

Volunteering spotlight

Livia Garcia (IP Southern Development) volunteered for FareShare



I'm Livia...

I am a Senior Project Engineer (Civil) in the Infrastructure Projects Southern Development team, and I have worked on projects such as Crossrail 2 and Brighton Main Line Upgrade. My role is to ensure that the designs meet the requirements and standards right from early stages. I also belong to the Sustainability Working Group within IPSD which specifically looks into how we can develop sustainable designs.

I wanted to volunteer my time by participating in something that is also linked to sustainability, ideally something that I care most about under this big theme. I also wanted to do something that is different from my day job and which would allow me to work with people from other communities.

What did I do?

I spent my time with a charity called FareShare who collect excess food produce from places like supermarkets and bakeries, and redistribute to other charities who then make meals for those in need such as homeless people. The food produce they receive includes fresh food – not just dried or tinned food. The organisation constantly needs volunteers to help with sorting the produce that come into their warehouses around the country, and making it ready for delivery or collection by other charities every day.

What did I give and get?

I helped in the warehouse of FareShare London located in Deptford. When trays of food arrived, my main task was to sort them in accordance to types and use-by dates. Food that has short shelf life, such as bread and milk, should be redistributed as soon as possible. I also helped with picking food according to the food request order forms so that they were ready for delivery or collection.

The idea is to redistribute resources that would otherwise be thrown away so by getting involved I am helping to fight hunger; to better distribute resources that are already there; and obviously to reduce waste. These are all things that I personally care most under the theme of sustainability.

What have I learned?

I have learned that there are many opportunities where we can give more to the community. Through the time spent with FareShare, I have also learned about the work done by other charities such as Youth with a Mission – one of their projects involves young people preparing meals for those in need in the community.

For more information please get in touch...

Livia Garcia: Tel. 07713302794 / Email. Livia.Garcia@networkrail.co.uk

FareShare: Tel. 020 7394 2478 / Email. fslondon@fareshare.org.uk