

Quentallisha Foreman

Community Service Reflection

While volunteering at the Food Bank we participated in handing out the senior citizen boxes and also prepared boxes to be given out on a future date. I was surprised and impressed by how meticulous the whole process was. I was even more astonished to find out the Food Bank has been providing this service since the year of my birth 1983! Throughout the years they, like many other businesses, have had some hardships. They've had to make changes and collaborate with other nonprofits to maintain and be able to continue to provide meals to the poverty stricken elderly or ,maybe someone who is just down on their luck. A lot of their funding comes from community donations. In addition to providing meals for the community the food bank also has a kitchen where they prepare desserts and other goodies to give out in the food boxes they prepare. The Food Bank provides a place for one to do good for their soul by volunteering whether it be by force or by choice it is a good thing to do and I am glad they provide the opportunity. As evidenced, while volunteering at the Food Bank I found out a few good things about myself. I learned that I find it quite easy to talk to complete strangers as if I have known them for a lifetime. I am versatile, and I actually enjoy volunteering. In conclusion, I am grateful CSON has integrated this as part of the curriculum. It was cleansing for the soul. Thank You.

