



The Healthy Hydration Company™



National
PTA

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PTA.org/HealthyLifestyles

Tips for Community Outreach

Brainstorm with current PTA members about any connections they may have to volunteers outside of the PTA community.

- Do any of your PTA members own or work for local businesses and corporations in the community related to health and wellness?
- Does anyone in your PTA know a community partner that is engaged in health and wellness work? These potential community partners may include local nonprofits, medical centers, neighborhood health centers, etc.
- Reach out to health professionals in your community—especially the health professionals in your school—who may want to participate by volunteering to prep the Healthy Hydration Stations or volunteer to engage participants at the Stations.
- Connect with your local high school and community colleges. See if a student organization wants to participate or if students want to volunteer to get service hours. If a local school or college has a culinary arts program, the Healthy Hydration Stations could be a great way for them to engage in this work!
- Don't stop at your school—send an invitation to teachers within your school district. Especially invite health education and physical education teachers to be a part of the program.
- Invite community members outside the school to attend, such as school board members, superintendents, teacher union representatives, state legislators, etc.
- Encourage volunteers to recruit friends.
- Make it easy to volunteer! Use the *PTA Leader Volunteer Sign-Up Sheet* in the toolkit to track who has signed up for what activity.

