



## PROJECT IDEAS DIABETES

### LEARN

- Work with a healthcare professional to organize an educational talk about diabetes, pre-diabetes, prevention and management at your club or district meeting.
- Facilitate a discussion about diabetes to encourage club members to share their personal connections to the disease.
- Visit/explore the website of your national diabetes association and other organizations to learn more about diabetes.
- Share a low glycemic index snack at your club meeting and ask a nutritionist or diabetes educator to teach club members and their families about interpreting food labels.
- Sign-up for MyLION and learn how Lions and Leos are getting involved in diabetes service.
- Download an app that educates and encourages healthy lifestyle choices. Invite club members to participate in a healthy lifestyles related challenge.

### ACT // BEGINNER

- Donate a diabetes magazine subscription or diabetes-related books to your local library.
- Invite a role model with diabetes to a local school to talk about healthy lifestyle choices.
- Sponsor a child to attend a diabetes camp and/or supply a camp with needed supplies.
- Post monthly notices on your club or district website and social media accounts, sharing available community resources for people with or at risk of diabetes.
- Write about healthy lifestyle choices in your community or school newspaper.
- Organize a Strides: Lions for Diabetes Awareness event in your community.
- Develop a list of patient resources and services and distribute them to Lions and the public.

### ACT // INTERMEDIATE

- Partner with healthcare professionals to organize a screening for diabetes, diabetic retinopathy and diabetic foot.
- Promote diabetes prevention through social media campaigns or radio announcements.
- Volunteer for a day at a diabetes camp. Visit [www.diabetescamps.org](http://www.diabetescamps.org) to find a camp near you.
- Sponsor a healthy cooking demonstration for people with diabetes and pre-diabetes.
- **Organize a weekly walking club at your place of work and share a healthy snack afterwards.**
- Bring fresh fruits or vegetables to an elementary school classroom to encourage children to try a variety of healthy foods.
- Collaborate with a healthcare professional to organize a physical activity and promote exercise.
- Donate needed exercise equipment to a community center or school.

### ACT // ADVANCED

- **Organize a community support group for people diagnosed with diabetes and their families.**
- Work with a healthcare professional to organize a mentorship program, pairing a younger person with diabetes with an older mentor.
- Organize a school or community vegetable garden to encourage healthy eating.
- Establish a fitness room or ongoing fitness classes at a community center or school.
- Sponsor a training program for community healthcare workers to learn about screening, community support programs and prevention of diabetes complications.





## PROJECT IDEAS HUNGER

### LEARN

- Invite a community health professional to visit your club and educate members on the prevalence and impact of hunger in your community.

### ACT // BEGINNER

- Support your local food bank by donating time, equipment or food.
- Create a resource list of hunger related volunteer opportunities in your region to share with other clubs in your district.
- Use social media to raise awareness about childhood hunger in your community and to inspire others to become involved.
- Host a healthy eating event at your school, community center or place of worship. Invite a nutritionist as a keynote speaker.
- Deliver nutritious, prepared meals to elderly, disabled or ill community members.
- **Serve meals at a soup kitchen or homeless shelter.**
- Donate to organizations that provide micro-nutrient powders to malnourished children.
- Bring a variety of fruits and vegetables to an elementary school class. Explain to the students where the food comes from and encourage them to taste different types of produce.

### ACT // INTERMEDIATE

- Volunteer with a “gleaning group” to harvest unpicked fruits and vegetables at farms and orchards.
- Host a grocery store or market tour where a nutritionist gives participants tips on choosing healthy and nutritious groceries.
- **Collaborate with a food bank to organize a community food drive, focusing on collecting items most needed in your area.**
- Write a cookbook of inexpensive, healthy, easy-to-make recipes.
- Work with your local school to provide weekend take-home bags of nutritious snacks for children in need.
- Sponsor a cooking class for youth to learn basic cooking skills for healthy living.
- Create an online resource on planning and portioning meals to reduce household food waste.

