

# Nourishing News

July 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](#)



## New Fresh Produce Health Initiative

The OU Longitudinal Clinic serves uninsured individuals with two or more chronic illnesses. These individuals often make the difficult choice between purchasing medications or food. Thanks in part to a grant from Blue Cross Blue Shield's Healthy Kids, Healthy Families, the Food Bank has launched a weekly fresh produce distribution for clinic patients. One of the patients recently told us, "You gave me food a couple of weeks ago and without it, I wouldn't have eaten for two days. Thank you."

Interested in this program? [Visit our website](#) to volunteer or make a donation towards fresh produce for programs like this and others.

## Eat a Peach

Dallin Harper was looking for an Eagle Scout project. Working with John McCarthy, Director of Community Initiatives, he decided to restore the Food Bank gardens to a state of vibrancy. In addition, he planted several peach trees that are now bearing fruit. Recently, a group of peach pickers harvested 107 pounds of peaches and the growing season isn't over yet!. They were quickly provided to veterans at a Free Farmers' Market in Muskogee.

Thank you Dallin for your legacy project.



Dee Reece picks peaches with Cindy Cummins and Nicole Akerson



Arvest Bank members present a check to the Food Bank.

## Arvest raises 1 Million Meals

Because hunger is an issue in every community it serves, Arvest Bank has once again completed another successful 1 Million Meal campaign. With help from customers, community members and associates, Arvest far exceeded its fund and food drive goal by raising the equivalent of over 1.7 million meals in its four-state effort. The Food Bank received all of the donations from Arvest banks in our 24-county service area, totaling 187,000 meals for the Food Bank's network. The timing of the campaign helps support the increased demand for food during the summer months. Thank you Arvest.

**Many Ways for Volunteers to Help**

When Kate Pelizzoni, Director of Volunteer Services, learned in 2008 that Anne Lease was retiring from her IT manager position, she contacted her about volunteering at the Food Bank. For the last seven years, Anne has been at the Food Bank spending several hours a week helping maintain the volunteer records required by Feeding America. Anne said, "Its easy work (no standing), but accuracy and consistency are of utmost importance. I have made many good friends during my days at the Food Bank, and there is a great deal of satisfaction in helping. Kate provides tasty snacks in the Volunteer Break Room. Thursday is now my official sweets day."



**Anne Lease**

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



Naomi, VISTA at Towne Square

## Hunger Free Summer

Through the Food Bank's partnership with Tulsa Public Schools' Summer Café program, we currently have provided over 6,900 meals to children in need. The program will continue through July. VISTA members are the program's backbone, providing meals along with supervising and engaging with the children. This dedicated group, of mostly college students, is receiving a unique summer education while enriching the lives of area children. One Vista member noted a child telling her, "I hadn't eaten all weekend until you got here."

You can help make sure every child returns to school well-nourished and ready to learn. [Click here](#) and make sure your donation is doubled through a generous matching grant from the Helmerich Trust.

## Looking Back. For 35 Years, People Make a Difference

Bill Major volunteered at Neighbor for Neighbor while he was in high school. During that time its director, Dan Allen, mentored him. Later, Bill joined a Tulsa Metropolitan Ministry taskforce on hunger. The taskforce identified that food banking was a crucial element to help feed the hungry. Dan ultimately hired Bill to run the then-emerging food bank. Bill was Executive Director from 1981-1990. Under his direction, the various food pantries and services were pulled together into a single efficient network. There were two moves and a doubling of warehouse space along with a budding commitment from the community to help the Food Bank thrive.



**Bill Major**

[Click Here](#) to read Bill remarks upon receiving the Sara Waggoner Hunger Awareness Award in 2015.



## 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](mailto:hpalacios@okfoodbank.org) or call 918.936.4551

## Featured Links

### Taking Food Where it is Needed: Feeding Kids with Food Trucks

Executive Director, Eileen Bradshaw discusses the benefits of our Mobile Eatery food trucks taking food where it is needed to feed children during the summer months. [Click here](#) to read Eileen's blog post on Feeding America's website.

### Listen to a Great Conversation

Listen to an enlightening Studio Tulsa interview with Executive Director, Eileen Bradshaw on Public Radio Tulsa. Each year, most donations to the Food Bank happen during the holiday season.

However, the Food Bank is actually at its busiest now, during the summer months.  
[Eileen explains why.](#)

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## Upcoming Dates:

### Food For Thought Luncheon, Wednesday, July 13 & August 10

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](mailto:hpalacios@okfoodbank.org) or 918-936-4551.

### Cafe Olé Food for Kids, July 20 & August 17

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](http://cafeolebrookside.com) for more information.

### Hunger Action Month, September 1 - 30

September is National Hunger Action Month. Each day we will provide ideas and activities for you, your family and friends to help raise awareness and take action in support of hunger relief.

### 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 [kpelizzone@okfoodbank.org](mailto:kpelizzone@okfoodbank.org) or 918-936-4512.

### 35th Anniversary Open House, Thursday, September 8

Join the Food Bank's 35th Anniversary celebration as part of the Hunger Action Month festivities. Our bi-annual Open House will take on added significance as we commemorate 35 years of providing "Food security with dignity for all of eastern Oklahoma."

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](http://www.okfoodbank.org)



Community Food Bank of Eastern Oklahoma | 918-585-2800 | [okfoodbank.org](http://okfoodbank.org)

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