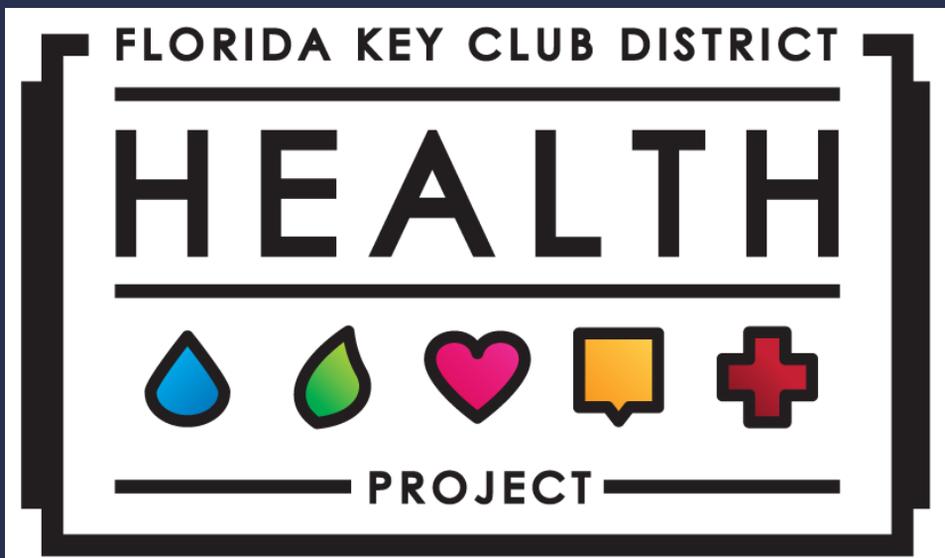




# The HEALTH Project Guidebook

FLORIDA DISTRICT OF KEY  
CLUB INTERNATIONAL, INC.

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# What is the Purpose of The HEALTH Project?

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- To alleviate various forms of poverty affecting Florida and the Cayman Islands and improve the general health and well-being of our communities.
- To increase awareness of the disadvantaged in our communities.
- To unite Kiwanis and each of it's Service Leadership Programs in serving the disadvantaged in our communities.

# Ways to Get Involved

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## 1. Research

- Learn about the disadvantaged in your community.
- Learn about the systems already in place to help those in need.
- Learn how you and your club can be a part of those systems.



## 2. Serve

- Design and implement your own system to help the disadvantaged in your community.
  - Create and spread informative messages about the disadvantaged in your area and what your club is doing about it.

## Hunger and Thirst (April-July)

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*A smooth transition from our current Governor's Project, Feeding Our Future. Keep doing what your doing!*

Possible service projects (Hunger):  
PB&J-athon, Grow a Garden,  
Canned Food Drive

Possible service projects (Thirst):  
donate water to a homeless shelter  
or team up with The Thirst Project

\*Months given for each category for The HEALTH Project are not mandatory and can simply be used for organizational purposes



# Hunger: PB&J-athon

What you'll need:

- A solid group of people ready to make sandwiches
- Sliced Bread
- Peanut Butter
- Jelly
- Butter Knives
- Cafeteria tables or park benches (these will be your assembly lines)
- A way of storing the sandwiches you make
- Gloves

*Be sure to make plans with an organization beforehand to ensure that they will accept the food that you prepare. Pick up the phone and call if you need to.*

Seat everyone along the sides of the assembly lines.

Assign a quick, specific, and repetitive task to each person in the line.

# Hunger: PB&J-athon

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As soon as everyone is ready, start the assembly line!

You can make this project as large as you would like. It fits any size group. With large groups, you could split up into multiple assembly lines. Hold a contest to see which line makes the most sandwiches.

This project allows you to prepare large amounts of food in a short amount of time, but if there is a broken link in the assembly line you could have a pile up. If you have a long line be sure to have people monitoring and micromanaging.

