

# Volunteer/Service

Updated 2012-13

[www.utah4h.org](http://www.utah4h.org)

**Teen Leaders** may serve as a club leader of their own club! An adult must be willing to assist the teen in enrolling and leading club. Teen leaders must be in the 9<sup>th</sup>-12<sup>th</sup> grade. (Teens have successfully lead clubs in fishing, weight lifting, drama, foods, computers, hiking, etc).

[www.rootsandshoots.org](http://www.rootsandshoots.org)

(Ages 13-24). The roots and shoots program is about making positive change happen-- for our communities, for animals and for the environment. The roots and shoots network branches out across the globe in 110 countries, connecting youth of all ages who share a common desire to help make our world a better place.

[www.volunteermatch.org](http://www.volunteermatch.org)

Helps people find a place to volunteer

[www.volunteer.truist.com/utah](http://www.volunteer.truist.com/utah)

Help find volunteer opportunities all over Utah

[www.unitedwayuc.org/volunteer](http://www.unitedwayuc.org/volunteer)

The United Way Center is focused on what matters in Utah County by promoting effective service and connecting community members to volunteer opportunities that will have the greatest impact.

Collect toothpaste, napkins, hand-soap, diapers, toilet paper, paper towels, or canned and dried food or help sort food into boxes for families in our community for the Community Action Food Bank (minimum age: 12)

Help the Food and Care Coalition make or donate sack lunches for homeless and low-income families and individuals. (Minimum age: 12)

Assist people with disabilities in therapeutic horseback riding lessons at Courage Reigns (minimum age: 12)

Teach art, music, language and cooking classes, or help with activities and field trips for people with disabilities at Recreation and Habilitation Services (minimum age: 14)

Clean around the office building or do yard work for Community Action (minimum age: 12)

Help with window washing and yard work for Kids on the Move (minimum age: 12)

Help with landscaping, or paint the interior of exterior of buildings at Recreation and Habilitation Services (minimum age: 12)

Help with gardening and ground work at the Utah State Development Center. (Minimum age: 12)

Spend at least 1 hr each week visiting an elderly person, writing letters, reading, playing games (minimum age: 12)

Become certified to act in a disaster situation by taking a Disaster Preparedness Course at the American Red Cross (minimum age: 14)

Volunteer at the SCERA, your local library, March of Dimes, American Fork Hospital, and Utah Valley Regional Medical Center.

Adopt a grandparent in your area

Volunteer as a family

Collect items for donation

Be on the Youth Council of your local City Government. Contact your local Mayor.

Service Projects for your City. Contact your Mayors Office.

[www.Volunteers.utah.gov/](http://www.Volunteers.utah.gov/)

[www.Studio5.ksl.com](http://www.Studio5.ksl.com)

Tips on how to help your student find the right volunteer opportunity