

Be Involved: Growing Food and Community at N.H. Food Bank Garden

Tuesday, April 19, 2016

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On Saturday, April 16, UNH Manchester's community service club [Be Involved](#) held a volunteer day at the New Hampshire Food Bank Garden, to get their hands dirty for a good cause.

Thanks to volunteers like Be Involved, the N.H. Food Bank is able to grow fresh produce to distribute to families in need.

Be Involved began as a class project and has evolved and grown with support from the student population and departments on campus, such as the Office of Student Development and Involvement.

Connor Lenfest, junior [psychology](#) major and president of Be Involved, said the club's mission is to make students excited about making an impact in the community.

"I really like people to feel encouraged to initiate, organize, and reach out to get involved, and get people to act," Lenfest said.

Around 30 volunteers showed up to help out at the garden, including [psychology](#) major and Be Involved vice president Tyler McFadden.

"I've worked in the food bank before, in the garden on First Year Service Day," McFadden said. "It was a fun opportunity, so I wanted to do it again."

This was the first year the club has held an event at the food bank garden, and it was a resounding success. Junior [psychology](#) major Olivia Regan volunteered at the event, and offered some advice to students about getting involved.

"It can be a little scary at first," Regan said, "but once you do it and get to know people, it's definitely worth it in the end."

Be Involved has worked with other organizations in the Manchester area, and they hope to keep growing. The club also hopes to work with other clubs and organizations on campus and "spread the word" about doing good on campus and in the community.

Katelynn Brooks, coordinator of Be Involved and a junior in the [biological sciences](#) program, said it's initiatives like these that make a difference.

"I definitely think it's a great opportunity for people to have a chance to give back to the community, because not everybody has everything handed to them," Brooks said. "It's nice to help others and really build something for the community."

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