# Environmental Action (August-September)

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*Climate change is a reality that will hit our district especially hard, if not addressed!*

Possible service projects:  
clean up a local state park  
or school, start a  
composting or recycling  
program, plant trees in your  
community

\*Months given for each  
category for The HEALTH  
Project are not mandatory  
and can simply be used for  
organizational purposes

# Environmental Action: Grow a Garden

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Growing a garden can help benefit the soup kitchens in your community with nutritious meals. Here are a few tips:



- Talk to your Kiwanis Club about sponsoring supplies.



- Find an area at school where you can plant food and make sure it is in an area that won't be messed with.



- Have your club plant seeds and regularly go care for your garden.

- Donate the food to a local soup kitchen to provide nutritious meals.

# Environmental Action: Grow a Garden

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## **1. Organize a meeting of interested people**

■ This could be a group consisting of many members of the entire Kiwanis **Family**.

## **2. Form a planning committee**

■ This would be one of the committees in your Key Club that would contain the Key Clubbers that have the time and passion to pursue this endeavor.

## **3. Identify All of Your Resources**

■ This way you can see what you already have and what needs to be either bought or donated.

## **4. Approach a Sponsor**

■ You will need reliable organizations to keep your garden well funded.

# Environmental Action: Grow a Garden

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## 5. Choose a Site

- This could mean the life and death of your garden. Consult a gardener if you are unsure of a how well a location can accommodate your garden.
- How to tell you have good soil:
  - Squeeze a handful of soil in your fist.
  - If the soil crumbled, it's too dry.
  - If the soil released water, it's too wet.
  - Good soil should form a nice, damp clump when squeezed.

## 6. Prepare and Develop the Site

- Organize Key Clubbers to clean up the area of your garden.

## 7. Organize the Garden

- Be knowledgeable about invasive species.
- Plant what your community will use.
- Plan pathways through your garden.



# Environmental Action: Grow a Garden

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## 8. Determine the Rules and Put Them in Writing

- Similar to your club's bylaws, these rules will insure that people know what they can and cannot do with the garden.

## 9. Plant your garden

At the end of the growing season, send a team in to transport the food to where it needs to go and restart the growing process with new members of the committee.

Some things to keep in mind during the growing season:

- Compost as much as possible. Install a composter in the garden so that compost is ready and available when needed.
- A rain barrel may prove very useful in watering your garden.
- Spread the word about your garden. Use social media and get as many people involved as possible. Remember to use #flkcHEALTH.

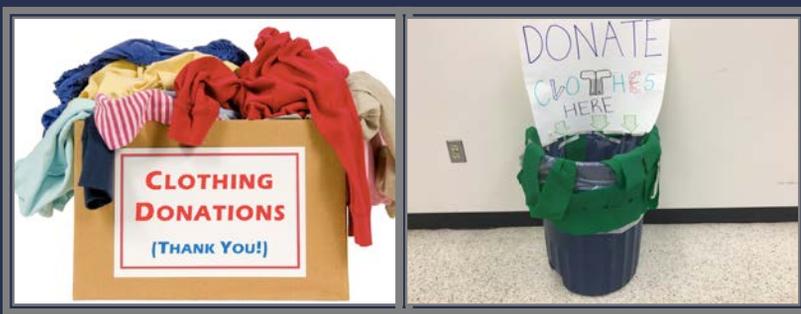
# Less Fortunate (October-November)

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*These months are critical when it comes to helping the needy, as the weather gets colder and the holiday season is approaching!*

Possible service projects: volunteer at a homeless shelter, organize a clothes drive, team up with a local soup kitchen

\*Months given for each category for The HEALTH Project are not mandatory and can simply be used for organizational purposes



# Less Fortunate: Clothing Drive

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Clothing drives help the less fortunate in homeless shelters during the cold months of the year.

See if you can pair up with your teachers and have classes bring in clothes for a week every other month. This can boost the amount of clothes you take to your local homeless shelter.

If you make it a competition for the classes to bring in the most clothes, see if you can get a pizza donated for that class for a lunch period.

Another time to collect is before pep rallies. Have the students show their school spirit by bringing in clothes! Use social media to your advantage and spread the word around.

