

Volunteering at the Capital Area Food Bank of Texas

Did you know that one in six households in Texas is food insecure (third highest in the nation)?

The Capital Area Food Bank of Texas (CAFBT) works in 21 Texas counties and helps provide food to 300,000 Texans annually. CAFBT operates a variety of programs such as direct food distribution programs, education programs, rural programs, seniors' programs, children's programs, and nutrition programs.

For this skill module, you will need to volunteer for one shift at the CAFBT and answer the following questions. You can either volunteer on your own or as part of the OAS group that will go later in the semester. If you do not volunteer with the OAS group, please bring a form signed by a food bank employee stating the date and number of hours you volunteered.

Questions:

How many years has CAFBT been in operation?

How many pounds of food and grocery products were provided by CAFBT in 2010?

What is the most requested non-food item?

How many meals were provided by CAFBT in 2010?

What did you do as a food bank volunteer?

Would you volunteer again at CAFBT?