

# Service with a Purpose Day

## Project Description

In order to enhance the learning experience of youth at 4-H State Achievement Days we are implementing a service learning opportunity for all participants. The theme, *Service with a Purpose*, embraces the overarching motto of 4-H: To Make the Best Better. The event will take place on **Tuesday August 5, 2008 from 2:30 – 4:30 P.M.**

Approximately 600 youth will participate in various service learning activities throughout Centre County. Projects will range from youth to youth assistance to intergenerational activities. Regardless of the activity, all youth will have the opportunity to engage in a meaningful and purposeful project.

Our goal is to provide the 4-H'ers with an experience that can broaden their thinking and enable them to experience learning by doing. Youth will be encouraged to share their experiences with their local clubs and communities. It is through these types of activities that youth will begin to understand the concept of making the best better.

4-H members will have the opportunity to rotate between agency and organization tables and work on many types of service projects. When they arrive at State Achievement Days, they will be shuttled to the Snider Agriculture Arena where they will take part in this event and be given a chance for some learning, fun and friendship.





# Serving Our Stars

## *4-H State Achievement Days Military Service Project*

### *List of Items Needed*



*(Please bring all items to 122 Findlay Commons on August 5, 2008 or to  
116 Ferguson Building prior to July 24, 2008)*

#### PERSONAL-CARE ITEMS:

- \* **Sunblock, Aloe Vera**
- \* **Throat Lozenges**
- \* **Gum, Lifesavers, Mints**
- \* **Eye Drops**  
(to relieve irritation from blowing sand)
- \* **Blistex, Chapstick, Vaseline, Carmex**
- \* **Aspirin, Motrin, Tylenol, Pain Relievers**
- \* **Saline spray/drops for sensitive nasal passages**
- \* **Q-tips**
- \* **Feminine hygiene products for women soldiers**
- \* **Jock itch spray**
- \* **Boot liners/insoles**
- \* **Lotrimin AF for athletes foot**  
(send tube of ointment or cream, NOT the spray kind)
- \* **Foot Powder**  
(there are some that have ingredients to fight athlete's foot), travel size Baby Powder,
- \* **Shower-to-Shower Powder**  
(NOTE: Be sure the any powder is in its sealed, original container. Put it in a ziploc bag as well.)
- \* **Moleskin**  
(for pads on sore feet, you'll find it with Dr. Scholl's type things at Wal-Mart or drug stores)
- \* **Laundry Detergent**  
(Small single-load packages, trial sizes, or 'tablets' that are easier to manage and store.)

#### COMMUNICATION ITEMS:

- \* **Envelopes, paper, pens**
- \* **Small pads of paper**
- \* **Pre-addressed labels and/or envelopes**
- \* **Notebooks** (a size they can keep in a pocket and keep dry)
- \* **Single-Use Cameras**

- \* **Small cassette player with a message on one tape, and couple of blank tapes**  
(Tip: Uninstall the batteries before shipping; ship new batteries that are still packaged in the original manufacturer packaging.)
- \* **Very small, lightly padded envelopes with correct postage attached to mail back a small cassette tape or single-use cameras**  
(NOTE: Free mail to the U.S. is limited to letters only; all other items require postage.)
- \* **Postage stamps if they want to mail items larger than an envelope & letter**

#### OTHER SUPPLIES:

- \* **Batteries** (AA, AAA, C)
- \* **Photos from home**
- \* **Books, Magazines**
- \* **Astronomy charts/books** (the sky is unbelievably clear at night)
- \* **Sunglasses** (goggle-type sunglasses are requested very frequently)
- \* **Eyeglass wipes**
- \* **Socks, Socks, Socks!**
- \* **Underwear, socks, T-shirts**
- \* **Green boot socks** (try military surplus stores)
- \* **Tactical Duct tape: military green, tan, black, gray**
- \* **Electrical tape**
- \* **Flashlight with a red lens**
- \* **1- and 2-gallon ziplock plastic bags**  
(Put all items for care pkg in a ziploc...serves two purposes!)

