

Mayra Gomez

February 14th, 2024

Covenant School of Nursing

### Community Service Reflection

The South Plains Food Bank provides assistance to the entire community who are in need of food resources. The activities we carried out during this experience included packing food such as canned goods, fruits, vegetables, and bread. My team and I were assigned the task of sorting oranges from approximately four hundred boxes, which were intended to be distributed to the community. I believe this service contributes a lot to the community by providing high quality food to people in need. It is a great way to help people and to combat hunger and malnutrition. This experience left me amazed to witness the significant amount of food being distributed daily, knowing that numerous individuals benefit from it. This service has been a staple in the community for years. Although personally, it is the first time I have encountered a program or service of this nature, I can unequivocally say that the individual who initiated it is nothing short of an angel. This service receives donations from various organizations and businesses. The food it receives is donated by major retailers such as Walmart, Target, United, as well as numerous local stores within the community.

This activity made me learn and discover more about myself. These types of activities are unique experiences that help you grow as a person. Being involved in these types of services makes you reflect on life, makes you think about how grateful you are

for what you have today, and above all, it teaches you to be thankful for all those things. These experiences lead you to think about people in different countries who struggle to obtain food or water to sustain themselves. It also helps you value life and the people in your surroundings. I strongly support more people getting involved in community service like the one I did. Helping others feels really good, and I think everyone should have the chance to do something meaningful like this.

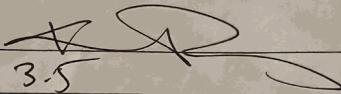


**LVN-RN Community/Ancillary Service Experience  
Covenant School of Nursing**

(Student to fill out this section PRIOR to clinical experience)

Date: 2/14/24 Student's Name: Maura Gomez  
Organization: \_\_\_\_\_  
Site address: \_\_\_\_\_  
Volunteer duties: \_\_\_\_\_

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Signature of Staff:  Phone #: 806.642.6120  
Hours completed: 3.5

Thank you for allowing a nursing student from **Covenant School of Nursing LVN-RN Track** to participate in your community/ancillary service site today.

Please call one of the Instructor's, **Ester McWilliams (806) 317-9680 (cell)** or **Dondi Kilpatrick (806) 239-6263 (cell)** for additional comments regarding student performance and/or participation in your area today.