

Nourishing News

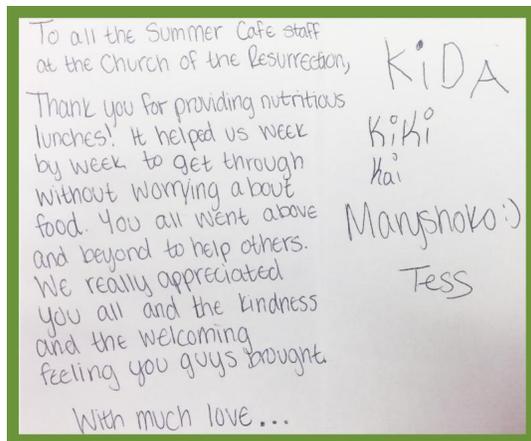
September 2016

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](#)



Hunger Free Summer

With your help the Food Bank was able to partner with Tulsa Public Schools in order to help provide meals to children who lacked adequate nutrition without access to free and reduced price school meals. We thought you would like to see this thank you from a family that was able to eat regularly as a result. It speaks highly of the Americorps VISTA workers who worked at the program, serves as a reminder as to why this program is important, and demonstrates how your support truly helps. We would like to thank you, the ConAgra Foods Foundation and The Helmerich Trust for their matching grant to create a Hunger-Free Summer.

Hunger Action Month

September is the month when concerted efforts are made to call attention to hunger issues and providing solutions. Each day the Food Bank will offer ideas and activities for you, your family and friends in order to raise awareness and take action in support of domestic hunger relief. Check out our [30 Ways in 30 Days Calendar](#) for a full month's worth of hunger action items including Restaurant Week, our 35th Anniversary Open House and more.

35
**THIRTY-FIVE YEARS
OF FIGHTING HUNGER
AND FEEDING HOPE
1981 - 2016**

Giving Spirits

You're invited to join us at the historic Cain's Ballroom for our third annual whiskey tasting event, Giving Spirits. Cain's Ballroom creates a great atmosphere to hone your whiskey knowledge while



supporting the mission of the Food Bank. Over the course of the evening, guests will sample whiskeys from all over the world, enjoy a paired menu, learn more about whiskey in educational seminars, and spend time with friends all while ensuring our fellow Oklahomans do not go hungry. [Click here](#) for more information or to purchase tickets.

Food Bank partners with Morton Health

As part of National Health Center Week, the Food Bank partnered with Morton Comprehensive Health Services to serve 250 freshly made pancake breakfasts complete with sausage and fresh strawberries. In addition to the Morton patients, clients from the nearby Salvation Army and Tulsa Day Center for the Homeless were also treated to the meal. Food Bank Sous Chef Jeremy Johnson noted, "Even though we serve food every day from our food trucks, this serving truly moved me. Typically, we know most of the people we serve, and while they genuinely need the food, most of them have a home where they can go. Today was different and everybody was so thankful for the breakfast."



Iraqi Students Visit the Food Bank

One of the benefits of having so many great volunteer opportunities available at the Food Bank is getting to meet so many interesting people. From time to time the Tulsa Global Alliance brings visitors from all over the world. Recently a group of Iraqi high school students, funded by the US Embassy in Bagdad, pitched in at the Food Bank. They were learning about health issues and systems in the US. Benya was one of the students who visited. He commented about volunteerism in the United States, "All

don't want any money. Back home we help each other, but we don't have big organizations like this."

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

McAlester Full Service Day

Remember full-service gas stations of yesteryear? The Food Bank's Southern Branch in McAlester is holding a Full Service Day at the Exxon station at 503 S. George Nigh Expressway on Sunday, September 18, from noon until 4:00 p.m. Anyone who brings a non-perishable food or fund donation will enjoy a Food Bank volunteer

providing a full-service experience. Volunteers will pump gas, clean windshields, make other purchases, and return your change and purchases to the car.

Please note that all donations made at the Southern Branch remain local. For more information contact Rebecca Kerns at 918-429-7755 or rkerns@okfoodbank.org.



It's Not Too Early To Think of the Holidays

Holiday Cards

Let the Food Bank help you with your holidays, while you help ensure hungry Oklahomans will have enough to eat this holiday season. The Food Bank will create its series of festive holiday cards again this year. Honor your friends and family by making a contribution to the Food Bank in their honor with a personalized holiday card. For more information contact Katy Dorais at 918-936-4506 or kdorais@okfoodbank.org.



