

The activity I participated on while visiting the food bank, was packing food boxes, as a group each participant packed one or several food items. These items consist of canned foods or/and boxed items, like noodles, coffee, legumes. It was very surprising how much the ladies packing these boxes try to fit in those boxes, they are very well packed. They sure work hard to get a lot of food in each box.

The South Plains Food Bank has provided food for those in great need since 1983, they have fed more than 58,000 children, senior citizens, men, and women. Alleviating hunger in 20 surrounding counties, distributing 8 million meals all around these 20 counties. The south plains food bank gets their funding from different partners, some of those partners are HEB, Market Street, Albertsons, Amigos, United supermarkets and many more. All this work is possible by many volunteers that contribute to getting the food boxes to everyone that really needs it.

This experience has taught me the importance in giving back to the community. I can make a difference in being a volunteer and donating to these types of organizations that thrive in helping those less fortunate in our community. I plan to get my whole family involve in volunteering out time to good causes such as the food bank, I want my children to learn the importance in being a good citizen, that cares for the needs of others and to go above and beyond to help others. This was sure an eye opener for me, and I believe that it was for each of those that participated in this great experience.