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News from South Plains Food Bank

www.spfb.org

“Without this food, I wonder what I would do.”

My name is Dean, and I've been coming to the Brownfield Senior Citizen Center for about four years now. I don't know what I'd do without this place. I don't have the money I used to have, so it's great to come here for such fine meals. The people I eat with are like family to me. We talk about yesteryears...and we have lots of good laughs along the way.

I've been a widow twice. But I think I'll do just fine on my own at 83. When you get to be my age, you find yourself thinking a lot about the past. Some of my best memories were living on the farm where I took care of the chickens, hogs and cattle. I used to milk 10 cows twice a day. Sure glad I'm not doing that anymore.

And when I keep reflecting, my mind goes quickly to what the South Plains Food Bank means to people like me. Without the food they provide to the Center, I wonder where I'd eat—or *if I'd eat*. Oh, I get a small check each month, however it's not enough. But I don't complain. When people ask me how I maintain such a positive attitude, I just have to say, *Lord, I don't know. That's just who I am!*

Hunger is the issue

And when folks ask me whether I see the glass as half full or half empty, I say *I want that glass to be full to the top...all the time. No halfway*

for me! Well, it's not always full, but I'm living as if it is. That's why I love to laugh. It takes away my troubles, and reminds me that others are needier than I am. There are hungry families in our community, and it hurts me to think that so many children don't get adequate nutrition.

Hunger is the issue for too many.

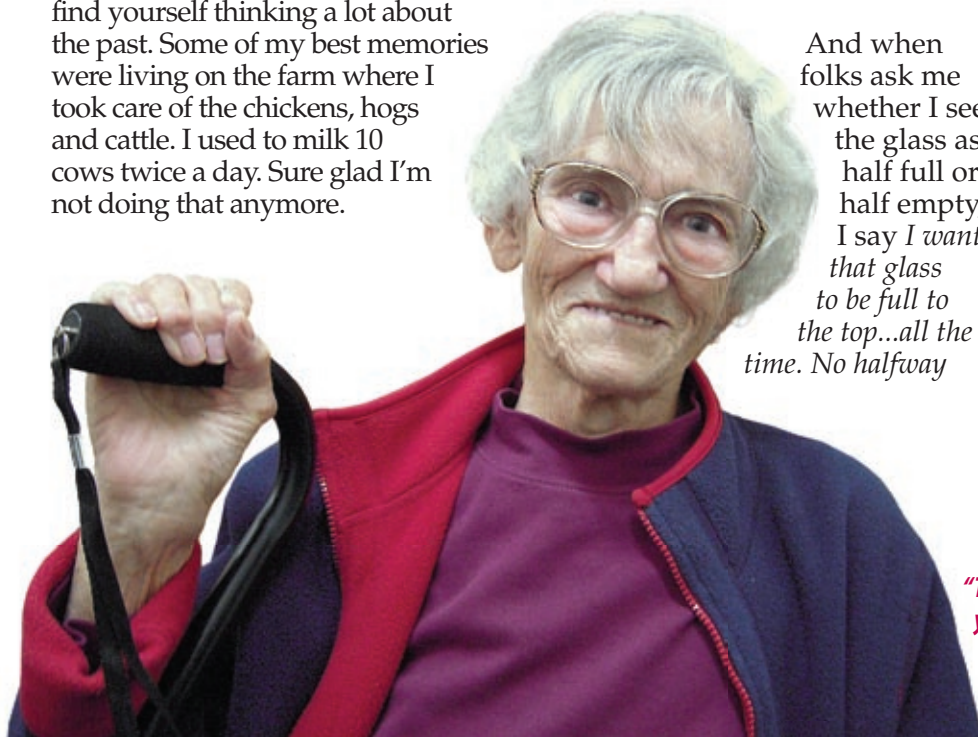
I just hope everyone will one day receive the kind of good food I get here at the Center.

I also want to say a word of thanks to you who donate your money and service to the South Plains Food Bank. You mean a lot to me...and I want you to know it. You are giving to one of the finest organizations in existence. The Food Bank does what it promises: it feeds hungry people. Thank you for giving me such good food. I appreciate it very much.

“People ask me how I maintain such a positive attitude... That's just who I am!”

That's just who I am!”

“Thank you for the food you help provide for me.”



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Words from David



David Weaver, Jr.
Executive Director

Your generosity never ceases to amaze me. Even during these challenging economic times, you continue to stand alongside the South Plains Food Bank with your donations and unselfish service.

And the food you help provide for our friends and neighbors! I could write pages of gratitude on how you're giving new hope to families who thought all was lost. During the past months you helped

put thousands of pounds of food on our shelves for distribution to those in need. You also helped us provide food and a safe environment for boys and girls at our Kids Cafes. And your help allowed us to hire young people to work on the Food Bank's farm. Thank you!

Morgan is a changed person—thanks to your concern

Let me tell you a story about one of those young people. Her name is Morgan. She came to us with just about everything pierced—or so it seemed. And I don't think I could even describe the rainbow of colors in her hair. She was 14 when she arrived. It wasn't easy for any of us at first. But little by little, we connected.

Morgan slowly gained self-confidence. She began believing in herself. There is something about "digging in the earth" that seems to have a healing effect on the human spirit. Couple that with compassion and understanding, and before long you begin to see lives change.

Well...Morgan graduated from high school a year early, and was the first person in her family to go to college. She loves animals, and is now working with a vet. Today she has great dreams for a career in veterinary science...dreams you helped initiate by making the farm available to our young friend. Morgan is a changed person.

