Meals on Wheels

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Community Engagment

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EDGE PROJECT

Project Summary

The Meals on Wheels service project was an opportunity where I had, in a small way, serve the seniors of this community. Meals on wheels are a nonprofit organization that delivers delicious meals to seniors throughout the week. The meals are made fresh everyday by cooks that have great care and pride in their work. Throughout the semester I had the chance to help serve, seal, and deliver the food to those who are no longer able to cook and take care of themselves.

Project Highlights

I am not sure what is better: meeting new people and making great friends, a sense of pride and accomplishment, or seeing the sincere gratitude on the faces of those who were on the receiving end of this service. However, there is one experience that I had while delivering food that has stuck in my mind and has taught me a great lesson: I was delivering food with one other volunteer and we arrived to the home to one of the recipients of the meals. As we entered the house we were greeted by a very friendly and upbeat man. As I chatted with him, I learned that a few years ago he lost his vision due do a disease. Despite a lifetime of being able to see and then suddenly having that gift taken from him, I was amazed at the positive outlook this particular man had about life. It taught me that no matter what trials or obstacles life throws at you, there is always something positive to embrace. I think that is an important lesson to adopt into everyday life.

From My Journal

"I got to help deliver the meals today for my service learning. It was a great opportunity to actually see how this service affects those who receive of this great service."

After the food is cooked and ready to go we place it into these containers, set in the clamps, and seal the food air tight to keep fresh.

This is one of the trucks used to deliver the sealed meals to the senior citizens throughout town. Each truck has a sealed door on either side to keep the food as fresh as possible.