



# Volunteers

## Youth & Family Services: Rapid City, SD

As a Food Service Supervisor at Youth & Family Services, I recognized the need for extra help during our busy Summer Food Program. I also recognized an eagerness within the young ladies attending our Girls Incorporated® of Rapid City program, which is housed within the same facility as our Nutrition Services program... an eagerness to help, to be accepted, to interact with others, and an eagerness to do a job well. It made sense to utilize these young ladies in a manner which benefited both our nutrition department and opened up an opportunity for them to prove how responsible they really can be.

The Girls Inc. crew has helped with the Summer Food Program in the past doing simple things such as wiping tables, sweeping floors, etc. We decided that it was time to take it one step further and allow them to be involved in the deeper aspects of what it means to run a successful

kitchen. We also wanted them to experience the process of applying for a job to prepare for future opportunities: they filled out a simple job application and participated in a simple "interview" where they answered routine questions concerning hand washing procedures, serving sizes, food temperatures, etc.

The help from the Girls Inc. program has been absolutely essential and life saving during this chaotic and gratifying summer food season. The girls show up with smiles on their faces eager to clean, dish fruit, pour ketchup, scoop veggies.....they happily do anything requested of them. I am proud that we are contributing to their work ethic, their sense of responsibility.....their self worth. The most magnificent dynamic of this whole operation is that these wonderful young ladies do all of this on a volunteer basis....there's no

paycheck, no reward, no big fuss made of their contributions. They do it because it makes them feel good. Some folks ask me if it's worth the trouble of training such young people (after all they are ONLY fifth and sixth graders, you know!) and to that I reply: when you walk down a hall and can hardly move because a mob of kids is hugging you and begging you to let them come work in the kitchen....IT'S WORTH IT!!!!



Food that's in when school is out.



Photo 1: Serving nutritious meals to other children in the community makes these volunteers from Girls Incorporated® of Rapid City happy; from left, Savannah Baldwin, Bailey Leonard, Alexis Schreiner, Lacey Schooley, Kyrie Darrington, and Ashley Henderson



Photo 2: Members of Girls Incorporated® of Rapid City are smiling volunteers in the serving line at Youth & Family Services' Summer Food Service Program; from left, Ashley Henderson, Lacey Schooley, Alexis Schreiner, Savannah Baldwin, Bailey Leonard, and Kyrie Darrington. Girls Incorporated is one of several major programs of Youth & Family Services, Inc.