



State Community Service Project

Michigan FCCLA is challenging you to become Fit to Fly this year with our State Community Service Project- it's **Out of This**

World! We're encouraging our members to choose a project in your school or community to promote healthy lifestyles.

This year the Michigan FCCLA State Community Service project is based around Michigan and its communities becoming healthier. A list of example activities that would promote a healthier community is below. In order to receive a Bronze award the chapter must complete one activity, complete two activities for a Silver award, and three for the Gold award. Feel free to do something that's not on the list - be creative!

Project Ideas

- Participate in the "Fuel Up to Play" program available at schoolwellnesskit.org.
- Hold a community wide 5K race to promote exercise.
- Using pedometers, hold a contest to see who walks the most in a day.
- Promote healthy lunch food items throughout your school and community.
- Write a letter to the editor in your local newspaper promoting what your school is doing to become healthier.
- Hold a seminar on exercise compulsive disorder to show how to create a healthy balance.
- Submit an application for the National Program, Student Body.
- Make a radio or video public service announcement about healthy lifestyles which could also be shown at the Michigan FCCLA State Leadership Conference.
- Write letters to your school board requesting healthier food choices at lunch.
- Hold a low-fat bake sale.
- Hold a community-wide truck pulling contest.
- Have an Ultimate Frisbee tournament.
- Create a brochure about becoming healthier and pass it around the community.
- Hold a school-wide (or even just your class) field day with athletic activities.
- Hold a fundraiser for Feed The Children to help those who are malnourished.
- Hold a picnic with only healthy foods.
- Hold a 24 Hour Relay to show that if you can walk for 24 hours, then you can be drug free for a day, a month, a lifetime.
- Hold a 24 Hour Dance Relay.
- Enroll your chapter in a stress management class.
- Get the community involved in an event that involves walking to an area and socializing instead of driving to the movies or to a restaurant, showing that walking as an exercise is fun.
- Inform the community about the consequences of obesity.
- Hold a day where everybody walks or bikes to school .
- Create a cheat jar - every time you do something unhealthy put a quarter into a jar. At the end of the semester, donate all the money to the Children's Miracle Network as part of the National Outreach Project.
- Have at least 5% of your chapter go onto mypyramid.gov and create their own personalized food pyramid, then actually use the pyramid that was developed.
- Hold an assembly to talk to younger kids about eating healthy.
- Keep a food diary and compare it to the national list of expected food intake.
- Hold a community-wide pig chase.