

# HAPPENINGS

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

## Volunteer Opportunities

**Saturday, Sept. 19**  
1 to 4 p.m.

Help sort and repackage donated food

**Saturday, Sept. 26**  
1 to 4 p.m.

Help pack for the Food for Kids Backpack Program

**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.

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

**Tuesday, Sept. 29**  
8:30 AM - 9:45 AM

**Thursday, Oct. 8**

## Bank of America Give A Meal

An exciting opportunity to have your donation to the Food Bank go three times as far!

For every \$1 donated through the Give A Meal campaign in September, **Bank of America** will give \$2 to help the Community Food Bank of Eastern Oklahoma provide meals to individuals and families at risk of hunger.

Your **donation of \$50**, matched by Bank of America, could provide 600 meals for those struggling with hunger in our community.

Donate at [bankofamerica.com/give](http://bankofamerica.com/give)

### Follow these three simple steps:

1. Click the "DONATE" button on the program web site
2. In the pop-up box, enter your zip code
3. On the donation form, click the "Your Local Food Bank" button to designate your gift to the Community Food Bank of Eastern Oklahoma

*Gifts designated to the Food Bank are based on your billing zip code.*



## Restaurant Week is Sept. 12-20!



**Restaurant Week** is a delicious opportunity to experience Tulsa area's best restaurants at a great price and help fight childhood hunger in Oklahoma.

More than 50 participating restaurants will offer two and three-course, prix fixe menus

for lunch/brunch and three-course dinner menus and will donate 10% of Restaurant Week menu sales throughout the week to the Food Bank's Food for Kids program:

\* Two-course lunch or brunch for \$12.95 per person, three-course lunch or brunch for \$15.95 per person

\* Three-course dinner at \$25 per person, \$35 per

## 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](#)

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

## September is Hunger Action Month!



September is Hunger Action Month and the Food Bank has activities planned throughout the month to bring attention to the issue of hunger. Together we can unite to raise awareness and take action in support of eliminating hunger in our community.

[Click here](#) to learn more about Hunger Action Month and view the 30 Ways in 30 Days calendar.

## Arvest's One Million

5:30 PM - 6:45 PM

person or \$35 for two

Meals Begins Today!

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.

For more information, click [here](#).

## Oysterfest at Guthrie Green

Guthrie Green will hold its second annual Oysterfest on Saturday, Sept. 19 from noon to 4 p.m.

Free and open to the public, Oysterfest attendees can purchase tickets to taste oyster small plates from a variety of restaurants and food trucks and vote on their favorite.

A portion of proceeds from the event will benefit the Community Food Bank of Eastern Oklahoma.

For more information, click [here](#).



Join Arvest Bank's 1 Million Meals initiative to help feed our neighbors in need and raise awareness of food insecurity in our community. Visit any [Arvest Bank branch location](#) through October to purchase a paper can by making a \$1 donation to the Food Bank or drop off non-perishable food items.

All donations of food and funds will stay in the communities they were collected to help fight hunger locally. For more information, [click here](#).

## Backpack Program Birthday Party



Join us for a fun, family-friendly evening as we celebrate the Community Food Bank of Eastern Oklahoma's Backpack Program's tenth birthday!

**Tuesday, Sept. 22, 2015, 4 - 7 p.m.**  
Community Food Bank of Eastern Oklahoma  
1304 N. Kenosha Ave., Tulsa, OK 74106

For more information or to RSVP, contact Justin Jones at [jjones@okfoodbank.org](mailto:jjones@okfoodbank.org) or 918-936-4556.

*Fighting Hunger, Feeding Hope*



Community **FOOD BANK** of Eastern Oklahoma  
[www.okfoodbank.org](http://www.okfoodbank.org)

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