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In 2017, 20% of families were not able to cook a Thanksgiving dinner for their family because they did not have enough money. My mom and I went to the Freestore Foodbank in Over the Rhine and helped pass out Thanksgiving dinners for families in need. Aubrey Rose's story is so inspiring to me and it makes me want to do more for the community. I know that I would be upset if my family couldn't afford dinner for Thanksgiving or for any other day. Helping people isn't that hard. You can do it every day. Even something as small as a smile can be enough to change a person's outlook. The Freestore Foodbank made it possible for families to have a nice dinner and I was a part of that.

Volunteering at the Freestore Foodbank made me realize that even though I am just one person, I am still capable of making a big difference. My mom and I were just two of the volunteers that day, but we were able to hand out about twenty Thanksgiving meals. There were about 100 volunteers so we were able to move very quickly and serve about 300 families. The process was organized very well and it moved very quickly. We walked with the family to different stations and pushed their items in a grocery cart to get all of their food items and then take it outside to their cars. There were always families standing in line and I thought we'd never get done, but after a few hours we were done. Looking back on it, I felt charged up to be part of something bigger than myself.

Volunteering at the Freestore Foodbank was a great experience for me. It made me realize how grateful I am for all the things I have in my life, like my Catholic education, my family and even my house and food on the table. As we

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were walking the families food to their cars, we got to talking to some of them. One lady was recently diagnosed with cancer, another lady had 5 children of her own and 3 grandchildren living at her house and then another man had to walk several blocks to get his food to his house. We walked with him as far as we were allowed and then had to turn back. I often think about that man and how he is doing and whether or not he has enough food or even a place to live. Things that I take for granted. Every person that we helped was so happy and thankful for us helping them. It gave me a sense of pride, that I did this. I helped out someone else to have a good Thanksgiving.

At the end of the day, I am still just one person, just like the 99 other volunteers at the Freestore Foodbank, but when we all work together we can have a huge impact. We may never know how our actions affect someone else. Just a kind word or a smile may change the course of someone's day. Being kind doesn't take much effort and it goes a long way. I enjoyed volunteering at the Freestore Foodbank and I am hoping to make it a yearly tradition with my mom and eventually my younger siblings when they are old enough.