



# Project La Cena

## Volunteering at the San Antonio Food Bank

### In our next issue:

Photos and details of our field trips to the Texas Dietetic Association (TDA) Conference (March 18-20th) in Dallas, TX and the Minorities in Agriculture, Natural Resources, and Related Sciences (MANNRS) Conference (March 23-27th) in Orlando, Florida will be posted.

### With questions or comments, contact:

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On Friday, February 19th, Danielle Tworek, Melissa Thomas, and myself (Stephanie Lozano) met up to volunteer at the San Antonio Food Bank, located at: 5200 W Old US Highway 90, San Antonio, TX 78227. As you can see from the picture (left), the facility was huge and needed a lot of help. In the beginning we helped prepare ice chests with milk and lunches so that children at school would be feed a decent lunch (children who might not get a lunch otherwise). After that, we helped sweep and mop; I know that does not sound glamorous, but with a facility as large as the SA Food Bank, any help is needed and appreciated. If you are interested in Volunteering,



visit here :  
<http://safoodbank.org/index.php/get-involved/53> to fill out an application and look over all of the volunteering opportunities. From personal experience, you will also want to contact Stephanie Kimball, at 210.431.8388 or [volunteer@safoodbank.org](mailto:volunteer@safoodbank.org), to confirm the date and time you would like to volunteer.

## Ben E. Keith Food and Equipment Expo.

Priscilla Lopez and I were able to attend the Ben E. Keith Food and Equipment Expo on February 24th, and had a blast! Janet Duncan, a Registered Dietician who works for Ben E. Keith, graciously invited Project La Cena students so they could get a feel for another career possibility in the Nutrition Field. If you have not ever been to a Food Expo., I highly recommend it. There were over 500 vendors and

almost all of them had delicious food for you to sample and enjoy. So for all of those Nutrition students who were not able to go, might want to keep in mind that being a Corporate Dietician is another great career opportunity in the Nutrition field.

