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News from South Plains Food Bank

www.spfb.org

Our family thanks you from the bottom of our hearts



My name is J.D., and I am grateful beyond words for the South Plains Food Bank and the food it provides to The Salvation Army, where my family is eating right now. I used to work there as a cook. At that time, I was privileged to make several pickups at the Food Bank. That's when I became aware of how important the Food Bank is to hungry people in our community.

"Please keep remembering people in our community who are hungry and have no place else to turn to for food."

So far...so good

I've been on my own since I was 13, and I know what it's like to be hungry, cold and destitute. I don't want my family to ever live that kind of life. At this time, even though we are facing unbelievable challenges, I can at least say, "so far, so good." We're also happy our kids are doing so well in school. But without nourishing food in their stomachs, they would probably not be strong enough to study.

So you can see why my wife and I are so grateful to you, the Food Bank and The Salvation Army for your continuing kindness.

Please continue to donate to the Food Bank. Please keep remembering people in our community who are hungry and have no place else to turn for food. When you do, thousands of people will be grateful to you for your compassion.

Sincerely,
J.D.

"Because of your compassion, our family has food on the table."

Now I find myself back there, but this time on the receiving end. Because of the generosity of donors, my family is not going hungry. How can a father be more grateful than that? We may end up eating only rice and noodles at the end of the month, but at least we're not starving.



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encouraging

Words from David



David Weaver, Jr.
Chief Executive Officer

He is a Vietnam vet, and ever since his return from Southeast Asia, life has not gone well for my friend. He's a wonderful man, but life has beaten him down. As much as he tries to put his life back together, it's always back to square one. This man is more than grateful for the food we're able to give him. And he is just one of the 84,000 people you help us serve each year with your donations and acts of service.

Whether it's a senior struggling on a social security check, a family that's lost its wage earners, a hungry child or someone suffering from a crippling disease, we will always be there for whoever has a need for nourishing food. It's what we do. It's also something you tell us you want us to continue to do.

A dinner table...with nothing on the plates

Imagine the anxiety of a family seated at the dinner table where there is no dinner on the plates. What do you say to a hungry child? What do you say to a mother who must tell her son or daughter they'll have to go to bed without food tonight...again? So often, parents and their children suffer in silence.

"What do you say to a hungry child? What do you say to a mother who must tell her son or daughter they'll have to go to bed without food tonight?"

This is what motivates us to provide more than eight million pounds of food for hungry people in the South Plains each year. We want the suffering to stop. We will never stop pursuing our dream of a hunger-free community.

Join us in our summer of sharing

Now it will soon be summer, and our Summer of Sharing Campaign is ready to begin. We urge you to get involved in this food outreach to our neighbors. Kids need to be fed during the summer months, a time when they'll no longer be at school to receive their meals.

Thank you for your support. I hope you'll come visit us at the Food Bank soon.

Thank you for being one who cares,

David Weaver, Jr., Chief Executive Officer

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.

Every time I come for my box of food it's a life-saving experience

My name is Sharee and I'm in the last phase of full-blown HIV/AIDS. I feel so alone in the world. My only true companion is my dog, Hunter. He's my best friend, and I wouldn't take a million dollars for him. He's always at my side. But even his friendship doesn't take away the pain.

I haven't had electricity in my place for a long time, nor have I had the money to buy my prescriptions. I've been without medication for more than six months. And I can tell you...when it's bad, it's bad...and right now it's real bad. Perhaps you can see why the South Plains Food Bank and our food pantry are such godsend for me. Every time I come for my box of food, it's a life-saving experience.

I'm reliving my childhood, when I had almost nothing to eat

If there were no Food Bank or places like Trinity Outreach in our area, it would be devastating. Not only for me, but also for the hundreds of others who otherwise would go hungry. When I lie in bed at night, I dream about food. I see produce, fruits and cans of food in bright colors. In my dreams I hold them close to me. I can smell their aroma. Then I wake up...and there is nothing in my hands and nothing in my cupboard. It reminds me of when I was a small child. I never had enough to eat then either. I remember knocking on people's doors, begging for food. If I didn't get anything to eat, I'd go hungry that day.

In spite of all that, I've been able to do something with my life. I have a good IQ. I speak four

languages—even though I only went to the fourth grade. I can lay shingles and I'm a good housekeeper. I even raised Belgian horses for the Amish. Now I'm thankful that I have the Food Bank and caring people here at the food pantry. Thank you to all of you...and especially to those who make all this food available to me. I do not know what I would do without your kindness.

With much appreciation,
Sharee

"I dream of food... but only when I come to the food pantry do my dreams come true."
—Sharee



INTRODUCING

The GIFT You GIVE That GIVES BACK to You

South Plains Food Bank Charitable Gift Annuity

BENEFITS FROM A SPFB CHARITABLE GIFT ANNUITY

- Give: A Special Gift that will Help feed the Hungry
- Get: Guaranteed Lifetime Income
- Get: Immediate Major Charitable Income Tax Deduction
- Get: Portion of Annual Income Tax-Free

Plus Possibly

- Bypass Capital Gains
- Reduce Estate Taxes

Learn more about SPFB Gift Annuities. Call or email for a free, no-obligation brochure:

The Gift That Gives Back
LYN GARCIA (806) 763-3003
lyngarcia@spfb.org

Ask for a personalized SPFB Charitable Gift Annuity illustration showing your rate and benefits.

Can Can Fun in the Sun Summer Food Drive

JUNE 21-24 10AM-6PM



The summer months are particularly tough for neighbors across the South Plains. So this summer we are again collecting non-perishable food through our annual *Can Can Fun in the Sun Summer Food Drive* to make sure that all of our hungry neighbors have access to the food they need. The event will be held at the United Supermarkets store on 82nd and Frankford Ave. You can also drop off food donations at any other United Supermarkets location or give online at www.spfb.org

Thank you to KLLL DJs for promoting the Can Can Food Drive!



VOLUNTEER SPOTLIGHT

Riding to Make a Difference



Texas Tech University professor (and local author) Susan Tomlinson has found a very special way to give back. Susan is preparing to ride 2,011 miles to benefit the South Plains Food Bank farm through *The Bike Garden Challenge!*

"I started this journey as a way to give back to the community...to

Challenge, you may visit the SPFB website or the blog and donate your \$20.11 early. Leave a comment specifically stating your intent to pledge, and then track Tomlinson's miles throughout the rest of the year.

As Susan proved with her passion and creativity, there are many ways to give back to your local community. She has set a great example of how to combine personal interests to help benefit others. For more information regarding *The Bike Garden Challenge* visit www.thebikegarden.com.

"I started this journey as a way to give back to the community..."

~Susan

Susan Tomlinson is riding to benefit the South Plains Food Bank

combine the things I'm passionate about...and then early on I decided to dedicate these miles to my mother as well," said Susan, who is doubling her average 1,200-per-year mileage for this challenge. "I have been pleasantly surprised by the number of people who have already pledged...I am honored by their faith and support...!"

So far, there have been \$4,500 in pledges and the number continues to grow. If you have not already pledged, it's not too late to take *The Bike Garden Challenge*. Simply visit www.thebikegarden.com, where you can also track Susan's miles on her blog. For those who have committed a pledge to *The Bike Garden*

Read more about Susan's adventures at www.thebikegarden.com



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

5N/11 NLSAWHT

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

Give now 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.