### ACT // ADVANCED

- Conduct an assessment of food access in your community. Advocate to local government leaders for additional or improved options in areas of need.
- Support pregnant women and new mothers by ensuring there are comfortable, safe and clean areas for them to nurse in the community.
- Use your professional networks to connect food banks to food industry leaders interested in food recovery.
- Develop a program to provide underserved students with food during holiday times when school is not in session.
- Establish a community or school vegetable garden for residents in a food-insecure neighborhood.
- Establish a weekly produce stand in a food desert.
- Create a volunteer transportation program to help individuals and families get to and from grocery stores, food banks and soup kitchens.
- Develop an animal husbandry program where a few families receive a small stock of animals. A portion of the animals’ offspring will be given to neighboring families for sustainable growth of the program.





## PROJECT IDEAS VISION



### LEARN

- Invite an eye professional to your club to educate Lions and Leos on common eye diseases that may cause blindness if left untreated.
- Access the “Lions Eye Health Program” to educate yourself and your club about blindness prevention.
- Invite a person who is blind or has low vision to talk about technology that aids in mobility or navigation and activities of daily living.
- Complete the free online “Blindness Basics Course” at Hadley School for the Blind to better understand blindness.
- Serve a meal at your club and invite members to eat while blindfolded to raise awareness and build empathy.

### ACT // BEGINNER

- Collect used eyeglasses and send them to the nearest Lions Eyeglass Recycling Center.
- **Organize a braille, large print and audio book collection to benefit a local school, library or senior center.**
- Volunteer to create audio recordings of books and periodicals for people who are blind.

### ACT // INTERMEDIATE

- **Work with local eye care professionals to provide a wide variety of community screenings including early childhood, school and all age’s vision screenings.**
- Utilizing the Lions Eye Health Program materials, host a public event to promote healthy vision and increase awareness of common eye diseases that can cause vision loss.
- Sponsor a World Sight Day event.
- Sponsor visually impaired students through camps, contests or other activities.
- Create a community arts program for children and adults who are visually impaired.
- Collaborate with an eye bank to promote the importance of corneal donations.
- Develop a directory of community resources and services available for people who are blind or have low vision.
- Volunteer at a recreational camp, rehabilitation or vocational training center for children or adults who are blind or visually impaired.
- Organize an inclusive sporting event for children with and without visual impairment.
- Host a fundraiser to purchase and donate white canes to people who are blind or visually impaired in your community.

### ACT // ADVANCED

- Work with local employers to develop an employee vision screening program.
- Develop a coupon or voucher program with local optical shops for underserved populations to receive corrective eye wear at a reduced cost or for free.
- Design a transportation program for school children, working adults and seniors who are blind or have low vision.
- Host a “Beep Baseball” game or tournament.
- Support a guide dog training program through fundraising or voluntary labor.
- Develop an assistive technology library so people who have vision impairment can access resources as their needs change.
- Create a sensory garden with plants, water features, and sculptures that engage the senses of touch, smell, hearing and taste. Provide braille or audio recordings of signage.
- Partner with a school for the blind to support their curriculum, assistive technology and maintenance needs.
- Partner with an orientation and mobility specialist to provide ongoing support to teachers of inclusive classrooms and employers of inclusive workplaces.





## PROJECT IDEAS PEDIATRIC CANCER

### LEARN

- Raise awareness about pediatric cancer by holding an educational talk with a healthcare professional at your club or district meeting.
- Collaborate with a local pediatric cancer hospital staff to learn about the needs of their patients and families. Brainstorm ways your club can address key challenges and gaps.

### ACT // BEGINNER

- **Identify nearby pediatric cancer centers and provide craft materials, puzzles and games to children receiving therapy or treatment.**
- Prepare healthy meals for families with children undergoing treatment.
- Post monthly articles about pediatric cancer on your club or district website and social media accounts.
- Provide cancer support related books and magazines to your local school or library.
- Write cards full of well-wishes and share them with a local cancer center.
- Give gift cards to identified families in need or a nearby pediatric cancer center. Cards could cover expenses like gasoline, parking, food, etc.
- Make or buy new hats, caps, head scarves and blankets to donate to pediatric cancer centers.

