

# Network News

from the Community Food Bank of Eastern Oklahoma

August 2019

## Closings

Thursday, Aug. 8 opens at 9:30

### Warehouse Shopping Hours

#### Tulsa Branch:

Monday and Friday 8:30 am to 11:45 am  
Tuesday through Thursday 8:30 am to 11:45 am  
& 1:00 pm to 2:45 pm

#### McAlester Branch:

Monday through Friday 8:30 am to 4:30 pm

## Recipe Calendars

Are you wondering where the recipe in this month's newsletter came from? It came from the calendars donated to the Food Bank from the ONIE Project. These calendars are available in English and Spanish and can be obtained at the Tulsa or McAlester branch. The calendars contain recipes, nutrition education, and SNAP information that may be beneficial to the clients you serve. So, pick up a few cases of the calendars next time you are at the Food Bank to distribute to your clients!

## Retail Store Donation Program

Occasionally, the Retail Store Donation Program will have retail store donation pick-up opportunities become available. Currently, there are some Saturday pick-up opportunities available, which may be helpful to your agency if you have weekend distributions. If your agency is interested in picking up donations from retail stores on any Saturday, please contact Willa Steelman by email at [wsteelman@okfoodbank.org](mailto:wsteelman@okfoodbank.org) or by phone at 918-936-4516. If you contact Willa, please include your agency name and agency ID number.

## I-Spy in the Warehouse!



Item # 20343

Description: Entrée / Jackfruit Pasta Bowl

Pack Size: 6 / 9 oz Bowls

SMF: \$0.19

Case Cost: \$0.76

## Thermal Blankets Available

Food needs to be transported at the proper temperatures from the food pick-up location, such as the Food Bank or a Rural Delivery Site. If your agency does not have the luxury of a refrigerated truck, one way you can make sure food maintains its proper temperature during transport is by using thermal blankets to cover or wrap your food during transport. Thermal blankets are available for purchase from the Food Bank at the cost we pay for them of \$35.00 per blanket. If you are interested in purchasing a thermal blanket, please contact [abrewer@okfoodbank.org](mailto:abrewer@okfoodbank.org) or request a purchase agreement the next time you pick up an order.

## USDA- Civil Rights Training

Check your Civil Rights Training dates. All USDA-eligible programs must renew their training ANNUALLY. If your training has expired or expires in July & August, please renew NOW. Click [HERE](#) to renew. The USDA is very strict on programs being totally compliant with USDA guidelines including the annual Civil Rights Training. Failure to comply will result in loss of USDA eligibility for your program. To regain eligibility, programs must attend a USDA training class held once every 3 – 4 months.

## Monthly Reports

Remember, each agency is required to submit a monthly report through Agency Express by the 10th of each month. The link to submit your monthly report can be found on Agency Express under the "Food Bank Links" tab and choosing the report option appropriate for your agency. Agencies can verify that they submitted their monthly report by looking under the "Reports" tab and choosing "Survey Management". Agencies only have a specific window of time to submit a monthly report, usually between the 25th and the 10th. After the 10th, agencies that have not submitted a monthly report will be placed on hold and will be unable to order or pick up orders until the report is received. The link to submit a report will disappear after the 10th of the month and agencies will have to submit reports by emailing [abrewer@okfoodbank.org](mailto:abrewer@okfoodbank.org) or faxing 918-585-2862.

## Upcoming Training

Agency Express Training – August 15th  
@ CFBEO Tulsa branch from 9am-11am

## DEAR COLLEAUGUES...

Friends-

I am writing this note to let you know that I will be leaving the Food Bank in mid-August. This is a job I love, but I leave fully confident that the work we have done together for almost 8 years will not suffer. In fact, I know you and the Food Bank will continue on to do even better work for those who struggle with hunger.

Martin Luther King Junior wrote "Our lives begin to end the day we become silent about things that matter." Thank you for never remaining silent on the issue of hunger, and on the needs of those we serve. I am in awe of the work you do, and appreciate all you do to pursue food justice. Thank you for your commitment. I may not be working at the Food Bank, but I will keep you in my thoughts and continue to work on behalf of those we serve together.

