

# NEED HEALTHY PROJECT IDEAS?

## HEALTHY EATING

- Identify healthy alternatives for vending machines.
- Create a healthy food logo and rating system for restaurants.
- Develop a strategy to increase locally grown foods at your school, place of work, or store.
- Create a value-added product using locally-produced food.
- Create a healthy food recipe book for Parent-Teacher-Student Associations.
- Identify healthy food vendors and create new menu at the student store.
- Host outdoor dance parties with healthy food.
- Work with hospitals to create healthy menu for patients and care providers.
- Develop a healthy foods cooking class.
- Host a healthy foods dinner before school plays using local foods.
- Build a clay oven and host healthy eating events.

**Use the 7-5-2-1-0 test**  
Construct your project idea to promote one or more of these behaviors:

**7**

Breakfast Every Day of the Week

**5**

Servings of Fruits & Vegetables Daily

**2**

Hours or Less Screen Time Daily

**1**

Hour Physical Activity Daily

**0**

Sugary Drinks on Most Days



**Sunday October 28, 2012**

<https://www.facebook.com/AchieveSocialGood>

## ACTIVE LIVING

- Schools and workplaces provide for or sponsor 60 minutes of physical activity every day.
- Develop curricula that incorporate physical activity into classroom lesson plans.
- Expand TRACK STAR walking/running clubs into all schools or at your work place.
- Create a menu of ideas for holding a meeting that incorporates physical activity.
- Create a walking or running club.
- Create a “walk and roll” competition across schools and plan a celebration
- Develop a fun physical activity at a local Y or Boys and Girl Club.
- Create a (big) team to run/walk/bike an awesome distance (around the moon). Use it as a fund-raiser for a social good cause.
- Create a videotape of the social good weekend projects from start to finish.
- Create a BMI testing program at community events.
- Create an application to turn-off the computer after 2 hours of use.