



Volunteer Recognition Ideas

Chocolate Bars

Everybody loves chocolate! Give a chocolate bar to each volunteer with all the scientific reasons chocolate is good for you, along with a funny list about chocolate. This is sure to be appreciated by your volunteers. She received great feedback! Only about 60 of the 200 volunteers usually come to the annual event, but this way each one received a treat that surprised and thrilled them.

Benefits of Chocolate

Chocolate contains many substances that can actually improve mental well being. One of its ingredients, phenylethylamine, has a “feel good” effect on the brain and another ingredient, anandamide, helps these effects to travel through the brain more easily. Also, the brain releases serotonin and endorphins in response to eating chocolate. Serotonin has a beneficial effect on mood and endorphins give the feelings of energy and well being.

Chocolate contains no cholesterol. You would need to eat 10 oz. of semi-sweet or 20 oz. of milk chocolate to consume the same amount of caffeine as is contained in an average cup of coffee.

Chocolate contains substances that actually reduce the kinds of bacteria causing tooth decay.

We can truthfully say that eating chocolate is good for us. It improves our mood and psychological well being, it doesn't increase cholesterol levels and it even inhibits tooth decay causing bacteria. What more could you ask from your favorite food?

Chocolate is a Vegetable

Chocolate is derived from cocoa beans. Bean = vegetable.



Sugar is derived from either sugar cane or sugar beets. Both of them are plants, in the vegetable category. Thus, chocolate is a vegetable.



To go one step further, chocolate candy bars also contain milk, which is dairy. So candy bars are a health food.



Chocolate-covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.



Remember:
"STRESSED" spelled backward is "DESSERTS"





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Bag of Volunteer Essentials

Provide each of your volunteers with a small, colorful bag labeled “Volunteer Essentials” on one side and the following list printed on the other, with all these items in the bag:

- Lollipop to help you lick your problems
- Rubber band to help you be flexible
- Snickers Bar to remind you to laugh
- Paper clip to help you hold things together
- Caramel to help you “chew the fat” with friends
- Stick of gum to give you a stick-to-it attitude
- Pin to help you pinpoint problems
- String to help you tie up loose ends
- Lifesaver to keep you from drowning in everyday problems
- Lemon drop to remind you, “When life gives you lemons, make lemonade!”
- Pennies to give you the extra “cents” (sense) everyone needs
- Hershey Kisses to remind you that you are loved.

Source: Pat Fultz, Extension Specialist, 4-H and Other Youth, Kansas State University