

Nourishing News

August 2016

From food drives and volunteering, to events and everything in between, members of our community have shown their generosity countless times and in very original ways. At the Food Bank, we are grateful for the efforts of those in our community, and we welcome the creativity and compassion of those who help us in our mission to alleviate hunger.

It's Easy to Fight Hunger!

Text **HUNGER** to **80077** to make a \$10 donation and provide 40 meals to our neighbors in need.

[Click to Donate](#)

35

**THIRTY-FIVE YEARS
OF FIGHTING HUNGER
AND FEEDING HOPE**

Hunger Action Month: Have Fun, Get Involved

September is the month when concerted efforts are made to call attention to hunger issues and provide solutions. Each day the Food Bank will offer ideas and activities for you, your family and friends in order to raise awareness and take action in support of domestic hunger relief. Among the many projects, look for an Open House to celebrate 35 years of fighting hunger in the area, A Girls Night Out at the Food Bank to raise awareness with women, and a Coffee Hour for current and prospective volunteers. **Click here** for a full month's worth of hunger action items including Restaurant Week.

Illinois Church Youth Volunteer in Tulsa

A youth group from Parkview Christian Church in Orland Park, Illinois recently traveled all the way to Tulsa to engage in summer volunteer work. The idea is for the students to provide service and learn about the dynamics and specific issues in communities other than their own. The students and their advisors spent several energetic and engaging days in the Food Bank's product recovery room. On the day pictured here, they repackaged over four tons of bulk potatoes.



Parkview Christian Church volunteers

For information on volunteering [click here](#) or contact Adam Baker at 918-936-4545 or abaker@okfoodbank.org

Midas Drives Out Hunger

Several years ago, our local Midas franchise



Jeff Wymer presents a check to Will Nole

came up with an idea to help with hunger issues and Project Feed More: Putting the Brakes on Hunger was born. One of the program creators, Russ Gibson, could relate to hungry families, he grew up in a home that often went without enough to eat. Their idea quickly spread and Midas International picked up the program rebranding it Drive Out Hunger. For every oil change performed at Tulsa area Midas locations, Midas donates \$1 for hunger relief, which provides a generous gift each quarter to the Food Bank. Customers can also make additional donations or drop off shelf-stable food items during a service. Please support this generous program at Midas.

Hunger-Free Summer

The Food Bank helped to provide summer meals at 16 sites in partnership with Tulsa Public Schools Summer Café Program. Although the TPS program concluded at the end of July, summer isn't over for hungry children. Thanks to your generous help, our Mobile Eateries will help fill the summer food gap by serving meals each week to areas with the greatest need (see next article). We have school pantries and back pack programs open at schools with summer programming and Free Family Farmers' Markets serve over three hundred preschoolers and their families each week.



Please [click here](#) to donate to these critically important programs.



Maggy Cooper, Eleni Towns and Madi Lousch.

Advocating for Hungry Children

The Food Bank recently welcomed Eleni Towns, a policy analyst for Feeding America. Feeding America is interested in visiting summer programs in order to discover innovations to share with the larger network. The Food Bank stood out due to our plan of expanding summer feeding, especially through mobile delivery. To help food relief agencies feed more hungry children in the summer, Eleni is working diligently with Congress to improve the Child Nutrition Reauthorization Bill (CNR) which is currently

pending in Congress. Please remain attentive to [our advocacy alerts](#) regarding the CNR and make your thoughts known to legislators.

[Click here](#) for critical information about summer feeding issues.

Fill the Pool with Fruit

Food Bank donors are so clever. Relay Health wanted to help create a Hunger-Free Summer, and found a fun yet meaningful food and fund drive. Relay Health created colorful, educational posters to share with staff. Employees learned that

one in four children in Oklahoma is food insecure, and that the Food Bank has increased needs for healthy food in the summer. A kiddie pool in the staff breakroom served as a daily reminder and employees responded in a heartfelt way, filling the pool with fruit cups and making cash donations. Thank you Relay Health for fighting summer hunger.

To host a food or fund drive, contact Will Nole at 918-936-4511 or wnole@okfoodbank.org.



Will Nole with Relay Health's pool, ready for donations.