#### FUN STUFF:

- \* **Frisbee, Nerf Footballs, Hacky Sack**
- \* **Deck of cards**
- \* **Hand-held games**

#### TOILETRIES:

- \* **BABY WIPES!!** (for personal hygiene; showers are rare) (Large size field towels are available at [fieldtowel.com](http://fieldtowel.com).)
- \* **Toothpaste, toothbrushes**
- \* **Shampoo**
- \* **Deodorant**
- \* **Soap, antibacterial soap**
- \* **Waterless soap, liquid body wash** (Hand sanitizer is being removed from packages by the post office.)
- \* **Lotion**
- \* **Shaving cream**
- \* **Disposable razors, electric razors, battery-operated razors**
- \* **Toilet Paper**
- \* **Kleenex** (Travel size packets)  
(Plastic-wrapped package of ten tissues: they stay dry, make great packing material and they can use it for TP, which is in short supply in many areas!)
- \* **boot powder**

- \* **hand/body lotion** (unscented) / **lip balm** / **sun screen lotion**
- \* **standard bed pillow / case** (dark colors only) **or blow up travel pillow** (pillow cases should be in dark colors only so that it does not show dirt easily)
- \* **big bath towel & wash cloth** (dark colors only)
- \* **black Kiwi cream shoe polish** (paste only) – only for Bosnia and Kosovo
- \* **SOCKS, SOCKS, and more SOCKS!** (black, green only)

#### FOOD ITEMS:

Pork and pork by-products are NOT allowed to be shipped to Middle East locations. That includes many 'Slim Jims' and other packaged meat products; read the label. Fruit and yeast are not allowed either

Non-perishable foods only. Send small containers of items. Large packages won't stay fresh and are harder to ship. If you can stuff it in your pocket and it's not going to spoil or MELT, it's a good thing to send! Downplay the sugar. Items that are hydrated are heavier; i.e. ravioli versus ramen noodles. Some camps have methods to heat and hydrate, others do not.

- \* **Coffee, hot cocoa mix, coffee mixes, tea**
- \* **Lemonade mix, Koolade mix, Tang mix, Gatorade mix** (pre-sweetened)
- \* **Gum, Lifesavers, Mints**
- \* **Nuts, sunflower seeds, peanuts, trail mix**
- \* **Power bars, protein bars, nutritional bars**
- \* **Beef jerky, beef summer sausage** (non-perishable; labeled USDA Beef)
- \* **Small bags of snacks or individually wrapped snacks**
- \* **Pop Tarts, cereal bars, "milk & cereal" bars, granola bars**
- \* **Cookies, Homemade Cookies**
- \* **Candy and candy bars** (chocolate will melt)
- \* **Torengos and canned nacho cheese dip**
- \* **Jalepeno velveeta and crackers**
- \* Peanut Butter has been removed from this list:
- \* The MREs have tubes of peanut butter in them and they don't particularly want more.
- \* **energy foods / breakfast and granola bars**
- \* **beef summer sausage / crackers**
- \* **non-melting candy / gum / cookies** (do not send candy that will melt in the heat)
- \* **beef jerky / tuna in pop top cans** (pouches can be stepped on and popped)/ pop top cans of fruit **PLACE ALL CANS IN ZIP LOCK TYPE BAGS IN CASE CANS ARE CRUSHED IN ROUTE**
- \* **pretzels / canned chips**
- \* **raisins / trail mix, nuts, dried fruit**
- \* **picante (hot) sauce packaged in plastic containers** – Place all foods in zip lock bags!
- \* **Any kind of prepackaged snack food / bean and cheese dips / chips in a can to prevent crushing**
- \* **powdered sugared drink mixes are especially needed** (Gatorade, Kool-Aid, etc.)
- \* **Hot cocoa mixes in winter months + tea bags and sugar packets**

# Bakers Lend a Humane Hand



## 2008 State Achievement Days



As part of our “Service with a Purpose Day,” we are asking counties to donate the items listed below to help with our service to emergency shelters, PAWS, SPCA, Habitat for Humanity, and Red Cross. Please bring these items to the registration desk when registering your delegation for the event.

### Items Needed for Donation:

**Measuring Spoons**

**Cook Books**

**Wooden Spoons**

**Whisks**

**Muffin Pans**

**Small Cake Pans**

**Large to Medium Size Baskets**

**Measuring Cups**

**Cookie Cutters**

**Spatulas**





## **Blankets of Hope**

We are asking each county to supply us with materials for 1 blanket

(Homeless Shelters, Women's Shelters, Children's Hospitals, and Veteran's Homes)

### Materials Needed:

The following are the amounts of **FLEECE FABRIC** that is needed to make different size blankets or throws.

Baby Blanket- 1 2/3 yards by 54" (2 coordinating pieces this size for one blanket)

Adult Blanket- 2 1/2 yards by 60" (2 coordinating pieces this size for one blanket)

Throw Blanket- any size blanket (must have at least 1 2/3 yards of material)

If you have any questions about the materials needed please contact Karen Hack at [ksh1@psu.edu](mailto:ksh1@psu.edu) or Phil Hoy at [phoy@psu.edu](mailto:phoy@psu.edu).

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### **Area Agency on Aging/Meal on Wheels**

Favors for elderly who use meals on wheels and area agency on aging

Construction Paper

Glue Sticks

Popsicle Sticks

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