

San Antonio Food Bank

- ❖ Join me and volunteer at the **San Antonio Food Bank** to help provide nutritious meals to those in need.
- ❖ There are many volunteer opportunities available, including both indoor and outdoor activities.
- ❖ Don't be shy! Look how much fun we are having, making snack bags and spaghetti in the Community Kitchen!



- ❖ Sometimes we are making sandwiches or preparing pizza slices for lunch or pancakes and sausages for breakfast.
- ❖ And if you can't volunteer, please consider a donation – food and monetary donations are greatly appreciated!!
- ❖ Please visit www.safoodbank.org to check out all the great volunteer opportunities!

Ronald McDonald House

- ❖ Volunteer at the **Ronald McDonald House Charities** to help critically ill children and their families while receiving medical treatment in San Antonio.
- ❖ After spending long hours, day and night, at the hospital caring for their child, families can enjoy a hot meal when they return. Here, courtesy of members from **Aflac's River City Region**, a breakfast feast, including pancakes, scrambled eggs, bacon, tortillas and toast, is being prepared.
- ❖ Whether you are cooking for the families, donating food or contributing in a variety of other ways, your help is greatly needed and always appreciated! Please visit www.rmhcsanantonio.org for more information.

