5. Read books or the newspaper on tape for visually impaired people
6. Bring toys to children in the cancer ward of the a hospital

Politics and Government

1. Contact your local League of Women Voters or voter registration office
2. Ask what you can do to help people register to vote
3. Identify a local issue you are concerned about and contact someone in local government with your ideas on what to do about it
4. Organize a public issues forum for your neighborhood
5. Volunteer at a poling booth the day of an election
6. Offer to pass out election materials

The Environment

1. Plant a garden or tree where the whole neighborhood can enjoy it
2. Set up a recycling system for your home and participate in your neighborhood curbside recycling pick-up
3. Organize a carpooling campaign in your neighborhood to cut down on air pollution
4. Clean up trash along a river or in a park
5. Create a habitat for wildlife
6. Create a campaign to encourage biking and walking
7. Test the health of the water in your local lakes, rivers, or streams