

1. What is your name?

Medha Garg

2. What is your age range?

18-24

3. What is your work status?

Student

4. How long have you been volunteering at the food closet, and what roles have you served in?

I have been volunteering for the past month and served to bag cans for distribution, organize cans on shelves, and bag fruits/vegetables.

5. What is your favorite part about volunteering at the SCFM?

When volunteering, I organized cans into bags. There was a chart that had told me which and how many cans to place in each bag. For instance, it was told to place 2 soup cans, 3 vegetable cans, and 2 protein cans in a bag. After repeatedly performing this activity for a while, it was more of an automated process that required little to no thinking. This experience gave me a period relaxation where I left all my life's struggles aside and focused on one task. The people at the ministry were friendly and we engaged in conversations regarding where we were coming from and why we were volunteering. This experience allowed me to know not only others but also myself better. I realized how important it is to give back to the community, as every human being deserves access to food. When leaving, I was grateful that I was given an opportunity to volunteer and make a difference (even if it was a small impact) in individual's lives/circumstances

6. In what ways have you seen the SCFM make a positive impact in the community?

When volunteering, I built good relationships with other volunteers. Many of the volunteers made me feel motivated to perform my role even better, as they stated things like, "see how fast

it is she's bagging onions"! Their excitement, commitment, and dedication for their work made me admire their personality. More than that was their respect to new volunteers. Every volunteer at the SCFM was respected by being thanked for volunteering along with given instructions that were clear and easy to follow. The individuals there are more than happy to answer any doubts and give any role that a volunteer is comfortable with doing. For example, one volunteer was unable to carry heavy objects because of the back pain she gets. She was asked to seal the bags (with tape) instead of restocking the cans to avoid as much movement as possible. From this experience, I realized that being kind and appreciating the value of others can go a long way even if the individual you are engaging with is disrespectful.

7. What are some of the biggest challenges you've faced as a volunteer at the food closet, and how have you overcome them?

As a volunteer, there have been times where I have seen the state of the fruits/vegetables. Many of the produce at times isn't the best. This caused me to think about how privileged I am to be able to have nutritious food and not worry about it being spoiled. Moreover, sometimes there isn't enough cans to put in some bags that are distributed. This makes me feel bad for the family that receives a shortage of food. To overcome these challenges, I try my best to dispose of the produce that doesn't look fresh as well as replace the cans with something else, given permission. I never understood what my dad used to say to me when he told me not to eat food that is in the fridge for too long as it can go bad until now. It made me see my life from a different perspective. Some individuals don't have the choice to dispose of the bad food and eat something fresh/more nourishing.

8. How has volunteering at the SCFM affected your faith and worldview?

Volunteering at SCFM made me realize that if you put your mind to it, anything is possible. The SCFM started as a small organization, but it has made such great progress in the last few years to the point where it is impacting a broader community.

9. What advice would you give to someone who is interested in volunteering at a food closet for the first time?

Be excited to experience something new as well as learn many new things!

10. What message would you like to share with people who are considering donating to or volunteering at the SCFM?

I would like to encourage them to continue their service as well as reflect on what made them do this act. It is important to think about what made you perform an act of kindness and what impact you will make towards others.

Portrait:

