

Volunteer Project Guide

This guide provides a list of projects with step-by-step instructions that can help volunteers complete these projects. Level 1 projects are to be completed when the volunteer is paired with an ambassador at all times. Level 2 projects are for higher level volunteers who are able to work independently. Beneath each project are system maps that show how these small projects can have large impacts on the community.

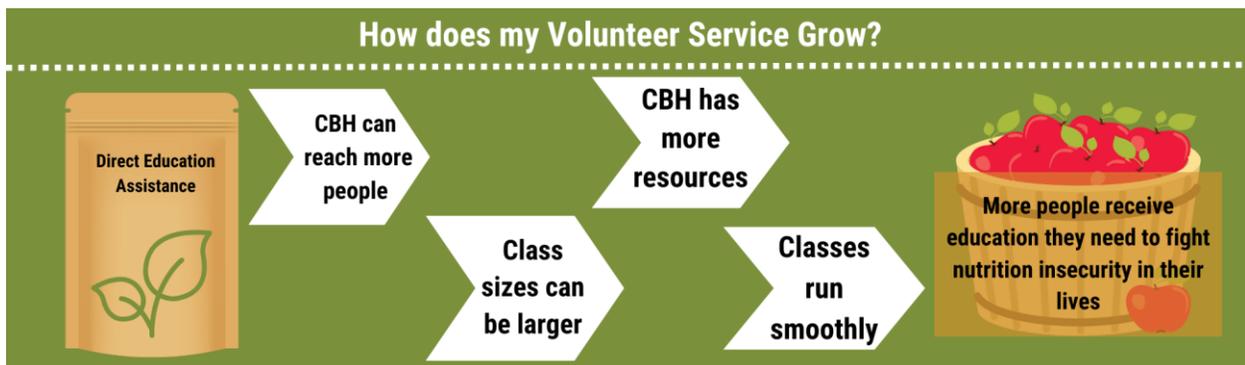
Level 1 Volunteers (Paired with Ambassador/Supervisor)

Project 1

Assist with teaching – Direct education is a main part of the Create Better Health program. Classes are taught to participants and behavior changes are measured through surveys given at each class. It could be helpful to have a teaching volunteer assistant present to help with passing out surveys, preparing the food demonstration, and answering questions.

Steps:

1. Observe or attend a Create Better Health class to get a feel for how the classes run and how you can be involved in the teaching.
2. Work with a Create Better Health ambassador to decide how to best support during direct education. This could be putting together a grocery list for food demonstrations and performing the food demonstration during a class, printing handouts, and room setup for a class.
3. After assisting with classes until you feel confident, you may be able to teach a class on your own. This could be a part of a series, or a one-time class with a partner to increase engagement and awareness in the Create Better Health program.
4. After teaching, fill out the activity survey, and attach electronic copies of all surveys collected.



Project 2

Assist with Healthy Pantry set up and monitoring – Create Better Health works with food pantries to encourage visitors to choose healthier items from the pantry. This is done with posting signage, providing recipes and labeling healthier options. It can be helpful to have an extra pair of hands when posting signage and visiting pantries.

Steps:

1. Read the Healthy Pantries toolkit (Linked below) to get an idea of what foods fit the Create Better Health Criteria for healthy choices and how that is displayed in pantries.
https://extension.usu.edu/fscreate/files/2020-22-staff/Thumbs_Up_Toolkit_Food_Pantries.pdf
2. Work with a Create Better Health ambassador to determine what supplies/materials/promotion tools are needed to bring to the pantry.
3. Help the ambassador perform a NEFPAT assessment on the pantry when you first arrive.
4. Go to the pantry and set up the healthy pantry by labeling which foods are healthy choices and provide recipes using those foods to the pantry. After the initial visit, the pantry will need to be visited frequently to update signage and/or deliver recipes based on what is in stock at the pantry. This can be done with an ambassador or independently as the volunteer becomes more familiar.



Level 2 Volunteers: Block projects

This document contains possible projects that volunteers can assist with for Create Better Health. In addition to each project completed, remember to report the impacts and work done on the appropriate survey. Work with a Create Better Health ambassador to ensure that you have the time and resources to complete the projects you select.