Best--

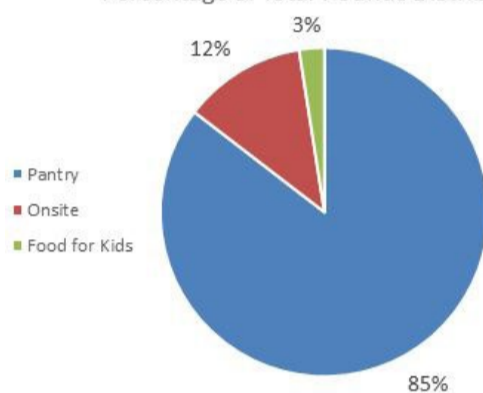
Eileen Bradshaw

Executive Director

## END OF FISCAL YEAR 2018-2019 RECAP

The Community Food Bank of Eastern Oklahoma concluded its fiscal year at the end of June. This fiscal year, the Food Bank distributed 28,975,038 pounds of food through its partner agencies and internal programs, which is about a 3% increase over last year's total distribution! This past fiscal year's distribution total is a new all-time high for the Food Bank and it could not have been achieved without the work of our partner agencies. In fiscal year 2019, about 89% of the pounds the Food Bank distributed went to our partner agencies. Our pantry agencies received about 85% of the total pounds that were distributed to our partner agencies, with onsite feeding programs receiving about 12% and Food4Kids programs accounting for 3% of the total pounds distributed to agencies. Again, thank you to all of our partner agencies for your dedication to serving hungry people in eastern Oklahoma.

Percentage of Total Pounds Distributed



## JUNE BY THE NUMBERS

Pounds Distributed .....2,247,720 pounds  
Veterans Served .....1,652 veterans  
Active Military Served .....1,312 active military personnel

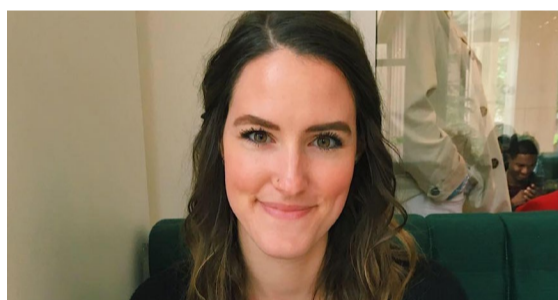
### Pantry Agencies (of 205 agencies reporting)

Households Served .....33,606 families  
Individuals Served .....77,755 people

### On-Site Agencies (of 139 agencies reporting)

Meals Served .....323,075 meals  
Individuals Served .....6,596 people

# FACES OF THE FOOD BANK



Jenny Berry

**Title:** Community Engagement Coordinator

**How long at the Food Bank:** One month

**What you do here:** I help organize food and fund drives and cause-related marketing with local businesses and organizations, and I oversee the Junior Ambassadors program. The Junior Ambassadors is a group of high school students who are passionate about creating a food-secure community for all of eastern Oklahoma!

**Something about you:** I am a native Tulsan and recently returned to my lovely hometown after graduating from OSU – Go Pokes! I have always been passionate about food and about serving my community, and this position allows me to combine those two passions. I couldn't be more excited!

**Pearls of Wisdom:** "Wherever you are, be all there" – I am bad at remembering quotes, but this is something I try to live by. I think it is important to focus on the moment, good or bad, and try to stay present and enjoy where you are and whomever you are with.

**Favorite Foods:** Watermelon and tacos—literally any type of taco, any time of day.

## RECIPE OF THE MONTH

Mini Baja Burgers  
Est. Time: 25 minutes  
Servings: 6

#### Ingredients

- 1 lb 93/7 lean ground turkey
- 1 small red onion, finely diced
- 1 jalapeno, finely diced
- 1 large egg
- 1 tsp cumin
- 1 Tbsp reduced-sodium Worcestershire sauce
- 6 slices pepper jack cheese, cut in half
- 6 Tbsp olive oil mayonnaise
- 1 tsp chipotle powder
- 12 small whole-wheat rolls
- 6 large lettuce leaves, torn in half
- 1 tomato, sliced
- 1 avocado, sliced

#### Directions

1. In a large bowl, combine turkey, onion, jalapeno, egg, cumin & Worcestershire sauce. Create 12 slider-sized patties.
2. Heat a skillet over medium. Add half the patties to the skillet. Cook 4-5 minutes per side or until cooked through. Remove from heat & top with cheese. Repeat with remaining patties.
3. In a small bowl, mix mayonnaise & chipotle powder. Spread ½ Tbsp of mayo onto each roll.

