

TAR HEEL SERVICE DAY

100 ways you can #ServeCarolina on University Day

Adopt-a-highway roadside Cleanup

Answer phone calls for a non-profit

Assist with an English language class

Attend a charity event as a group

Babysit children in the neighborhood

Bake cookies and bring to your local fire department or police station

Beach Cleanup

Bring Fresh Flowers to people in a nursing home or hospital

Build a community dog park

Build a community playground

Build birdhouses and donate to a nature center

Cheer for troops at their homecoming

Cheer on runners in a race or marathon

Clean an elderly person's home

Clean up a local park

Clean up trash from a highway, park, sidewalk, beach or other public area

Collect pet food and donate to an animal shelter

Collect used sporting equipment and donate to families with limited resources

Community-wide clean-up day

Cook a meal as a family and take it to a neighbor in need

Create a facebook page or website for a non-profit

Create a senior prom for a local senior home

Decorate a Dining Hall or common area at a church or nursing home for Fall

Deliver meals with Meals on Wheels

Design a social media strategy for a non-profit

Donate blood

Donate Time to your local red cross

Donate your talents to a community organization

Donate your writing or photography to a non-profit for their website or magazine

Find out what a homeless shelter needs and "just do it"

Game Night at a retirement home

Habitat for Humanity

Hang out and read to a senior citizen at a retirement home

Have a garage sale and donate the money to charity

Help a high school student with their college application

Help a non-profit with social media or graphic design

Help build and fill shelves at a food bank

Help build or maintain a hiking trail

Help someone move

Help sort clothes at Goodwill or a PTA Thrift Shop

Help train a Special Olympic athlete

Help with a pet adoption day

Hold a "What to expect in college" day for high school students

Hold a puppet show for hospitalized kids

Hold a writing workshop for high school students

Knit cute hats for chemotherapy patients

Lead a Bingo game for nursing home residents

Lead a free Yoga, Zumba or exercise class for the community

Make a quilt to give to an elderly person

Make cards to send to veterans

Make care packages to send to soldiers

Make meals or buy groceries for a local Ronald McDonald House

Make sandwiches/cookies for a food shelter

Make 'Welcome Home' signs for troops

Mow an elderly person's lawn

Offer your professional skills to an organization for free (graphic design, photography, accounting, law advice, haircuts, painting, etc.)

Organize a "Beauty Day" at a shelter with free haircuts and manicures

Organize a craft project for children

Organize a free car wash

Paint park benches

Paint someone's house or fence in your neighborhood

Photograph an event and donate the pictures

Pick up donations from people in your community and deliver to Salvation Army or Goodwill

Plant trees or flowers in the community

Play as a group in a charity golf tournament

Play the piano, sing or perform for people at a retirement community or hospital

Rake leaves for people in your community

Reach out to alumni and see if there is anyone in need!

River Cleanup – in a kayak!

Soup Kitchen Volunteer

Sponsor a blood drive or attend one as a group

Sponsor a donation drive for a domestic violence shelter

Sponsor a health fair that offers free blood pressure, vision and hearing tests

Start a community garden

Stuff Backpacks with school supplies and donate to a local school

Take an afternoon to give a new family a tour of town and the inside scoop on places to dine, shop and play. Or put together a local flavor guide so they can explore the area anytime.

Teach a Senior how to email or surf the web

Teach English or Sign Language to someone else

Teach someone to read

Trick-or-treat for canned goods and donate to a place in need

Tutor children

Update the signs on a park trail

Visit an older alumnus and offer to interview them about their lives and experience at Carolina

Visit children in a hospital

Visit residents in a nursing home

Visit someone who needs a friend

Volunteer at a blood drive

Volunteer at a Disaster Relief location with the American Red Cross

Volunteer at a local race or marathon

Volunteer at a recycle center

Volunteer at a youth center

Volunteer at Crisis Assistance Ministry

Volunteer at your local art museum or library

Volunteer at your local humane society

Volunteer to coach a youth sports team

Volunteer to read to children at a local library

Volunteer to staff a special event or community fair in your area

Volunteer to translate at a disaster relief location

Volunteer to wash dogs at an animal shelter

Volunteer to work concessions at a game and donate the money to charity

Volunteer with a backpack program to stuff meals for kids on weekends

Volunteer with your local Special Olympics

Walk dogs for the local animal shelter or a neighbor

Work with the fire department for safety programs