

# ***Food Insecurity: PSU, Portland, and Beyond***

## ***20 Hours of Service***

Service learning and community contribution has long been an integral component of capstone courses at PSU. This course integrates service learning into the course materials to create a deeper and richer understanding of our topic and themes. It will be important to observe, participate, ask questions, and correlate these aspects with the written and audio materials provided each week. PSU students are not allowed to volunteer face-to-face unless they can ensure social distancing and must wear a face mask.

You need to seek out your own service. Resources for finding service that would be suitable are listed below. If you find service on your own, without use of these resources, that is fine as long as it is with a nonprofit organization and fulfills the space of food insecurity alleviation.

The parts of your 20 hours of service component for the class include::

- **20 or more hours** of remote or distant service learning with a **food-scarcity related organization**
  - Known from here forward as “20 Hours of Service”
- Research the 501(c)(3) nonprofit organization with whom you’ve chosen to do service with access to the nonprofit’s Form 990 (required to offer to the public by most 501(c)(3) nonprofits)
- Assessment of the organization’s current operations, future possibilities, and critical thinking about their practices and changes for the future
- Self-reflection paper on service, learnings, and the topic of “food insecurity”

The aspects of this component include:

- End of week 2:
  - 20 Hours of Service proposal Flipgrid video with organization name, tasks assigned or acquired, person in charge, etc
- End of week 5:
  - 20 Hours of Service update/nonprofit Flipgrid video
- End of week 8:
  - 20 Hours of Service Flipgrid “one word” update and thoughts for the future
- Finals:
  - Self reflection paper
  - Confirmation of service

Your 20 hours of service component has the following expectations:

- Immediately research food-related organizations in your area; a few resources that can help you find a suitable nonprofit with whom to work, include (adjust if you are not in Oregon):
  - [Oregon Food Bank search](#)
  - Download 211 app or use the [211.org website](#)
  - [Partners for a Hunger Free Oregon](#)
  - [Feeding America](#)
  - [FoodFinder](#)
  - **IMPORTANT NOTE: None of the above organizations are viable options for your service;** all are, instead, links to FIND organizations and programs that you can reach out to and provide service

- Make several contacts through email or phone calls; do not wait to reach out as people are busy and many are volunteers themselves. You may also want to stop by (with face mask and distancing, of course) to check in with volunteer opportunities. Some have volunteer coordinators, others do not.
- Explain that you are a PSU student; being a university student is valued by organizations. Be clear that your service can only be remote or with social distancing and masks
  - Feel free to provide my name and email: Dr. Julie Boyles, [jboyles@pdx.edu](mailto:jboyles@pdx.edu)