

# Nourishing News

May 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](#)

## Many Thanks to Southwood Landscape

For over a decade, through the Plant-a-Row tomato plant giveaway, Southwood Landscape and Paul James have provided their loyal backing. We would like to express our great appreciation for their support. The event brought in enough food and monetary donations for the Food Bank to provide about 7,500 meals to those in need.



While 28% of the product the Food Bank distributed last year was produce, we constantly look for new ways of increasing the amount of fresh, nutritious food we can supply. With that in mind, we hope many of you will use your tomato plants and other home garden vegetables and donate your summer abundance to the Food Bank. To share your abundance with the hungry, contact Will Nole at 918-936-4511 or [wnoles@okfoodbank.org](mailto:wnoles@okfoodbank.org)



## May is Older Americans Month - Your Gifts Could Be Doubled

During May, you can stand up for seniors and be counted twice. Thanks to the generosity of the Carl C. Anderson and Marie Jo Anderson Charitable Foundation, your gift could be matched dollar-for-dollar, up to \$25,000. Your donation to Senior Servings sustains those who have given so much to their communities, but may no longer have the ability to provide for themselves. [Click here for more.](#)

## Empty Bowls was Amazing, Thank You!

With your generous help, the 20th Annual Empty Bowls Hunger Awareness Dinner surpassed expectations. Thanks to our Presenting Sponsors, the Charles and Lynn Schusterman Foundation, Chairs Jason Glass and Brian Hughes, Honorary Chairs Meg and Eliot Nelson, 20th Anniversary Sponsor Cyclonic Valve, the many volunteers who helped make the event a reality, and the numerous sponsors and supporters, Empty Bowls exceeded our fundraising expectations. Even on a stormy night, we had over 1,000 dedicated supporters in attendance, all contributing to the effort of fighting hunger in our community. [Click here for more about Empty Bowls!](#)



Dustin Saied



## T-Town Tacos Takes Tulsa

This delicious new partnership between Youth Services of Tulsa (YST), the Tulsa Area United Way, and the Food Bank adds to the downtown food truck culture while providing job and skills training for teens in YST programming, many of whom are graduates of the Food Bank's Culinary Trade Program.

Look for brightly colored tricycles that will sell delicious hot chorizo, bacon, sausage and veggie breakfast tacos. The tacos are prepared with homemade tortillas and fresh ingredients in the Food

Bank's Culinary Center under the guidance of our professional chefs. For more information, such as updates on locations and specials visit [t-towntacos.com](http://t-towntacos.com) or follow on [Facebook](#) or [Twitter](#). [Click here to learn more about our Culinary Center.](#)

## Summertime and the Living's Expensive

Summer is a particularly difficult time for low-income families already struggling to put food on the table. Families have increased food and utility costs caring for children out of school and no longer able to count on free and reduced price meals at school. Oklahoma ranks 51st in the country, below all other states and Washington D.C., in spending for student summer feeding assistance.



We need your help to support our summer feeding programs: the Mobile Eatery, Free Family Farmers' Markets, Summer Café and overall increases to our 450 Partner Programs. [Click here to help with Summer Feeding.](#)

## Many Ways for Volunteers to Help

The Backpack Program is one of the most



From left Cathy Elliott, Carl Friesen, Duane Friesen and Cindy Cummins.

popular services of the Food Bank both in terms of volunteers and for generous donations. Looking ahead, Food for Kids distributions will become even more critical as many school districts contemplate the idea of a four-day school week which will greatly impact students on free and reduced lunch. Carl and Duane Friesen helped propel the Backpack Program in the early days. [Click here for more about volunteering.](#)

## Matt's Story-The Coffee Bunker

The thing about people who struggle with poverty, hunger, mental health issues and addiction, is they have to overcome circumstances that are frequently punishing. At the very least these challenges present formidable obstacles to creating a self-sustaining life.

Matt has been in and out of sobriety and homeless for much of his adult life. Recently, he made some changes that have helped point his life in a different direction. He spoke swiftly and with assurance. He easily opened up to tell his story, clearly proud of his recent sobriety. It was the first thing he mentioned. [Click here to read the rest of Matt's Story.](#)



## Upcoming Dates:

### Family Night, First Tuesday of the month - Next dates are May 3 and June 7

A family activity sorting donated food items. Volunteers as young as eight years of age are welcome when accompanied by an adult. RSVP to Kate at [kpelizzone@okfoodbank.org](mailto:kpelizzone@okfoodbank.org) or 918-936-4512.

### Food For Thought Luncheon, Wednesday, May 11 or June 8

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.

### Letter Carriers' Stamp Out Hunger Drive, Saturday, May 14

The Food Bank's largest food drive of the year: Donations can be dropped off at Reasor's locations from April 27 - May 16 or left on your porch for the letter carrier on Saturday, May 14. To help with this event contact Adam Baker at [abaker@okfoodbank.org](mailto:abaker@okfoodbank.org) or 918-936-4545.

### Cafe Olé Food for Kids, Third Wednesday of the month - May 18

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.

### Hop Jam, Sunday, May 22, from noon until 9:30 p.m.

The Third Annual Hop Jam festival will benefit the Food Bank through the raffle of a custom-made Hop Guitar. Tulsa's Fab Lab crafted the event logo into a fully playable electric guitar which is signed by artists taking part in the event. To purchase raffle and event tickets [click here.](#)

### Battle of the Bands, May 27, at 7:00 p.m.

Join us at the historic Cain's Ballroom for the the Third Annual Battle of the Bands. ed by the Junior

Ambassadors, the evening will feature 14 high school bands from across Tulsa, battling it out to fight hunger. For more information [click here](#).

### **Chefs' Club, June 1, at 6:00 p.m.**

There are just a few seats left to enjoy an innovative five-course menu with paired wines created by five of the region's top chefs. Seats are \$250. Dinner is under the stars in the Dresser Mansion's private courtyard. Contact Heidi Ewing at [hewing@okfoodbank.org](mailto:hewing@okfoodbank.org) or 918-936-4544.

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)



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