



## American Legion Family USA 250 Challenge

The American Legion Family is honoring the nation's 250th birthday with a commitment to embracing physical activity, supporting mental health and serving its communities. The USA 250 Challenge encourages American Legion Family members, other veterans and all Americans to participate, and even raise additional money to support our disabled veterans and families in need through The American Legion Veterans & Children Foundation.

American Legion National Commander James LaCoursiere launched the USA 250 Challenge on July 3, 2025. The year-long initiative offers three categories — fitness, mental wellness and community service — in order to engage more American Legion Family members and others to participate.

Participants may engage in one, two or all three activities as an individual or as part of a team like an American Legion post, American Legion Auxiliary unit, Sons of The American Legion squadron and/or an American Legion Riders chapter.

For a \$30 registration fee, participants will receive their choice of a USA 250 Challenge tech shirt. The proceeds will go to the Veterans and Children Foundation (VCF).

Click here to [REGISTER](#)

Since its inception in 1925 as the American Legion Endowment Fund, the foundation has assisted millions of veterans, their families, and children in need. In 2019, the American Legion Endowment Fund began doing business as the American Legion Veterans & Children Foundation to more clearly state who benefits from tax-deductible donations to the separate non-profit 501c3 element of the nation's largest veteran's organization.

# The USA 250 Challenge – What Can I do? \*

## AMERICANISM

### **Promoting patriotism, civic education, and national pride**

- Host a 250-minute patriotic concert
- Plant 250 flags around town
- Distribute 250 American flags to local homes
- Paint a community mural with 250 symbols
- Host 250 minutes of civic education
- Light 250 candles in a remembrance ceremony
- Display 250 historical photos
- Launch a 250-follower challenge on social media
- Have a 250-question trivia night
- Display 250 stars with names of fallen heroes
- Share 250 reasons to love America online
- Conduct a 250-minute POW/MIA vigil
- Post 250 American facts leading to July 4
- Host 250 flag-folding demonstrations
- Invite 250 youth for a flag retirement ceremony
- Decorate 250 gravestones for Memorial Day
- Visit 250 senior veterans
- Display 250 coins from history
- Play 250 seconds of taps each evening
- Host a 250-step honor march
- Display 250 state flags from history
- Present 250 flag etiquette cards
- Lead 250 youth in a unity pledge
- Conduct a 250-vote mock election
- Share 250 quotes from the Founders
- Post 250 patriotic memes
- Offer 250 military discounts

## VETERANS AFFAIRS & REHABILITATION

### **Supporting veterans, caregivers, and their well-being**

- Organize a 250-veteran parade
- Hold a 250-donor blood drive
- Collect 250 care packages for deployed troops
- Sponsor 250 free meals for veterans
- Collect 250 hygiene kits for homeless vets
- Offer 250-minute veteran oral history marathon
- Deliver 250 thank-you cards to veterans
- Create 250 buddy check calls
- Share 250 stories from NM veterans

- Deliver 250 thank-you gifts to first responders
- Gather 250 military patches for a display
- Showcase 250 photos of Legionnaires in action
- Host a 250-military unit reunion
- Offer 250 free rides to VA appointments
- Promote 250 veteran businesses
- Recognize 250 women veterans
- Display 250 dog tags to honor service
- Record 250-second veteran stories
- Fund 250 hours of therapy support
- Celebrate 250 birthdays of youth & vets
- Record 250 intergenerational interviews
- Gift 250 lap quilts
- Highlight 250 women in uniform

## CHILDREN & YOUTH

### Engaging youth and supporting families

- Host a 250-kid youth sports day
- Assemble 250 blessing bags for shelters
- Donate 250 books to a school or library
- Have 250 rocks painted by schoolkids
- Create a 250-penny drive for youth programs
- Host a patriotic coloring contest with 250 entries
- Run a 250-student essay contest
- Host a 250-youth scavenger hunt
- Print 250 coloring sheets
- Offer 250 youth flag pins
- Invite 250 youth to a flag retirement
- Run a 250-word essay contest
- Create 250 sidewalk chalk tributes
- Lead 250-second youth civics lessons
- Build 250 Lego flags
- Plant 250 sunflowers at schools
- Present 250 student flags
- Lead 250-step PE challenges
- Create 250 paper chains of patriotism
- Encourage 250 students to write to vets
- Host a 250-student Constitution Day
- Offer 250 student leadership awards
- Host a 250-point spelling bee
- Display 250 posters from students
- Build a 250-block community puzzle
- Launch a 250-mile classroom walkathon
- Share 250 student veteran tributes

