

Volunteerism: A Win-Win Undertaking

By

Mary W. Murimi, PhD, RDN

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Abstract

Volunteerism in America could be considered a national pastime with nearly 1 in 4 Americans, an estimated 62.6 million people, serving as volunteers according to the National and Community Service report.¹ Volunteerism includes a wide range of activities undertaken to serve others or contribute to a cause of common good for the general public where monetary reward is not the driving factor, according to the general assembly of the United Nations.² The Society for Nutrition Education and Behavior (SNEB) as an organization would never achieve its stated goals without the many hours and skills provided by its member volunteers.

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