

Standard 14.0

Nutrition and Wellness

Demonstrate nutrition and wellness practices that enhance individual and family well being.

Members might...

Identify careers that involve protecting food safety, from production through consumption. (Career Connection)

Hold a “hunger banquet” to demonstrate what it’s like to go with little food when others have plenty. Ask peers to donate the cost of a day’s lunch or snacks to help feed hungry people. Work with a local food pantry or shelter to purchase and distribute food with these donations. (Community Service)

Lead fellow chapter members in promoting the Great American Smokeout or another health-related event.

Hold a fun Olympics-style event for elementary classes with fitness activities and nutrition awareness games. At the end, serve nutritious snacks and send instructions and recipes home with the children. (Families First)

Create a business that, once a week, caters dinner for students who attend late afternoon/evening classes. Offer nutritious alternatives to the junk food usually available to these students. (Leaders at Work)

Prepare several nutritious meals for the family. (Power of One, “Family Ties”)

Analyze how home computers influence family nutrition and wellness.

* Project ideas may not completely fulfill national STAR Events guidelines. They are provided as “thought provokers” to start members thinking about their own projects.