Smoked Meats

Additionally, you can plan now for family or business holiday parties and order from a selection of delicious smoked meats from the Food Bank's professional smoker. Choose from smoked brisket, prime rib, pork loin or pulled pork. Purchase your holiday meats by October 1 to receive a 10 percent discount. [Click here for more information.](#)

Register Early - Run to Support the Hungry

As an official charity partner of this year's [Williams Route 66 Marathon](#) race weekend, participants can choose to run and raise funds on behalf of the Food Bank. Join us November 19-20 for a 1-mile fun run, 5K, half-marathon, full marathon or marathon relay. The Food Bank will cover the registration fee for participants who meet fundraising goals for their race. Marathon and ½ marathon runners will also receive a Team Food Bank technical running shirt. Support the Food Bank and have a great time! Register for the race and the Charity Challenge [here](#), or through [Crowdrise](#).



Breadwinners

As we celebrate our 35th year, the need for meaningful partnerships in fighting hunger and feeding hope continues. In recognition of Hunger Action Month in September, the Food Bank has set a goal of doubling its number of recurring donors, which we deservingly call Breadwinners. Join the Breadwinner circle before September 30 and receive a free canvas tote bag and auto decal.

Your consistent pledge helps us fight hunger today and tomorrow! To become a Breadwinner or to learn more, contact Heather Palacios at hpalacios@okfoodbank.org or call 918.936.4551

Upcoming Dates:

Family Night, First Tuesday of the Month, September 6 & October 4

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 kpelizzoni@okfoodbank.org or 918-936-4512.

35th Anniversary Open House, Thursday, September 8

Included in the festivities of Hunger Action Month will be our celebratory bi-annual Open House. Join us at the Food Bank from 5:30 to 7:30 as we commemorate 35 years of providing food with dignity for all of eastern Oklahoma.

Food For Thought Luncheon, Wednesday, September 14

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 or 918-936-4551.

Girls Night Out at the Food Bank, September 15

Grab the girls and join us at the Food Bank for Girls Night Out from 5:30 -7:30 This casual social event includes food and drink, live music and a prize raffle. To RSVP, contact Brianna Coble at bcoble@okfoodbank.org or 918-936-4556.

Bricktown Brewery Opening, September 15, 16, & 17

With all proceeds benefitting the Food Bank, Bricktown Brewery will host three soft opening events. Get tickets through protixonline.com for \$20 which includes: one appetizer, two entrees and soft drinks. Bricktown Brewery will be located in the old Leon's on Brookside at 3301 S. Peoria Ave.

Farm to Table Fare, September 20

Eight of Tulsa's top female chefs will prepare a unique farm-to-table eight-course tasting menu. The event begins at 6:00 p.m. with appetizers and paired wines to enjoy in the beautiful Food Bank Garden. Tickets are \$150. Please contact Deb Hughes at dhughes@okfoodbank.org or 918-936-4507 to reserve your seat.

Cafe Olé Food for Kids, September 21 & October 19

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 for more information.

Pigskins and Pinots, September 28

To support hunger awareness issues, Pigskins and Pinots is a Party with a Purpose for the Kick Hunger Challenge. Join us from 5:00-8:00 p.m. to enjoy an evening of wines and light bites on the Riverwalk patio outside The Cigar Box Whiskey Bar. For tickets and information contact Tami Foust at the Cigar Box, 918-629-6542.

Coffee Anyone?, September 30

Join us for morning coffee as we celebrate the hard work of the Food Bank's volunteers, and provide information for those who are thinking of getting involved. Coffee will be donated from Fair Fellow Coffee and breakfast treats will be provided. 8:30 - 10:30 a.m. To RSVP, contact Brianna Coble at 918-936-4556 or bcoble@okfoodbank.org.

Beer and Benevolence, November 15

Would you like to have a great time while making a substantive difference in the community with like-minded professional millennials? Then join us Saturday afternoon from 4:00 - 8:00 p.m. for locally crafted beers and community at Grog's Green Barn, 10105 E. 61st St. [Click here](#) for more information.

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



STAY CONNECTED:

