

Brittany Cote Co-op



PortCares
Improving the quality of life.



Introduction

My Co-op placement at the Port Colborne Reach Out Center this semester has truly been such a pleasure! I really felt like I was one of the team, and thought sometimes it got crazy, I loved every moment of it. The staff is extremely friendly, there's always something to be done, and just seeing all the families that benefit from my little contribution has had an impact on me, and I will defiantly carry that with me for the rest of my life!



Daily Routine

Firstly, I would go to the ware house doors, and page someone to unlock the door. Next I would go and hang up my coat and bag in Helen (my supervisors) office. After that I would find Helen and she would tell me what they needed ASAP in the "Store", food bank. Also they have a white board with lists of thing that eventually need to get done to, so if no ones around I just follow the lists. After finding out what needed to be done, (9 times out of 10 it was bagging food), I would have to go put an apron on, and a hair net, then wash my hands and put gloves on. Then get all the things I would need to get the right tools like, the right sized bags, measuring cups ext.... Sometimes the ware house door would ring and I have to go open it and receive food donation, and or shipments. Let me just say everything that comes in needs to be weighed, so id do that then record the weight and what it was. If we were getting a big shipment of food I would do whatever Helen needed me to, for example opening the big door to the ware house and locking it up, moving skits, and various items in the way, recording weights as the food comes off the trucks and such. And sort through food checking expiration dated.

Skills and knowledge from school courses



Courses I found useful from school were cooking class. In cooking I learnt how to handle food properly, and following proper procedures when it comes to keeping things sanitary and clean. Which help meaning at the reach out centre you're always dealing with food. Also another course is drama. I choose drama because it helps you break out of your shell, it helps you get more comfortable stepping out around people, because when you work at the food bank there is always new people around you, and you defiantly have to be good with people to work there...



What I learnt

At my co-op placement I learnt a handful of things. I learnt self regulation, teamwork, commitment, organization, improved social skills. Here at the reach out centre it's always a team effort. If everyone put in, and works hard, things get done and everything is good, but if people bail, they are short on help and fall behind, and that's why its so important to keep you commitment, so thing gets done, and people stay happy. Another big thing is organization. Especially in the ware house. It's so strictly organized but it's a good thing considering that's where all the food is stored, and the supplies.

Education requirements and occupations



If you were to peruse a job in this field, you would have to have a tolerance for people because there are a lot of interesting people who come in and out of that place. You defiantly have to be prepared to work non-stop because depending on the day, because you can possibly be running non-stop because of all the people who may be coming in at once. Things can be really crazy and you may be doing the same task for hours so you have to be prepared for that as well. For schooling sociology would be good to take, to get to know more about people.

Other pictures