### ACT // INTERMEDIATE

- Help coordinate travel arrangements to and from treatments for a family of a child with cancer.
- Provide tutoring services to children with cancer, as well as their siblings.
- Sponsor a child to attend a pediatric cancer camp or activity.
- Through photography, document a family's journey for them as their child undergoes treatment.
- Raise awareness for pediatric cancer through radio public service announcements, social media campaigns or a public screening of a film about childhood cancer.
- Provide children's entertainment at a local hospital or treatment center for children with cancer.
- **Organize a weekend retreat for families with children in remission.**

### ACT // ADVANCED

- Form a support group for those affected by pediatric cancer, such as patients, caregivers and survivors.
- Organize a pediatric cancer camp.
- Develop a healthy meal program to ensure that children with cancer are well nourished during treatment and while in remission.
- Familiarize yourself with the bone marrow transplant registry. If one is not established in your country, determine what would be needed to create one.
- Provide funding support for essential medicines and supportive services. Crucial medical needs could include chemotherapy supplies, nutritional supplements, medical equipment, essential staff, etc.
- Learn more about temporary housing options for families whose children are patients of cancer treatment centers. Volunteer at established housing facilities or develop a new one.





## PROJECT IDEAS ENVIRONMENT

### LEARN

- Tour a recycling and waste management facility with your club.

### ACT // BEGINNER

- **Plant trees. Consult your local environment authorities to determine the type and number of trees needed, as well as the location for planting.**
- Meet on a monthly basis and clean up a beach, community space, or roadside area as a club.
- Hold an environment themed photo contest at a local school. Reward the winner with a tree planted in their honor or another green form of recognition.
- Challenge all Lions in your club or district to add at least one green habit to their daily lives. Inspire others by sharing your actions on social media. Habits might include:
  - Using a reusable water bottle or coffee mug rather than disposable products.
  - Changing to energy-saving lightbulbs.
  - Setting a time limit for your shower to reduce water consumption.
- Develop a Green Living Tip Sheet and share it electronically with members of your community or network.
- Recognize a local organization or community leader for their efforts in environmental conservation.
- Calculate your carbon footprint with an online calculator. If your footprint is bigger than you would like, purchase carbon credits that are Gold Standard Certified and brainstorm ways you can lower your carbon input.
- Volunteer with your local park service to maintain trails. You will help more people access and enjoy nature!
- Commit to “Meatless Mondays”, or not eating meat one day each week.
- Collect used cellphones and donate them to individuals in need.

### ACT // INTERMEDIATE

- Lead an after school nature walk for young students. Encourage them to make observations and ask questions, then have them draw a picture of their experience afterwards.
- Host a community viewing of an environmental film or documentary.
- Save water by surveying your homes and community for leaks in sinks, communal spigots or water fountains. Contact relevant officials if repairs are needed.
- Work with city officials to paint “no dumping” signs near road drainage areas.
- Identify where to recycle toxic items and share/advertise its schedule of collection campaigns.
- **Organize an environmental mural competition. Paint the winner’s artwork in an appropriate area to beautify your community and promote environmental awareness.**
- Implement a community recycling drive where people donate gently used items to charity organizations.
- Share a meal with students at your school. Afterwards, teach them how to sort their recyclables and trash.

### ACT // ADVANCED

- Develop a demonstration garden or landscaping plot using native plant species to encourage restoration of the local natural habitat and water conservation.
- Sponsor a training program for small farmers on how to make and use organic fertilizers and pesticides.
- Produce a monthly nature program on the local public radio station. Feature environmental topics of local interest, interview environmental activists in your community and promote Lions environmental projects.
- Host a public debate on controversial environmental issues in your community. Share the results with government officials.
- Partner with a local carpenter (or use a DIY tutorial) to build a rain barrel. Then, hold a training with community members to promote using barrels for watering and irrigation.
- Organize an alternative transportation incentive program in your community to encourage walking, biking, public transportation and carpooling.
- Work with local schools to establish organic school gardens and a composting program to improve the quality of school meals and reduce waste.

