

Alisha Johnson

Community Reflection

I chose to do my community at the South Plains Food Bank. We were split into two different groups. My group chose the dry food boxes. The boxes were set up with 9 on each side for a total of 18 boxes. We were all assigned a specific basket and would stack our food items in each box in a counter clock fashion to keep everyone safe and moving efficiently. The South Plains Food Bank gets their funding through donations. They are a 501 C 3 Non Profit. They were opened in 1983 when a few citizens in the South Plains wanted to address the food insecurity in the area. They now serve 20 counties. They have a few different programs. The Senior box program is for seniors 60 years of age or older and meet the income guidelines. Poor nutrition drastically effects the health of elderly population so they provide food boxes for those that qualify and live in isolated, rural community. The second program they have is children feeding program which help feed children after school and in the summer months. All the meals are prepared by the Kitchen of Hope, which is helping nearly 30,000 children with food insecurity across the South Plains. They are 100% funded by charitable donations from businesses and individuals across the South Plains. The third program is the Mobile Pantry, which helps reach the 20 different communities. The boxes are loaded up in trucks and delivered to the rural communities. The community service opportunity at the South Plains Food Bank opened my eyes to see the food insecurity we have here locally. I believe it has increased since COVID and with the drastic increase in cost of everything, including food. It has made me realize how blessed I am, it was a great opportunity to put things into perspective and be grateful for the things you have, while a lot of people are worrying how they are going to eat their next meal. As I was packing the boxes, I was trying to keep in mind how many families we were helping. During our time, we were able to pack close to 486 boxes of food boxes for the community. Volunteering at the South Plains Food Bank has been an enriching experience, through my experience I have learned that the small acts of kindness can have a long lasting impact on those in our community.

Community Service Reflection

1. Describe the service activities you are doing.
2. How long has this service been in the community?
3. How does the service contribute to the community?
4. How does the service activity get its funding?
5. What have you learned about yourself during this service experience?

Phlebotomy Clinics

1. How were you feeling at the beginning of the experience?
2. Did you interact with the patient?
3. How did you ensure patient safety?
4. What has this taught you about professional practice?
5. How will you use this experience to further improve your skill?

Reflection Instructions:

Your reflection will be based on the service you choose. Reflection must be one full page 12-point font, double-spaced, and all five questions addressed. Once you have completed your reflection submit it along with the signed Community/Ancillary Verification Form to your advisor's LMS Dropbox.