Breadwinners

One of the best ways you can support the Food Bank is by joining our recurring donor group which we deservingly call Breadwinners. Breadwinners schedule gifts on a monthly, bi-monthly, or quarterly basis and can change their donation anytime. Scheduling resources helps the Food Bank plan for the year ahead and creates an easy giving process for the donor. To become a Breadwinner, [click here](#).

For more information, contact Heather Palacios at hpalacios@okfoodbank.org or call 918. 936.4551

It's Not Too Early To Think of the Holidays

Let the Food Bank help with your holidays, while you help ensure hungry Oklahomans will have enough to eat this holiday season. The Food Bank will create its series of festive holiday cards again this year. Pay tribute to friends and family by making a Food Bank contribution in their honor with a personalized holiday card. Additionally, you can plan now for family or business holiday parties and order from a selection of delicious smoked meats from the Food Bank's professional smoker.



Choices include smoked brisket, prime rib, pork loin and pulled pork. Purchase meat by October 1, to receive a 10% discount. Online ordering coming soon. For questions about holiday cards contact Katy Dorais at 918-936-4506 or kdorais@okfoodbank.org. For information about smoked meat contact Deb Hughes at 918-936-4507 or dhughes@okfoodbank.org.

Food Bank Trivia

The Food Bank began in 1981 as part of Neighbor for Neighbor, which at the time was the area's largest provider of food assistance for hungry families, the elderly and those who were job insecure.

Who was the founder of Neighbor for Neighbor?

A. Sara Waggoner

- B. Phil Dessauer
- C. Ann Patton
- D. Dan Allen

[Click here to find the answer.](#)

Upcoming Dates:

Family Night, First Tuesday of the Month, August 2

Bring the whole family and help those in need with enjoyable volunteer activities in the product recovery room. Volunteers as young as eight years of age are welcome when accompanied by an adult. RSVP to kpelizzoni@okfoodbank.org or 918-936-4512.

Food For Thought Luncheon, Wednesday, August 10 & September 14

Please join us for an informal educational luncheon and tour with our Executive Director, Eileen Bradshaw. Food for Thought is on the second Wednesday of each month from 12:30 - 1:30 p.m. There is no cost to attend. RSVP to Heather Palacios at hpalacios@okfoodbank.org or 918-936-4551.

Cafe Olé Food for Kids, August 17 & September 21

Cafe Olé will donate 15% of all restaurant sales each third Wednesday from 5:00-8:00 p.m. Proceeds benefit Food for Kids programming at the Food Bank. Cafe Olé is located at 3509 S. Peoria on the east side of the Consortium. Visit cafeolebrookside.com for more information.

35th Anniversary Open House, Thursday, September 8

Included in the festivities of Hunger Action Month will be our celebratory bi-annual Open House. Join us at the Food Bank from 5:30 to 7:30 as we commemorate 35 years of providing food with dignity for all of eastern Oklahoma.

Girls Night Out at the Food Bank, September 15

Grab the girls and join us at the Food Bank for Girls Night Out from 5:30 -7:30 This casual social event includes food and drink, live music and a prize raffle. To RSVP, contact Brianna Coble at bcoble@okfoodbank.org or 918-936-4556.

Farm to Table Fare, September 20

Nine of Tulsa's top female chefs will prepare a unique farm-to-table nine-course tasting menu. The event begins at 6:00 p.m. with appetizers and paired wines to enjoy in the beautiful Food Bank Garden. Tickets are \$150. Please contact Deb Hughes at dhughes@okfoodbank.org or 918-936-4507 to reserve your seat.

Coffee Anyone?, September 30

Join us for morning coffee as we celebrate the hard work of the Food Bank's volunteers, and provide information for those who are thinking of getting involved. Coffee will be donated from Fair Fellow Coffee and breakfast treats will be provided. 8:30 - 10:30 a.m. To RSVP, contact Brianna Coble at 918-936-4556 or bcoble@okfoodbank.org.

For more information about ongoing Food Bank events [click here](#).

Fighting Hunger, Feeding Hope
FOOD BANK
Community **FOOD BANK** of Eastern Oklahoma
www.okfoodbank.org



Community Food Bank of Eastern Oklahoma | 918-585-2800 | okfoodbank.org

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