

### **No Waste Wednesday Reflection**

As most of you know, I have been active within the L&F community by heading the No Waste Wednesday initiative for the month of September (aka Hunger Action Month). This was my first project as an intern in the Marketing and Communications department, and it made me realize the helpful impact activities like these can have on the community that it serves. Creating videos on how to recycle various food scraps was only the beginning!

After filming videos for the L&F Facebook page, I would take my meals and goods to a table in the waiting area where clients are called to shop in the market. The table was filled with my weekly recipes, and tips on how to shop based on your budget, nutritional needs, and what was in season.

Each week, I walked around the waiting area, informing the clients of what I was doing. Some politely smiled and quietly took my recipes. Others would approach me, sample the food I was offering that day, and take every piece of paper that I had on the table.

While I was educating them on the purpose of No Waste Wednesdays, they were educating me about their everyday lives. Each week, the clients would take the recipes and tips. Each week, the same faces would approach me to sample the food and see what new information I had to offer.

Providing clients with crucial knowledge that can be generalized into their everyday lives made me feel extremely helpful. Knowing that these clients will have one less day of hunger shows that one idea, one initiative, or one person can make a lasting impact. When the clients realized that they could use their food scraps to make an entirely different meal, I could hear the sense of relief within their voices.

This project helped me learn more about the L&F organization as a whole; the generous people that work within it, and how the organization allows the implementation of creative solutions to solve any problem a client may have. This community is wonderfully fortunate to have an organization that cares enough about the basic needs of people to take action when times get tough.