

## ***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](mailto:pantryvolunteer@pdx.edu)
  - Pantry Manager, [pantry@pdx.edu](mailto: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](mailto: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