In many ways, we've just begun the fight!

Summertime is here...and the needs of folks without food across the South Plains are as severe now as during any other time of year. But when we go on vacation, we often forget: hunger never takes a holiday.

But there are still more young people to encourage, and more families to feed. It breaks my heart to see the crushing need surrounding us. At the same time, my heart is encouraged to know you are standing with us. Thank you for letting us tell people in need that hope is on the way... and that food will always be on their tables.

Thank you for being one who cares,

David Weaver, Jr.
Executive Director

The South Plains Food Bank would like to thank the following friends for their generous support:

- United Supermarkets
- Beaumont Foundation
- CH Foundation
- Helen Jones Foundation
- Mazon Foundation
- Covenant Health Systems
- Lincy Foundation
- Rotary Club of Lubbock

The South Plains Food Bank, Inc. is a humanitarian resource responsible for securing, growing, processing, and distributing food to charitable organizations and persons in need. South Plains Food Bank, Inc. also strives to provide opportunities for persons to break out of the poverty cycle.

"Thank you for everything!"

Our names are Maria, Rose and Ray. We as a family are so grateful to the South Plains Food Bank for

"If we didn't receive the food, encouragement and the educational support we get here, it might not be such a happy story."

Overall they are happier children.

As a mother, of course I want the best for Rose and Ray. I want them to succeed in life. I also want them to be kind and thoughtful about the needs of others. I'm happy to say that Rose is at the top of her class in school, due in large part

to the personal academic attention she receives here at the Kids Cafe. The directors, Katie and Brandon, help both of my kids with their homework. I love to hear Rose talk about her dreams of becoming a doctor, a vet or a teacher. But I must tell you...if we didn't receive the food, encouragement and the educational support we get here, it might not be such a happy story.

Hearts full... futures bright

The other day, Rose said, "I appreciate the food people give to the Food Bank. I'm so grateful that if I could meet these nice people, I'd make up a basket of food and give it to them." And I know she means it. Ray has some speech delays, and he may not be as expressive as his sister, but he's made great strides in his ability to communicate since coming to Kids Cafe. He's also becoming more



"Our whole family thanks you for your donations to the South Plains Food Bank."

respectful. My heart is so full of gratitude I hardly know what to say.

Rose's final words of thanks

"I know a lot of people contribute food to help families like ours. You may not know us personally, but you still care about us. Thank you. I appreciate you very much."

Thank you for your willingness to provide food for other people

There is great power in a generous heart. You are already making a difference in our world, because you keep living a life that's kindhearted and open to the needs of others. Thank you for your support of the South Plains Food Bank as *together* we touch the lives of the hungry in our surrounding communities.

Because of your donation—whether it's large or small—hungry mothers, fathers and children have food on their tables. Because you support the South Plains Food Bank, there is less anxiety in the hearts of the hungry and the working poor. As you read the stories of Dean

and Maria, Rose and Ray, let them be reminders of how much your donations mean to people who rely on the Food Bank for sustenance.

You'll always be remembered for your kindness

We thank you in advance for your summer gift of kindness to help people who are hungry. Those we serve keep telling us, "Please thank the donors for all they do to help put food on our tables. We don't know what we would do without their support of the Food Bank." To continue to bring uninterrupted, nourishing food and other services

to children, families and seniors throughout the South Plains, please use the enclosed slip. Or simply call us at (806) 763-3003. You may also give your donation on our secure web site by visiting us at www.spfb.org

As always, we invite you to join us for a tour of the Food Bank to see your generous donations at work. Even though you may be facing economic hardship yourself, you keep reaching out to the hungry. That makes you a special friend. Thank you for doing all you are doing to bring food and hope to people in need.



Our new "Kitchen of Hope"



We're cooking now! Thanks to our new 3,300-square-foot commercial kitchen and office facility, South Plains Food Bank can expand our Children's Feeding Program, Kids Cafe! The program has been providing hot, nutritious evening meals to over 2,500 children per week. But our "Kitchen of Hope," which became operational on April 15, will allow us to prepare an additional 1,000 meals per day! And with more kids going hungry during the summer months, it couldn't have come at a better time!

Can Can Fun in the Sun Summer Food Drive



Please be looking for the Can Can Fun in the Sun Summer Food Drive, a community-wide event sponsored by Covenant Health System and KLBK Channel 13. Summer is a very difficult time for collecting food. We hope you will give generously. This year's goal is to collect 60,000 pounds of non-perishable food! The event will be held at the United Supermarkets at 50th and Indiana at the end of June. Stay tuned for more information.



MY SUMMERTIME GIFT

YES, you can count on my support to help feed hungry people across the South Plains this summer.

Here is my gift of: \$250 \$100 \$50 \$25 Other \$_____

I commit to a monthly gift of \$_____. My first gift is enclosed.

Please bill my credit card: VISA MC AMEX

NAME _____

CARD NUMBER _____ SECURITY # _____

ADDRESS _____

SIGNATURE _____ EXPIRATION DATE _____

CITY _____ STATE _____ ZIP _____

My e-mail address is: _____ @ _____

Please make your check payable to:

South Plains Food Bank

4612 Locust Avenue, Lubbock, TX 79404-3840

NLS/09 NJ5AWHT

To charge your gift by phone, please call (806) 763-3003.

It's easy! Give online at www.spfb.org



YOUR GIFTS CHANGE LIVES!

Your donation is tax-deductible to the full extent of the law. We will send a receipt for your records.