

Karina Alvarado

The South Plains Food Bank has been serving Lubbock and surrounding counties since 1983. The South Plains Food Bank tackles hunger head-on. Volunteers sort and pack donated food, ensuring it gets to those who need it most. The application to apply is simple and online. They even have special boxes for senior citizens and for those that don't have stoves or means to cook food.

Volunteering at the South Plains Food Bank was an eye-opening experience. We spent the morning packing boxes of oranges. We separated pallets of oranges making it easier for them to be distributed. We also sorted through bakery and deli goods. Putting together bags of cakes, breads, pizzas, rolls, and so much more. We carefully packed together goods and imagined the smiles of whoever opens seeing what is inside. We imagined kids being happy with the donuts and cakes we picked! I enjoyed it much more than I initially thought I would. I felt accomplished and I felt like I had done something good.

South plains food bank is community funded. Individuals, food drives, and businesses keep them going. The baked goods we sorted were primarily from United and Walmart. It is nice knowing big businesses donate instead of throwing away food.

It gave me a deeper appreciation for the work that food banks do and the challenges faced by people experiencing food insecurity. I gained understanding of the vast need for food assistance in our community. Looking back in my life, there were times when I needed help and resources like this helped keep my family afloat.

Volunteering was a reminder of how fortunate I am now and the importance of paying it forward.

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

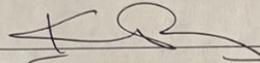
(Student to fill out this section PRIOR to clinical experience)

Date: 2/14/24 Student's Name: Karina Alvarado

Organization: South Plains Foodbank

Site address: 5605 MIL Biva Woodock TX 79404

Volunteer duties: _____

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.

