

Network News

from the Community Food Bank of Eastern Oklahoma

November 2019

Closings

Both Branches:

Thursday, November 28th and Friday, November 29th for Thanksgiving Holiday

Tulsa Branch:

Thursday, November 14th, 2019 opens at 9:30 am

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

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 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 # S0677

Description: Cereal / Light Wheat Squares

Pack Size: 3 / 2-lb. Bags

SMF: \$0.16

Case Cost: \$0.96



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 – October 17th @ CFBEO Tulsa branch from 9am-11am

Agency Orientation – November 7th @ CFBEO Tulsa branch from 9am-2pm (for new partner agencies)

CAPACITY BUILDING TOOLKIT FEATURED CONTENT: HEALTHY PANTRY MODELS

Food environments have a major role in influencing peoples' food choices, dietary patterns, and health outcomes. For underserved populations facing food insecurity and chronic disease, it is critical to make healthy foods more accessible. Food pantries have the opportunity to influence the diets of their clients by offering and promoting healthier food options.

Of course, how a pantry influences the diets of its clients depends on the distribution style of the pantry. If a pantry is distributing pre-packed bags to its clients, it is up to the pantry to source healthier products to include in the bags/boxes a client receives. Pantries that operate a client-choice or partial client-choice distribution model can use additional methods to encourage clients to choose healthier products for themselves. One method client choice pantries can employ is called "nudges", which are subtle environmental changes to encourage one choice instead of another. Some examples of "nudges" include the following: changing the item display so that it draws attention to the item; creating shelf or item tags to denote healthy items; and making it appear that an overabundance of an item is available. For more information on Healthy Pantry Models and Nutrition Information, visit the Capacity Building Toolkit section of our Agency Resource Center by clicking [here](#).



RURAL PRODUCE INITIATIVE

Last year, 41% of all food distributed by the Food Bank was fresh produce. This year, we would like to distribute more produce to our rural partners so that you can distribute more produce to your clients. We know that for families facing food insecurity, fresh healthy food is often the first item eliminated in order to stretch a food budget. The Rural Produce Initiative aims to alleviate this by providing supplemental produce at no cost to Food Bank partners at RDS sites.

The Food Bank will soon be sending produce along with the normal Rural Delivery Service deliveries so that partner agencies may shop for available produce while picking up their normal order from the site. Produce will be provided at no additional cost to agencies.



Staple items that we may bring to the RDS sites include: potatoes, onions, carrots and apples. Additionally, we may bring seasonal items when available including items such as stone fruit, squash, varieties, cabbage, cucumbers, oranges and tomatoes.

Because of the large amount of USDA produce and perishable product we currently have in stock, we will begin this initiative by sending mostly USDA product to the RDS sites for USDA-eligible agencies to receive. As we have room on the delivery truck, we will begin bringing more non-USDA produce for other agencies to receive.

Note: USDA eligible agencies must show their Agency ID card to the driver that signifies their agency is eligible to receive USDA product in order to receive USDA product.

SEPTEMBER BY THE NUMBERS

Pounds Distributed 2,267,545 pounds
Pounds of Produce Distributed 905,091 pounds
Veterans Served 2,938 veterans
Active Military Served 302 active military personnel

Pantry Agencies (of 206 agencies reporting)

Households Served 32,521 families
Individuals Served 77,663 people

On-Site Agencies (of 145 agencies reporting)

Meals Served 328,820 meals
Individuals Served 7,243 people



Karen Miranda

Title: Volunteer Coordinator

How long at the Food Bank: Two weeks

What you do here: I coordinate volunteer schedules and calendars, welcome visitors and promote the volunteer experience and retention. I will be recruiting individual volunteers for special events and projects as well as the larger groups coming to the Volunteer Center.

Something about you: I have lived in Tulsa nearly all of my life, attending Nathan Hale High School and the University of Tulsa. I have two beautiful daughters, Kelsey and KaraGrace. I was a Girl Scout Leader for 28 years and led two troops from Kindergarten through Senior year and helped them achieve Gold Awards.

Pearls of Wisdom: "The thing you fear most has no power, your fear of it is what has the power."
–Oprah

Favorite Foods: Korean and Thai Food

Currently Reading / Favorite Book(s): *Blood, Bones & Butter: The Inadvertent Education of a Reluctant Chef* by Gabrielle Hamilton

TORTILLA SOUP

Makes: 4 servings

Ingredients

- 4 corn tortillas
- 2 tablespoons oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 small jalapeno chili, stemmed, seeded, and minced
- 2 (14.5-ounce) cans low salt diced tomatoes
- 1 box (32-ounces) low sodium chicken broth

- 1 (15 ounce) can low salt corn, rinsed and drained
- 1 (15 ounce) can low salt black beans, rinsed and drained
- 1 cup chopped cooked chicken (boneless breasts or thighs)
- 2 tablespoons minced fresh cilantro leaves
- Juice of 2 limes
- Salt

Directions

1. Move an oven rack to the middle position and heat the oven to 425 degrees.
2. Place the tortillas on a rimmed baking sheet.
3. Bake until lightly crisped, about 6 minutes (don't let the tortillas become overly crisp and stiff or they will shatter when you try to cut them into strips).
4. Cool the tortillas slightly and then use scissors to cut them into strips (it's fine if some of the strips break apart).
5. Set the tortilla strips aside.
6. Meanwhile, heat the remaining 2 tablespoons of oil in a large saucepan over medium heat until simmering.
7. Add the onion and cook until it begins to brown, about 5 minutes. Stir in the garlic and chili and cook until softened, about 1 minute.
8. Add the tomatoes and broth, raise the heat to high, and bring to a boil.
9. Stir in the corn, black beans, chopped chicken, tortilla strips, cilantro, and lime juice and cover the pan.
10. Remove the pan from the heat and set aside until the tortillas strips soften and start to lose their shape, about 5 minutes.
11. Adjust the seasonings, adding salt to taste.