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News from South Plains Food Bank

www.spfb.org

Hope and comfort come in a box of food

"I want to say thanks to the Food Bank. I might be sick, but I'm staying positive...I hope you will too." -TREASURE

Read about Rachel and Treasure on page 2



encouraging

Words from David



David Weaver, Jr.
Chief Executive Officer

Thank you once again for your outpouring of compassion to our friends and neighbors in the South Plains who are hungry. The reality is, those whose cupboards are bare may be living closer to you than you might imagine. It may be an illness that depletes a neighbor's savings. A car breaks down. It might be a job loss. The reasons for food insecurity among our neighbors are many. But regardless of the why, we are here to fill the gap with nutritious food for families, children and seniors in need.

Yes, there's good food in the box. But do you know what's really in the box? That box is filled with hope...with being able to do better at school...with parents sleeping more soundly at night...with not having to worry if there'll be breakfast for the children. Your ongoing support and kindness provide all this and more.

Once donors to the Food Bank...now many are on the receiving end

This year together we've already served over 84,000 people on the South Plains. Some of our recipients were once donors. They've worked hard, played by the rules and have always opened their arms and pocketbooks to the needy. But now they themselves are in need. They paid it forward...and today, we have the privilege of reaching out to them.

I hope you understand—and I mean really understand—the magnitude of your donation. It doesn't matter if it's \$5.00 or \$500. What touches me most is that you take the time from your busy schedule to give, to volunteer and to speak kindly of the Food Bank in your sphere of influence. Thank you.

Now the holidays are here, and we want to do all we can to provide a nutritious food celebration for our friends and neighbors. If you can help us once again during this season of giving, we will be most grateful. One thing for sure...people in need of food will never forget your act of kindness.

Thank you for being one who cares,

David Weaver, Jr.
Chief Executive Officer

U Can Share Food Drive

Monday, December 5 through Saturday, December 10 at the United Supermarket, at 82nd and Frankford.

Items needed:

- Canned vegetables
- Canned soup
- Dry soup mixes
- Rice, pasta
- Cereal—cold or hot
- Sugar
- Canned meals such as spaghetti, pasta dinners and chili
- Canned tuna fish or other canned meat
- Tuna or Hamburger Helper—or other dry, boxed products
- Peanut butter and jelly/jam
- Canned fruit
- Canned juice
- Macaroni dinners
- Crackers
- Corn meal or flour
- Powdered milk



Hope and comfort come in a box of food



Rachel and I think you are special to give us food. Thank you for being so kind.

Rachel and Treasure, continued from page 1

My name is Rachel, and this is my godson, Treasure. Treasure is nine years old. He battles leukemia. I met Treasure when he was three years old—at his mother's funeral. When he lost his entire family, his grandfather adopted him. When his grandfather died we took him in to live with us.

Treasure. What a wonderful name. He's a great gift to us, and if you could know him, he would be a wonderful gift to you also. I'm diabetic and disabled. My husband has a limited income, so you can imagine how the bills are piling up for our family—not to mention the additional medical costs for Treasure.

We'll do anything we need to do for Treasure

This is why the South Plains Food Bank is such a lifesaver for us. And I don't use that term loosely. I don't know what we would do without the food we receive from such generous hands. The high price of food in the market and rising cost of fuel are almost more than we can bear. I'm not complaining, but this is our reality. And we'll do anything in our power to make sure Treasure eats good, nutritious food—something we simply could not afford were it not for the Food Bank.

Treasure wants to say something... "I really like Apple Jacks, tomatoes, potatoes, chicken strips and grilled cheese sandwiches. Many people are really kind to me. I want to say thanks to the Food Bank; you who are super cool to me and you don't even know me. I might be sick, but I'm going to stay positive... I hope you will, too."

And that's Treasure's spirit every day of the week. He's positive in the midst of his illness. He's an inspiration to us...just as you are an inspiration to our family because of your generosity. I can hardly believe how kind you are to us. I don't have the words...I just don't have the words to express my gratitude.

The food I bring home to my grandma has my fingerprints on it

My name is Samantha, and I love working on the GRUB farm. In case you don't know about our farm, GRUB means Growing Recruits for Urban Business. We have several acres on our farm where I'm learning life skills and a lot more.

I'm going into the eighth grade, and I feel working here at the farm is a big part of my education. My family has had it kind of rough. My mom got taken away, and I had to go live with my grandma. She really likes it when I bring home things like lettuce, carrots and other foods that we would not be able to afford. *And my grandma knows the produce has my fingerprints all over it.*

I love to farm. I even like pulling weeds. I know that sounds crazy, but I really do. It's not easy work, but that's okay. I think about it this way: weeds choke plants...and when plants don't grow properly, that means someone will go without food. *I don't want that to happen.*

