

Network News

from the Community Food Bank of Eastern Oklahoma

October 2019

Closings

Tulsa Branch:

Thursday, October 10th, 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 #: 71258

Description: Molasses

Pack Size: 4 / 1 gallon bottles

SMF: \$0.16

Case Cost: \$8.00



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: PROGRAM EVALUATION

Program Design and Evaluation is important to periodically assess and adapt your activities to ensure they are as effective as they can be. Evaluation can help you identify areas for improvement and ultimately help you realize your goals more effectively. As more and more funders want to know the impact a nonprofit's program is having on its participants, organizations need to understand the foundation its programs are built on, including theory of change models, and have the evidence to show its programs are working.



The Capacity Building Toolkit offers several resources on the topic of Program Design and Evaluation. It includes resources that cover developing logic models, which can be used for program design and organizational strategic planning. Additionally, the toolkit includes several resources that go into detail about planning a program evaluation. To see the available resources concerning Program Design and Evaluation, click [here](#).

COMMUNITY NUTRITION EDUCATION PROGRAMS

Since 1995, the Community Nutrition Education Programs (CNEP), a service of Oklahoma Cooperative Extension, has used Supplemental Nutrition Assistance Program Education (SNAP-Ed) funding to work with low-income families and youth on improving their diets and other health-related behaviors. CNEP-trained educators follow a research-based learning model that allows them to effectively reach and educate participants. Educators are:



- Members of the communities they support
- Trained/supervised by university and county-based faculty
- Skilled in using hands-on, interactive teaching methods
- Committed to delivering research-based instruction
- Able to influence changes in behavior and impact the lives of those they teach
- Dedicated to reaching diverse, low-income populations

CNEP includes a variety of adult and youth programming, designed to instruct participants how to cook new recipes, choose healthy foods, save money at the grocery store, keep food safe to eat, and be more active.

For more information about CNEP, contact your local county extension office or click [here](#).

AUGUST BY THE NUMBERS

Pounds Distributed 1,932,123 pounds
Pounds of Produce Distributed 707,626 pounds
Veterans Served 2,803 veterans
Active Military Served 382 active military personnel

Pantry Agencies (of 206 agencies reporting)

Households Served..... 33,682 families
Individuals Served 84,280 people

On-Site Agencies (of 148 agencies reporting)

Meals Served 339,993 meals
Individuals Served 7,422 people



Ellen Dismukes

Title: Volunteer Operations Coordinator

How long at the Food Bank: I have been employed here at the Food Bank since August 5th, but I served as a volunteer with the Culinary Services Department starting in November of 2018.

What you do here: I oversee volunteers who help sort and repack food needed by our agencies. I inform volunteers of the importance of their work by telling them how many meals they provided by the end of their shift.

Something about you: I love doing any outdoor activities, especially hiking, skiing, and camping.

Pearls of Wisdom: "Just keep swimming." – Dory, Finding Nemo

Favorite Foods: I like to eat anything that is fresh and in season. I grew up eating a lot of Cajun cuisine, so I would consider that a favorite food. Also, I love eating quiche or any breakfast food. Basically, I love food!

Currently Reading / Favorite Book(s): I love reading cookbooks and books on travel.

FACES OF THE FOOD BANK

RECIPE OF THE MONTH

Baked Sweet Potato Fries

Est. Time: 40 minutes

Makes: 6 servings

Ingredients

- 3 medium sweet potatoes
- 2 Tbs. canola or olive oil
- ¼ tsp. salt
- Dash of chili powder or cayenne (optional)

Directions

1. Pre-heat oven to 450F.
2. Cut sweet potatoes into 1/3 inch sticks
3. Toss the sweet potatoes with the oil
4. Spread onto a baking sheet in a single layer.
5. Stir the fries after baking for 10 minutes to get color on all sides
6. Bake until crispy and tender, about 20 minutes.
7. Sprinkle with salt.

