



## Volunteer at your local soup kitchen or food bank



Be a soup-er hero and help out at a soup kitchen/homeless shelter or volunteer at your local food-bank

### Time



**Age**  
14 - 18

### Environment



**Subject**  
Community

### Price



### Activity Type



**Soft Skills**  
Communication  
Decision making  
Empathy  
Flexibility  
Independence  
Mental Health Awareness  
Research  
Responsibility  
Teamwork

