



Our T.A.P. teens + parents have some great things to say...

"I loved the virtual sessions, especially the day we got to hear a board member speak about following our passions. It was applicable to my future and just what I needed to hear."

"Volunteering in the kitchen was my favorite. The staff were so funny and friendly. I really liked the people and will volunteer again!"

- Faith C., McDonough High School

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"I liked how I could apply what I learned in the virtual sessions to my everyday life. The staff members did a really thorough job of explaining their topics."

"Volunteering at Haven Street was so rewarding. I have a lot of respect for the staff who put in the hours everyday."

"I really enjoyed the lesson on advocacy and will be taking what I learned to write a letter to the Governor to advocate for older adults."

- Finn M., Gilman High School

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"I really loved learning about how nonprofits function, from fundraising to budgeting. It was a topic I was curious about but didn't know the details of before."

"Prior to the prior I was interested in hunger and food insecurity. The TAP program was a great way to learn more about a topic I am passionate about."

- Gabby G., McDonough School

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"I had volunteered at a retirement home in the past; however they are not taking visitors currently due to COVID. The TAP program allowed me the opportunity to service the population I love."

"After the virtual sessions, going to volunteer at Haven Street really put everything together as I was able to see the production in action."

- Hannah N., St. Andrew's Episcopal School



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“The volunteering at Meals on Wheels was a really worthwhile way to spend my free time this summer. It was motivating to have everyone working together for a common goal.”

“The TAP experience really reinforced my passion for service and was a fantastic week of integrating volunteering and learning.”

- Isaac L., St. Andrew's School (Delaware)



“I loved how the virtual sessions were set up in that the facilitators and guest speakers were able to make each lesson interactive, including breaking the program into smaller groups.”

“Putting together hundreds of meal boxes showed me the impact of the work. Knowing folks would not be fed without Meals on Wheels really highlighted the importance of what we were doing.”

“As a TAP participant and Client Wellness Call volunteer, I have really found a home at Meals on Wheels this summer.”

- Naomi C., Centennial High School



“In the virtual sessions, I learned so much every single day. I felt inspired that even as a teen, I can make a difference.”

“The skills and knowledge that I gained through the TAP program were incredibly valuable. I was able to give back to the homebound people who needed food, as well as develop my own leadership skills.”

- Rika F., Archbishop Spalding High School



“I believe TAP is a fantastic program that allows teenagers to learn meaningful information and life lessons about food insecurity, inequity, and nonprofit management.”

“The TAP program showed my kids the importance of being in this together, especially in a time like COVID-19.”

- Leslie J., Parent of T.A.P. participants