Hunger: PSU and Portland

25 Hours of Service

(2 Hrs/Wk in the PSU pantry and 2 OFB food runs)

This course has been designed to have fewer in-class hours than a typical six-credit course so that hands-on service learning can be incorporated. Service has been a valued part of this capstone class. Students routinely speak of the learned experiences, lessons, and knowledge they gain from working within a service framework—at PSU and in the greater Portland metropolitan area. This is an important component of this class so please take it seriously and embrace your service.

Your 25 Hours of Service component for the class includes:

- 25 Hours of Service notebook: all hours noted in exam booklet with notes of observations, revelations, and thoughts for your hours of service
- 25 Hours of Service self-reflection paper uploaded to D2L (Assignments link) at the end of the quarter

There are two components of your 25 Hours of Service:

- Twenty hours in PSU Food Pantry service:
  - Two hours per week will be scheduled in the PSU Food Pantry for a total of 20 hours (more info below)
  - This is required from week 2 through Finals week
- Five hours from TWO Oregon Food Bank runs (two runs are required for an approximate five hours with unloading):
  - This is early morning service—Mondays, Tuesdays, Wednesdays, and Thursdays
    - Work with the PSU Food Pantry Food Resources Coordinator (more info below)
  - (If early morning OFB runs are absolutely outside of your possibilities—due to a work schedule, a full class schedule, or physical limitations—there may another possibility); contact me as soon as possible

Resources on back
What, Where, and When Information

PSU Food Pantry

- SMSU basement, 047A; phone 503-725-9330
- Your volunteer hours should always be full and busy
  - Be proactive: clean, organize, sort through product, create new signs, work with students, offer ideas, etc
- Staff:
  - Pantry Volunteer Coordinator, pantryvolunteer@pdx.edu
  - Pantry Manager, pantry@pdx.edu

Oregon Food Bank (OFB) runs

- Shop-the-doc for the PSU pantry (and/or PSU Food Pantry pick up)
  - Email the Pantry Food Resources Coordinator at pantryresources@pdx.edu
  - Arrange logistics
  - Meeting point is usually on the PSU campus (but if you prefer to meet at OFB and then ride back or drive yourself, that can be arranged)
  - This requires some level of physical activity; please inform if this is challenging for you