

Network News

from the Community Food Bank of Eastern Oklahoma

January 2020

Closings

Both Branches:

Wednesday, January 1st

for New Year's Day Holiday

Monday, January 20th

for Martin Luther King Jr. Day Holiday

Tulsa Branch:

Opens at 9:30 am on **Thursday, January 9th**

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 #: 87470

Description: Sous Vide Egg Bites

Pack Size: 12 / 4.16 oz Portions

SMF: \$0.00

Case Cost: \$0.00 (FREE!!)

**Sous Vide Egg Bites are

essentially like little egg

soufflés perfect for a quick, healthy,

protein-packed breakfast**



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 – January 16th @ CFBO Tulsa Branch from 9am-11am

A FAREWELL MESSAGE



After 15 fulfilling years with the Community Food Bank of Eastern Oklahoma, I will be retiring the end of January. I know that the important work of fulfilling the mission of food security with dignity for all eastern Oklahomans will continue and grow stronger in your capable hands. Much of the work I've done has been behind the scenes and I regret that I haven't had the pleasure of meeting each of you in person but I am encouraged seeing the evidence of the work you do every day to help those who have found themselves in difficult circumstances. You have been an inspiration to me over the years and I wish you the best.

Warmest regards,

Cindy Cummins

Managing Director of Customer Relations and Capacity

PROGRAM HIGHLIGHT: COOKING MATTERS™

Share our Strength's Cooking Matters™ is a series of hands-on classes taught by volunteer nutritionists and chefs. The lessons are once a week for 6 weeks, and 2 hours each. The classes teach participants nutrition information, healthy food preparation, and shopping on a limited budget. The chef and nutritionist work together to teach the lesson and prepare a meal from the Cooking Matters curricula in class for everyone to share. The participants then receive a bag of groceries to recreate the meal at home. Cooking Matters is a great way to empower families to eat healthier, shop smarter, and to learn how to make a few meals they might not have tried on their own. Your agency now has the option to implement this program at your site through a Cooking Matters satellite partnership with the Food Bank.

Becoming a Cooking Matters satellite partner is an opportunity for an agency to provide courses to the people they serve, while having the control of scheduling them within their own calendar. As a satellite partner, your organization will have the opportunity to host multiple courses and you will receive all Cooking Matters curriculum free for instructors and each participant.

The responsibilities of becoming a satellite partner include providing your own groceries, volunteers, cooking utensils and site. If your organization is interested in hosting multiple Cooking Matters courses in a year then becoming a satellite partner is a good option for you. Please contact Jessica Dewey at 918-936-4566 for more information.

OPPORTUNITY: MARTIN LUTHER KING JR. COMMEMORATION PARADE

It is an annual tradition for the members of the Food Bank team to march along with one of our delivery trucks in the Martin Luther King Jr. Commemoration Parade in Tulsa.

We feel strongly about our participation. The mission of the Community Food Bank of Eastern Oklahoma is to provide food security with dignity for all eastern Oklahomans. The work of Dr. King exemplifies this hope of security, dignity and equality.

With that in mind we would like to invite anyone (staff, clients, supporters, friends) from our valued Partner Agencies, to march with us and validate the care, respect, and concern those of us in the fight against hunger demonstrate.

The date of the parade is the morning of January 20.

We will have more details in the weeks ahead. The parade launches at the corner of John Hope Franklin Jr. and Detroit Ave. right by OSU Tulsa, and not far from the Food Bank itself. If you would like to participate, please contact Greg Raskin at 918-936-4555 or graskin@okfoodbank.org.

Together we shall overcome hunger.

NOVEMBER BY THE NUMBERS

Pounds Distributed	3,039,874 pounds
Pounds of Produce Distributed.....	1,386,699 pounds
Veterans Served	2,903 veterans
Active Military Served	231 active military personnel

Pantry Agencies (of 205 agencies reporting)

Households Served	36,257 families
Individuals Served	86,990 people

On-Site Agencies (of 145 agencies reporting)

Meals Served	481,499 meals
Individuals Served	10,410 people



Evan Taylor



Title: Senior Servings & CSFP Coordinator

How long at the Food Bank: Brand new!

What you do here: I coordinate the distribution of local and federal programs to serve low-income senior citizens across eastern Oklahoma.

Something about you: I was a minister for eight years and ran my own commercial photography business for over 20 years. I am in a Master's program at Phillips Seminary in Social Justice. I have three adopted kiddos—ages 25, 11 and 5. They are my world! I love art, scary movies, music, and travelling.

Pearls of Wisdom: "All of the darkness in the world cannot extinguish the light of a single candle." –St. Francis

Favorite Foods: I love all types of food from sushi to BBQ. I make my own hummus from time to time and love to bake bread.

Currently Reading / Favorite Book(s): The next book I plan to read is Tin Man by Sara Winman

TACO STUFFED PEPPERS

Makes: 8 servings

Ingredients

- 8 large bell peppers, halved and de-seeded
- 1 lb 93/7 lean ground beef
- 1 small red onion, diced
- 1 packet taco seasoning
- 2 cups frozen corn
- 1 (15 oz) can no-salt added black beans, drained & rinsed
- 1 cup chunky salsa
- 1 cup shredded fiesta blend cheese
- ½ cup fresh cilantro, minced
- 1 cup plain non-fat Greek yogurt

Directions

1. Preheat oven to 400°F. Lightly coat two baking sheets with cooking spray. Place peppers on baking sheets. Set aside.
2. Heat a large skillet over medium-high. Add beef, onion, & taco seasoning. Cook 4-5 minutes or until beef is no longer pink.
3. Add corn, beans & salsa. Stir to combine. Continue to heat over medium-high heat until the filling comes to a simmer. Remove from heat.
4. Fill peppers with beef mixture & top with cheese. Bake 20-25 minutes or until cheese is melted & filling bubbles.
5. Remove from oven & cool 5-7 minutes. Served topped with cilantro & yogurt.