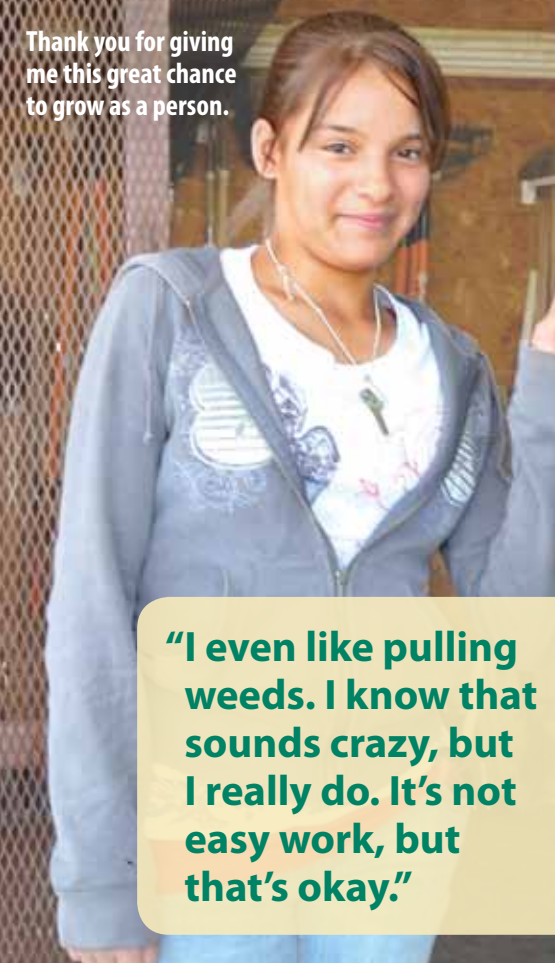
Thank you for helping me get closer to making my dreams come true

I never knew I'd be learning so much here. I even know how to fix broken water hoses. I guess if you stay here long enough, you learn to do just about everything. I want to continue my education, get a scholarship and go to college. It's hard to get back up on your feet when you get knocked down, but I'll never stay down. I will keep working and studying hard to make my goals and dreams come true.

I also want to say this: You are helping me learn things I'll appreciate all my life. Thank you for taking the time to be my friend—even though we may never meet. You're giving me the chance of a lifetime...and I accept it with a happy heart. Thank you.

Note: The South Plains Food Bank maintains a 5.5-acre, sustainable, urban farm as a setting to teach life skills and job skills to underserved teens. Our program raises funds to pay youth like Samantha to work on the farm. At-risk young people help produce fruits and vegetables.

Thank you for giving me this great chance to grow as a person.



"I even like pulling weeds. I know that sounds crazy, but I really do. It's not easy work, but that's okay."

VOLUNTEER SPOTLIGHT



"It really is life-changing"

From unemployment to helping others in need

Last September, Maxine Asmah found herself transitioning from a long-term temp position to a place in the unemployment line.

"I have a law degree, am skilled and highly educated and motivated," said the single mother. "I thought I would be able to find another job rather quickly." But jobs were not to be found.

Like many other Americans, Maxine began collecting unemployment and doing her best to maintain a "normal" life for her daughter, who is in middle school. "One day I heard a voice that said, 'Quit feeling sorry for yourself! You have a roof over your head and food to eat—that's more than some people have,'" she explains.

So she got up off the couch and started volunteering at the South Plains Food Bank. And she realized she had found her next calling.

"I loved volunteering," said Maxine. "I would tell anyone—you should experience it for yourself. It is really life-changing when you think about what you're doing and how much difference it makes in people's lives."

And guess where helping out led her? Maxine has recently found a job working full-time for the South Plains Food Bank as the Farm, Orchard, and GRUB Division Director! "I never dreamed I would be working here, but I love it," she says. "It all started with my wonderful experience as a volunteer."

Mobile Pantries are a real blessing

MOBILE PANTRY STATISTICS

- 1 Number of mobile pantry sites 16
(Post, Southland, Tahoka, Jayton, Spur, Roaring Springs, Matador, Floydada, Crosbyton, Ralls, Seagraves, Denver City, Littlefield, Anton, Petersburg and Olton)
- 2 Frequency of mobile pantry deliveries Once a month
- 3 Number of people served Nearly 1,000 families per month
- 4 Pounds of food distributed Approx. 65,000 lbs./month

Mobile Pantries have made a true difference, not only to the clients in the communities we serve, but to the SPFB staff. We never really understood how real the needs were out there until we spent the day with our clients. Often people were doing without food so their children could eat, and selling their possessions to buy food. Some of the towns we help don't have grocery stores at all, so hungry people have to travel to the next town to buy groceries.

When conducting surveys to determine whether we were making any difference in our clients' lives, the expressions on their faces revealed feelings like, "Do you know how much you help my family?" And they explained that without our help, they might not make it to the end of the month without their children or parents missing meals. They all seemed to believe the people at the Food Bank are angels. These clients in outlying regions are eternally grateful for the assistance we—and you—give them.

My favorite stories are about how the children love the snacks they sometimes find in their food box—especially the pizzas. They know when the delivery truck comes, and rush home, excited to see what goodies are in the food box.



MY HOLIDAY GIFT

YES, David. You can count on me to help provide food for South Plains neighbors this holiday season.

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

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

Please charge my gift on 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

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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.