

HAPPENINGS

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

Fill the Plate

will you help
FILL THE PLATE?



This holiday season, your gift to the Food Bank could go twice as far.

Thanks to the generosity of the George Kaiser Family Foundation, donations from new donors, donors who haven't contributed in two years or increased donations will be matched dollar for dollar until December 31, up to \$150,000.

The holiday season is a time of great need in the community and the end of the year makes the perfect time to finalize your yearly giving.

[Click here](#) to donate now.

Your Initiative makes a Difference

**Click here
to donate!**

**Your donations make a difference!
Every \$1 provides 4 meals.**

Holiday Greeting Cards



Give the gift of Food



Looking for that perfect gift this holiday season?

Celebrate your friends, family or business associates, while sharing the gift of food with people in need.

The Food Bank offers four beautiful and unique Holiday Greeting Cards. Each card will go to your selected honoree(s) bearing a message with the giver's name.

For every one dollar you give, we can provide four meals this holiday season and beyond. These cards are truly a gift that keeps on giving throughout the year.



We are so touched by the thoughtfulness and giving spirit of Amy Coretz. Amy used her passion and skills in photography, as well as her love for the Food Bank, to raise money to help feed those in our communities who struggle with hunger. Thank you Amy!

You can help too! For ideas check out these [ways to help](#) or contact Justin Jones at 918-936-4556 or jjones@okfoodbank.org.

Thank you



In partnership with the Community Action Project Tulsa and Tulsa Educare, the Food Bank's Free Family Farmers'

Markets provide fresh produce, and bakery items to low income students and their families. We had the opportunity to sit down with Tina, mother of two young children and ask her how she felt about this program and those who make it possible.

What do you like about the Free Family Farmers' Market?

"It really helps. Sometimes we get things that I haven't tried before and they tell me how to use it. It encourages me and my family to try new things. I cannot afford much fresh produce at the grocery store. The Free Family Farmers' Market gives me fruits and vegetables I couldn't buy. It gives my kids healthy food and brings more variety to our home. It keeps nutritious food in the house. Most months, we fall short on food in the house. The fruit, the veggies, the bread-they really help with that.

What would you say to those who give money to make the FFFM happen?

[Click here](#) to find out more about our Holiday Card Program.

Contact Katy Dorais at kdorais@okfoodbank.org or 918-936-4506 for more information.

A Unique Holiday Gift



Join us for a unique dining experience on Friday, January 15, 2016, from esteemed Chef Justin Thompson benefiting the Community Food Bank of Eastern

Oklahoma.

Enjoy a specially curated, Justin Thompson four-course dinner paired with a hand-crafted whiskey cocktail from each of the four JTR Group Restaurants.

Seating is limited, [click here](#) to reserve your seat. Tickets are tax deductible and make a great gift while benefiting the Food Bank.

For more information contact Heidi Ewing at 918-936-4544 or hewing@okfoodbank.org.

Holiday Smoked Meats

Type	Price	Weight	Serving Size (6 oz. servings)
Smoked Brisket	\$55	7 pounds	15-17
1/2 Smoked Pork Loin	\$30	4 pounds	9-10
Full Smoked Pork Loin	\$45	8 pounds	18-20
1/2 Smoked Prime Rib	\$115	7 pounds	15-17
Full Smoked Prime Rib	\$215	14 pounds	30-35
Smoked Pulled Pork Butt	\$30	5 pounds	15

Let the Community Food Bank of Eastern Oklahoma do the cooking for your family or company holiday parties! A variety of meats are available from the Food Bank's Culinary Center, smoked in our professional smoker.

All items are fully cooked and then frozen, with reheating instructions included in each order.

Your order benefits the Food Bank and helps us fight hunger in our community.

Orders must be placed by Wednesday, Dec. 9 at 4 p.m.

I would just say thank you, thank you. It means more than you will ever know to a lot of people. We don't know who to thank, or how to thank them, but we are so grateful.

Your dollar goes a long way to help provide nutritious food for those in our community. [Click here](#) to find out more about the Free Family Farmers' Market or [click here](#) to donate now.

Advocate against Hunger



It takes more than food to fight hunger. Sometimes it takes someone to speak up for the hungry.

Time is running out for Congress to reauthorize nationwide childhood nutrition programs in 2015. [Child Nutrition Reauthorization \(CNR\)](#) was due by September 30, and even though that deadline has passed, we are continuing to urge Congress to get it done this year. CNR occurs once every 5 years and includes critical programs such as:

- The National School Lunch and Breakfast Programs: Provides school meals to 436,000 low-income Oklahoma public school students.
- Child and Adult Care Food Program: Provides after-school snacks and meals to 52,000 Oklahoma participants.
- Summer Food Service Program: Bridges the nutrition gap during the summer by feeding an average of 16,850 children per day.
- Women, Infants, and Children Program: Provides parents with a supplement for baby food, formula, and fresh produce for children under 5

Orders may be picked up from the Community Food Bank of Eastern Oklahoma at 1304 N. Kenosha Ave., Tulsa, OK 74106 beginning Monday, Dec. 17 at 9 a.m. All orders must be picked up by Tuesday, Dec. 22 at noon.

For information [click here](#) or contact Deb Hughes at dhughes@okfoodbank.org or 918-936-4507.

Volunteer Opportunities

Everyone can volunteer at the Food Bank!



We love seeing new faces at the Food Bank and we have a variety of opportunities for groups, families and individuals.

Last year, our volunteers provided more 45,540 service hours at the Food Bank. Our opportunities range from sorting and repackaging donated food for our Partner Programs, preparing more than 6,000 sacks of food for our Food for Kids Backpack Program each week, helping at special Food Bank events, assisting in the Culinary Center and more.

Interested in helping? Our opportunities cater to a range of ages and abilities. Contact Adam Baker at abaker@okfoodbank.org or 918-936-4545 for more information and advance scheduling.

years old and women who are nursing or pregnant.

To take action, click here and visit the advocacy page on our [website](#).

To Advocate for Oklahoma Food Banks and receive our monthly alerts [click here](#).

For information on the issue of national hunger, please visit the Feeding America website at feedingamerica.org.

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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