- Craft 250 star pins
- Run a 250-youth citizenship workshop
- Invite 250 parents to Post open house
- Create 250 student art cards
- Sponsor 250 youth meals
- Host a 250-family carnival
- Sponsor 250 scouts
- Offer 250 music lessons or instruments
- Deliver 250 educational posters
- Organize a 250-item backpack drive
- Offer \$250 in school supplies per school
- Post 250 "Know Your Rights" cards
- Fund 250-mile trip for students
- Coordinate 250 volunteer youth hours
- Share 250 reasons to serve
- Host a 250-person youth talent show
- Donate 250 flags to classrooms
- Display 250 crayons for freedom wall
- Offer 250 student merit badges
- Build 250 classroom kits
- Invite 250 homeschoolers to Legion event

## **NATIONAL SECURITY**

### **Readiness, response, and safety**

- Host 250 minutes of service challenge
- Organize 250 hours of community service
- Deliver 250 thank-you gifts to first responders
- Conduct 250 hours of VSO outreach
- Host 250-minute open house tours
- Display 250 military rank insignias
- Promote 250 veteran businesses
- Send 250 cards to deployed NM troops
- Offer 250 free rides to VA appointments

### **Post and District-level celebrations, fundraisers, and membership drives**

- Host a 250-person BBQ
- Perform 250 random acts of kindness
- Serve 250 hot dogs at a picnic
- Display 250 Legion memories on a wall
- Create a 250-member goal
- Print 250 custom 250th t-shirts
- Give away 250 souvenir cups
- Host a 250-slice pie bake-off

- Sell 250 raffle tickets
- Host 250 minutes of karaoke
- Create a 250-themed bingo night
- Decorate with 250 red, white & blue balloons
- Make a 250-bead necklace craft night
- Host a 250-follower photo contest
- Create a 250-brick fundraiser for a memorial
- Install a 250-light display
- Display 250 flags along your building
- Organize a 250-minute dance
- Make a 250-word patriotic poem board
- Host a 250-minute movie marathon
- Give away 250 bracelets
- Have a 250-point trivia game
- Prepare 250 cupcakes
- Post 250 names of members on a wall
- Launch a 250-follower campaign
- Decorate with 250 streamers
- Host a 250-guest open house
- Display 250 Legion patches
- Create a 250-names legacy wall
- Host 250-minute dominoes tournament
- Serve 250 servings of chili or stew
- Sell 250 commemorative coins
- Paint a mural with 250 brush strokes per student
- Host a 250-dollar silent auction
- Award 250 service pins
- Collect 250 old Post newsletters
- Share 250 veteran quotes
- Decorate your post with 250 stars
- Set a goal for 250 volunteer hours

### **Preserving heritage and promoting the American Legion legacy**

- Fundraise \$250
- Plan a 250-mile motorcycle tour
- Conduct 250-mile Freedom Ride
- Host a District 250 Night of Honor
- Send 250 letters to schools
- Print 250 commemorative calendars
- Compile 250 Legion essays in a booklet
- Print 250 memory books
- Host a 250-minute podcast
- Record 250 family military legacies
- Launch a 250-second history shorts

- Share 250-second videos from Posts
- Host a 250-light tribute event
- Create a Department of Maine 250 Honor Roll
- Sell 250 branded lapel pins
- Offer 250 legacy bricks
- Display 250 family service photos
- Make a 250-honor coin display
- Launch a "250 Strong" Legion campaign
- Partner for 250 business flags
- Hang 250 ribbons of remembrance
- Collect 250 letters from alumni
- Add 250 names to a memorial plaque
- Print 250 posters for statewide use
- Launch a 250 seconds of unity challenge
- Send 250 email tributes
- Issue 250th anniversary medals
- Design 250-badge scout patch
- Compile 250 Post newsletters
- Host a 250-mile American history tour
- Make a 250-Year Timeline Wall
- Conduct 250-minute strategic planning
- Distribute 250 "How to Join" kits
- Give out 250 "I Served" stickers
- Celebrate 250 Legion birthdays
- Hold a 250-minute livestream
- Send 250 thank-you texts to volunteers
- Create 250-minute legacy video
- Sponsor 250 wreaths for holidays
- Design 250 patches for riders
- Mail 250 invitations to alumni

\*Ideas compiled by Department of New Mexico and National American Legion