Possible Volunteer Projects:

Project 1

Healthy Food Drive – A healthy food drive is a way to hold a food drive and collect donations for a local food pantry or organization and help to ensure that pantries have healthy foods available. Please refer to the toolkit for healthy pantries (linked below) in order to understand how the healthy pantries program works.

https://extension.usu.edu/fscreate/files/2020-22-staff/Thumbs_Up_Toolkit_Food_Pantries.pdf

Steps:

1. Work with a Create Better Health ambassador to set up a healthy food drive with existing partners. You will need a place to collect food (a school, the park, an event) and a place to donate food (a shelter, food bank, or somewhere else where eligible participants are).
2. Advertise for the event. Print fliers and create social media posts using the templates provided on the staff website. Emphasize the goal of donating healthy, nutritious foods to the food drive when advertising, however remember to emphasize that all foods are accepted and appreciated.
<https://extension.usu.edu/fscreate/healthy-food-drive-materials>
3. Work with the site of the food drive to arrange a donation box, and at the end of the day or each day if the food drive covers multiple days, bring the food back to the food bank or other place who has agreed to accept donations. Make sure to weigh food with a scale either at the donation site or on your own so that it can be reported.
4. Fill out the survey explaining in detail your work with the food drive, and the amount of food donated.



Project 2

Share Produce with your Neighbor – The share produce program is designed to take extra produce that has been grown at community gardens and take it to be distributed at local food pantries or other food distribution sites. Refer to the PSE section of the toolkit below for more information about available materials.

<https://extension.usu.edu/fscreate/files/2023-25-staff/Farmers-Market-Toolkit.pdf>

Steps:

1. Work with a Create Better Health ambassador to set up a share produce with your neighbor box. The box is most typically placed at a community garden where the ambassador is teaching. The ambassador will guide the volunteer on which pantry or other food distribution site to take the produce.
2. Set up a routine time, weekly, three times per week etc. To pick up the box and deliver the produce to a donation site that was determined with the ambassador.
3. Ensure that all produce is weighed before donation.
4. Fill out the activity survey explaining in detail and reporting the weight of the produce that was collected at the garden site.



Project 3

Buy Produce for Your Neighbor – This program is very similar to the share produce with your neighbor program, but instead of a collection site at a community garden the produce is collected at a farmer’s market or grocery store and delivered to a food pantry. Please refer to the PSE section of the toolkit linked below for more information on available materials.

<https://extension.usu.edu/fscreate/files/2023-25-staff/Farmers-Market-Toolkit.pdf>

Steps:

1. Work with a Create Better Health ambassador to set up a buy produce for your neighbor program at a local store or Farmer’s Market. You may also work with a

program/partnership that has been ongoing. At the store or market, you will have a sign posted explaining the program, that people can buy extra fruits or vegetables and donate them after they finish their shopping.

2. You will be near the donation box to promote the program, interact with people, and possibly advertise future Create Better Health classes that those who are SNAP-eligible can attend.
3. When the Farmer's market or event at the store is over, you will weigh the produce collected and take it to the food pantry or food collection site.
4. Fill out the activity survey explaining in detail who you worked with and reporting the weight of the produce that was donated.



Project 4

Flyer Distribution – Advertising for events is an important part of getting Create Better Health Programming to the correct audiences. We distribute advertisements to places where participants in our program may eat, shop, work, or play. Flyers can advertise upcoming classes or events, spread awareness about online resources, or other ways to connect people with the program.

Steps:

1. Work with a Create Better Health ambassador to determine what upcoming events or promotions need advertisement.
2. Print fliers for upcoming classes, as well as any brochures or informational cards that need to be distributed.
3. Research places that participants of Create Better Health may visit for play, work, eating, or shopping. Distribute flyers or other physical information to these places, as well as partners such as food banks, DWS offices, WIC offices.
4. Fill out the activity survey explaining in detail where you worked and distributed flyers and advertisements.



Project 5

Farmer's Market booth - Booths and events are not a major program area in Create Better Health, but they fall under the category of 'indirect education'. Indirect education involves giving a quick education to potential participants in our program, such as a recipe or budgeting tip, and then directing them to an upcoming Create Better Health class or event.

1. Work with a Create Better Health ambassador to get information and plan to host a booth at a Farmer's Market or event. Ensure that the Farmer's Market is one that accepts EBT/SNAP benefits.
2. Gather supplies and set up the booth at the event.
3. Attend a booth at a Farmer's market, health fair, or resource convention and distribute information about the Create Better Health program. Ensure that anyone who visits the booth has information about upcoming Create Better Health classes or events and is directed to our websites or social media. The goal of the Farmer's Market booth program is to ensure that increase the SNAP eligible population consumption of fruits and vegetables and improve nutrition knowledge, as well as recruit for CBH events and classes.
4. Help to distribute food samples and recipes if the booth is serving samples.
5. A farmer's market is a great place to also set up a buy produce for your neighbor station (See project 3)
5. Help with booth take-down and clean up after the event.
6. Fill out the activity survey explaining in detail where you worked and distributed indirect education.

How does my Volunteer Service Grow?



Create Better
Health can
participate in
more events

More
organizations are
familiar with
Create Better
Health

Friendly
volunteers draw
interest to the
program

Create Better
Health can form
partnerships with
the community

