**Community Engagement Assignment:** You will participate in a community engagement project. I will provide a list of opportunities and you can ask me about other options if you have ideas for participating in and learning from community engagement related to food justice. The experience might become one of your sources of support for your ideas in Essay 3 or it might connect to your presentation and culminating project due on our final exam (project) day, March 21st.

**May 11th and 25th** we have opportunities to volunteer as a class with **the Thurston County Food Bank.** We will meet as a class at our regular time in our regular classroom. Then, we will go together to the Thurston County Food Bank Warehouse to help with packing sack lunches for school lunches. Here are the details of this opportunity:

**Thurston County Food Bank Warehouse and Distribution Center**

**2260 Mottman Rd. SW**

**Tumwater. (360) 754-5703**

**Thursdays May 11th and June 1st**

**Wear close-toed shoes and comfortable clothing.**

**\*If you opt out of this activity, you can choose a different activity or experience to fulfill the community engagement assignment for our class. Here are a few ideas. If you have an idea of your own, please check with me about it.**

1. Take a cooking class offered through Olympia Food Co-op. These classes cost $7.00. Go the co-op website at <http://www.olympiafood.coop/events/> to learn about the different classes and locations and to register.
2. Volunteer with the Food Bank or another organization that helps with the cause of hunger or nutrition in our community.
3. Shop at the Olympia Farmer’s market for food that is grown and produced locally, talk with the people who produce the food about their experience and about the production of the food. Then, prepare a meal using food purchased there. Share that meal with others.
4. Conduct a healthy eating on a budget investigation. Go to at least 3 different grocery stores and compare prices on healthy food for a week for three meals a day. Make a comparison chart and determine what it would cost per week to eat a diet based on whole, nutritious food.

**Reflection paper due, Monday, June 5th at 10 am** to Canvas. Describing your community involvement and what you learned. Include the following in your 1-2 page paper.

1. In your first couple of paragraphs, describe what you did. Include details of your experience or the event.
2. In your middle paragraphs, discuss what you learned from this experience.
3. In your closing paragraphs, connect what you learned from the experience to other issues and topics related to nutrition and food justice that we’ve been studying together this quarter.
4. Your paper should follow the criteria for college-level writing, including MLA formatting, revised and proofread for appropriate diction, syntax, grammar, voice and tone.