# Teaching (December- January)

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*Perform service at local elementary and middle schools!*

Possible service projects: mentor children through service, work with the Kiwanis Family to co-sponsor a Builders Club or K-Kids, tutor children at an after school program

\*Months given for each category for The HEALTH Project are not mandatory and can simply be used for organizational purposes

# Teaching: Teaming Up With K-Kids For Service

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One of the main purposes of The HEALTH Project is to unite Kiwanis and each of it's Service Leadership Programs in serving the disadvantaged in our communities.

Invite your local K-Kids and Builders Club to any Governor's Project related service project that you could use the extra hands for but also have the opportunity to mentor future leaders.

If you are in need of a budget friendly service project, do a school clean up day at a local school or park. All you need to do is purchase trash bags and invite your Kiwanis Family.



# Health (February- March)

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*Perform service for the ill and the neurodiverse!*

Possible service projects: volunteer at a local nursing home, focus on fundraising for The Eliminate Project, or team up with an Aktion Club for a service event

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# Health: Volunteer at a Nursing Home

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Organize a key club event to help a local nursing home with the help of your faculty advisor.

Go play games, listen to their stories, or help serve them a meal! Having young people around bring joy to the residents in nursing homes.

If you decided to go above and beyond, you could organize going to a nursing home on a holiday. For example, make Valentine's Day cards with the residents.



# Kiwanis Family Relations

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**Aktion Club:** You can team up with your local Aktion Club to start a community garden. You can make this a continuous project by visiting often and helping maintain the garden.



**Kiwanis Kids:** Working with local K-Kids Clubs, establish a recycling program at their elementary schools and educate the children on why helping the environment and their community is important.



**Builders Club:** Plan a day to conduct workshops with your local community schools and organize fundraising competitions to benefit the disadvantaged.

# Kiwanis Family Relations

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CKI: CKI's mission is to develop college and university students into a global network of responsible citizens and leaders with a lifelong commitment to service. Be sure to reach out to your local CKI and find out how you can help. On top of that insure that CKI members are invited to your Key Club's service projects. Contact CKI Governor Phoebe Sartori at [governor@floridacirclek.org](mailto:governor@floridacirclek.org) for more information.



# Kiwanis Family Relations

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**Kiwanis:** Assist Kiwanis International with its ongoing mission of "Serving the children of the world." Speak at your Kiwanis Club about issues regarding the disadvantaged in your area. Work with your advisors and sponsoring Kiwanis Clubs to organize fundraisers to benefit the well-being of your community. Find out what projects your Kiwanis Club has been working on and ask how you and your club can join in.



# Club Spotlight



Use [#flkcHEALTH](#) to  
get your club  
featured!

# Awards

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If your club participates in Governor's Project events, they will qualify for the Governor's Project Banner Patch!

If you have completed at least 25 hours in relation to The HEALTH Project, you will qualify to apply for the Governor's Member award!

The Governor's Project Scholarship will be awarded to a member of Key Club International who has placed his/her efforts into The HEALTH Project. The application will be available on the "Scholarships" page of the Florida Key Club website.

# Organizations

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Teachers Without  
Borders

UNICEF

The Thirst Project

Dosoemthing.org

Thirst Relief

All Faiths Food Bank

# Organizations

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Conservation Trust for  
Florida

Treasure Coast Food  
Bank

America's Second  
Harvest of the Big Bend

Girls Who Code

March of Dimes

Children's Miracle  
Network

# Thank You!

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In addition to serving their homes, schools, and communities, the following Key Clubs took the time to help us create this Guide Book:

Hialeah Gardens High School

Keystone Heights High School

Manatee High School

Lake Minneola High School

Lennard High School

Tavares High School

# Questions? Contact Us

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If you have any questions or would like to learn more about The HEALTH Project please send us an email.

We look forward to hearing from you!



**Governor's Project  
Committee Chair**

Jenna Coleman

[Division4@floridakeyclub.org](mailto:Division4@floridakeyclub.org)

**Florida District Governor**

Felanté Charlemagne

[Governorfelante@floridakeyclub.org](mailto:Governorfelante@floridakeyclub.org)