Volunteers Make a Difference

**National Volunteer Week** was created in 1974 when President Richard Nixon signed an executive order to establish a week in April that was an annual celebration of volunteering. Every year since that time, each U.S. president, along with many governors, mayors and other elected officials, has signed a proclamation promoting National Volunteer Week.

This month your club can participate in National Volunteer Week by choosing a volunteer project in your community. Your club should try to do your volunteer project during the month of April if you cannot participate during the National Volunteer Week. Below are some ideas for ways that you and your club can volunteer in your community. You can use this list to generate ideas, but do not feel limited by the suggestions.

- Volunteer to help at an animal shelter
- Organize a fun race for charity
- Collect coats or clothes for kids
- Tutor younger children in reading, math, or spelling
- Have a bake sale for charity
- Make cards or visit children at a local hospital
- Collect grocery coupons for local food pantries to pass out to their customers.
- Visit a local nursing home
- Pick up trash at a local park
- Read books to younger children at a local library

You may even find that some of the volunteer activities listed and other possible activities also provide you with physical activity. Remember to record the time you spend being active while you volunteer in your April physical activity calendar. You are still targeting 60 minutes of physical activity each day.

This is also a great time of the year to thank the 4-H leaders and volunteers that help your club. Send them a thank you card, bake them a healthy treat, or invite them to join your club in your chosen volunteer project.

Source: [www.pointsoflight.org](http://www.pointsoflight.org); [www.wethreekids.com](http://www.wethreekids.com)