

HAPPENINGS

WHAT'S NEW AT THE COMMUNITY FOOD BANK OF EASTERN OKLAHOMA

Volunteer Opportunities

Tuesday, October 6
6 to 8 p.m.
Family Night at the Food Bank, where volunteers as young as 8 years old can volunteer with a parent or guardian.

Tulsa State Fair
Oct. 4- 4 to 9 p.m.
Oct. 10-11 a.m. to 4p.m.
Oct 11- 4 to 9 p.m.
Join us at the Tulsa State Fair to serve delicious chicken and waffles and help spread the word about hunger in Oklahoma!

Product Recovery
Oct. 8 8 a.m.-noon
Oct. 8 1 - 3 p.m.
Oct. 24 1 - 4 p.m.
Oct. 29 8 a.m. - noon
Oct. 29 1- 3 p.m.
Oct. 31 9 a.m. - noon
Oct. 31 1-4 p.m.
Join the party in our product recovery room as we sort and package food.

Interested in helping? Contact Adam Baker [via email](mailto:adam@cfbeok.org) or 918-936-4545 to sign up to volunteer.

Free Educational Seminar

Whether you are building for retirement or already retired, this information is for you!

This free workshop will provide insight on the

Visit us at the Tulsa State Fair!



Help fight hunger and support the Food Bank at the Tulsa State Fair now through October 11! Visit Mr. Gold's Chicken and Waffles stand, located in the northwest corner of the Made in Oklahoma

Exchange Center building, to enjoy a one-of-a-kind fair treat prepared by chefs and volunteers from the Food Bank! Try our chicken and waffles on a stick with flavored syrup, including buttery maple, cherry moonshine, cotton candy and jalapeno. A percentage of proceeds from the stand will benefit the Food Bank and our programs helping to fight hunger and feed hope throughout eastern Oklahoma.

Don't miss your chance to vote which News on 6 anchor you want to see kiss a pig. Stop by the News on 6 booth in the River Spirit Expo and donate to the Food Bank's Food for Kids program. Each dollar donated counts as one vote and the anchor with the most votes will kiss a pig live on TV.



Giving Spirits



Friday, Nov. 6, 2015 | 7-10 p.m.

[Click here to donate!](#)

Upcoming Events

Feeding Oklahoma Banquet
Wednesday, Oct. 14
[Information](#) | [Tickets](#)

Giving Spirits
Friday, Nov. 6
[Information](#) | [Tickets](#)

Turkey Day 5K & Fun Run
Thursday, Nov. 26
[Information](#) | [Tickets](#)

Recipe to End Hunger
Thursday, Dec. 10
[Information](#) | [Tickets](#)

[Click here](#) for a full list of upcoming events.

Fight Hunger at Cafe Ole

Dine at [Cafe Ole](#) on October 21 from 5 to 8 p.m. and 15% of sales will be donated to the Food for Kids program at the Food Bank.

Can't make it this month? Don't worry! The promotion continues the third Wednesday of each month for the next year.

Arvest 1 Million Meals Campaign

decisions one should make concerning retirement and social security while addressing common estate planning concerns.

Thursday, Oct. 8
5:30 PM - 6:45 PM

OU-Tulsa Campus
Schusterman Learning
Center Building
Room 145
4502 East 41st Street
Tulsa, OK 74135

Please RSVP to
Maggie Hoey
[via email](#) or at
918-936-4551.

Renaissance Hotel & Convention Center Tulsa, Oklahoma

Join honorary ambassadors Lorri & Pat Quinn and Jean & Mike Quinn for a one-of-a-kind whiskey tasting experience benefiting the Community Food Bank of Eastern Oklahoma on Friday, Nov. 6, 2015.

The main event is the Grand Tasting, during which guests can sample a collection of fine spirits from a variety of distillers, organized by world regions for best comparison. We will offer a variety of breakout sessions, focusing on the nuance and craft of whiskey-making, designed to appeal to both novices and experts. Local chefs will demonstrate the art of cooking with spirits.

For the connoisseur, the event will also offer a limited access VIP Tasting, guided by master distillers and showcase rare and exceptional whiskies from some of the most elite distilleries.

Giving Spirits will benefit the Community Food Bank of Eastern Oklahoma and your participation will help to provide meals for those in need in our community. For every dollar raised, the Food Bank can provide four meals.

[Click here](#) to purchase tickets or for more information. To learn about sponsoring Giving Spirits, contact Heidi Ewing at hewing@okfoodbank.org or 918-935-4544.



Assist your neighbors in need by visiting any Arvest Bank branch location through October 31 and supporting their 1 Million Meals Campaign, benefitting the Food Bank. Purchase a 1 Million Meals paper can for \$1 and provide 4 meals. Arvest Bank branches will also be accepting nonperishable food items, which will be delivered to the Food Bank and our network of Partner Programs.

Help "Feed 4 at the Door" by donating a dollar at the University of Tulsa football game on **October 10**. Arvest Bank associates and Food Bank volunteers will be collecting donations at the gate and each dollar raised will provide 4 meals to those struggling with hunger in our community.

To learn more about the 1 Million Meals Campaign, [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 | www.okfoodbank.org
1304 N. Kenosha Ave., Tulsa, OK 74106