

## Food Study Reflections

Throughout my time at Meals on Wheels for my Community SEL, I completed Food Waste studies, and I chose to include these here because it was the first time I completed a food waste study and I completed 3 different ones. I pretty much had to complete these studies by myself because the Meals on Wheels staff were very busy, but it was a wonderful experience. The most challenging part, which you may not think it challenging but it was to have the clients follow my exact instructions while trying to set up, conduct and tear down everything I needed for the study. This was the first of many projects I would complete at my SEL sites, but these will always be remembered because of the countless hours I got to spend with the community and behind my desk at Meals on Wheels going over the data over and over again. Overall, if you read the reports, you will understand that some of these sites have waste, but this isn't unique because most of the world has the same complex issue. I am glad I was able to help this community out with my project but also with my presence because a lot of my days while doing these projects was getting to know the clients and assisting them.