

Network News

from the Community Food Bank of Eastern Oklahoma

December 2019

Closings

Both Branches:

Friday, December 13th

for CFBEO Holiday Party

Tuesday, December 24th

for Christmas Eve Holiday

Wednesday, December 25th

for Christmas Day Holiday

Wednesday, January 1st

for New Year's Day Holiday

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 4:00 pm

2020 Nutrition Calendars

The 2020 Nutrition Calendars created by the Onie Project are now available at the Food Bank! These calendars feature a healthy recipe each month and contain information about SNAP, nutrition facts label, and more. We have calendars available in English and Spanish, so grab a few boxes of each next time you're at the Food Bank. At the Tulsa Branch, there should be a few cases in the Agency Waiting Room where you sign in. If there isn't, just ask the Order Office where you can obtain some.

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 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 #: 20938

Description: Syrup / Bacon Flavored

Pack Size: 12 / 24 Oz.

Bottles

SMF: \$0.16

Case Cost: \$4.48



Thermal Blankets Available

Food needs to be transported at the proper temperature 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 ssnelling@okfoodbank.org or request a purchase agreement the next time you pick up an order. In addition to thermal blankets, the Food Bank also has tarps, rope and thermometers for purchase.

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 this month, 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 or faxing 918-585-2862.

Upcoming Training

Agency Express Training – December 19th @ CFBEO Tulsa Branch from 9am-11am

GET HELP: FOOD ASSISTANCE LOCATOR ON CFBEO'S WEBSITE

Most pantries have a defined geographical area that they serve, but sometimes may encounter clients seeking assistance who do not live in that service area. The Food Bank recommends serving those clients the first time they visit your facility, but connecting them with a pantry closer to where they live. However, your pantry may not have a clear idea of available resources in that client's community that they can share with them.



The Food Bank has a food assistance locator on its website under the "Get Help" page. Simply plug the client's zip code or address into the search bar on the map and it will zoom to that location and display the nearby food assistance agencies. Only public-serving agencies were included in this map, such as public pantries, soup kitchens, and senior meal sites. If you click on a pin marker, it will show you agency information including address, phone number, and distribution times. The map also has a print feature that

will allow you to provide a hard copy of the map view to the client that they can take with them. We recommend that you encourage the client to contact the agency to verify the information is correct and to know what documentation is required before going to that agency for assistance.

To access the Get Help map, click [here](#).

NEW TOOL: DISRUPTING FOOD INSECURITY DASHBOARD

An estimated 40 million Americans—including 12.5 million children—struggle with food insecurity, meaning they can't afford an adequate diet. Federal nutrition programs and charitable meals make up the first line of defense, but solving this challenge will require communities to go beyond food to disrupt the root causes of economic distress. A new tool was created to inform the public about food insecurity in their communities.

The Urban Institute's new [Disrupting Food Insecurity](#) interactive dashboard uses Map the Meal Gap data (from Feeding America) to show food insecurity and related risk factors at the county-level, including housing costs, financial security, and county credit health measures. Members of the Feeding America National Office participated in the project's Advisory Board Group and are excited to share this new resource with the food bank network. The dashboard aims to equip counties and local community organizations with food insecurity data, identify counties with similar profiles, and provide cross-cutting opportunities for intervention across groups of peer counties. Dive into your county's data and explore strategies tailored to your county.

OCTOBER BY THE NUMBERS

Pounds Distributed3,057,455 pounds
 Pounds of Produce Distributed 1,440,907 pounds
 Veterans Served2,839 veterans
 Active Military Served283 active military personnel

Pantry Agencies (of 201 agencies reporting)

Households Served36,665 families
 Individuals Served88,691 people

On-Site Agencies (of 144 agencies reporting)

Meals Served383,133 meals
 Individuals Served7,098 people



John Sanders

Title: Development Manager

How long at the Food Bank: 1 year.

What you do here: I inspire philanthropy in people, encouraging them to take action and support the Food Bank's vision of food security, with dignity, for all eastern Oklahomans.

Something about you: I am a mostly self-taught Philanthropist.

Pearls of Wisdom: Inspiring philanthropy connects people to values and aspirations. Fundraising connect people only to money.

Favorite Foods: Salmon and green smoothies

Currently Reading / Favorite Book(s): Morning devotionals, various topics.

LOADED BAKED POTATO SOUP

Makes: 8 servings

Ingredients

- 2 Tbsp olive oil
- 5 cloves garlic, minced
- 4 green onions, sliced
- ½ lb. cooked lean ham, diced
- 3 cups 1% low-fat milk
- 2/3 cup all-purpose flour
- 3 cups unsalted chicken broth
- 2 lbs. unpeeled potatoes, finely diced
- 1 Tbsp Italian seasoning
- 1 ½ cups reduced-fat shredded cheddar cheese, divided
- ½ cup plain non-fat Greek yogurt

Directions

1. In a large stockpot, heat oil over medium. Add garlic, onions & ham. Cook 2-3 minutes, stirring throughout.
2. Gradually stir in milk & flour. Cook 2-3 minutes or until thickened, stirring constantly.
3. Stir in broth, potatoes & Italian seasoning. Bring to a boil. Reduce heat to medium-low. Cover & simmer 15-20 minutes or until potatoes are fork-tender, stirring occasionally.
4. Remove from heat. Use a fork or potato masher to smash potatoes. Stir in 1 cup cheese. Mix well.
5. Serve topped with remaining cheese & yogurt.

