

Network News

from the Community Food Bank of Eastern Oklahoma

September 2019

Closings

Tulsa & McAlester Branch

Monday, September 2nd, 2019 for Labor Day

Tulsa Branch:

Thursday, September 12th, 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 4:30 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 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 # 56239
Description: Beverages / Orange Juice
Pack Size: 12 / 33.8 oz
Cartons
SMF: \$0.16
Case Cost: \$4.64



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 in August & September, 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 Orientation – September 5th @ CFBEO Tulsa branch from 9am-2pm (for new partner agencies)
Agency Express Training – September 19th @ CFBEO Tulsa branch from 9am-11am

CAPACITY BUILDING TOOLKIT FEATURED CONTENT:

Fundraising is not just a means to raise money, but also a way to promote the message and goals of a charity. It ensures that the charity can continue funding and helping its cause. However, not all fundraising efforts are created equal. Knowing which fundraising events raise the most support for your organization will help you strategically plan your fundraising events for a calendar year.

If you are serious about your organization and its cause, but not focused on bringing in additional funds to support your work, your organization's ability to grow is limited. If you are an inexperienced fundraiser and nervous about shifting more focus towards fundraising efforts, do not be! The Capacity Building Toolkit (available on the [Agency Resource Center](#)) features several resources regarding fundraising that you can review to help build a foundation of fundraising knowledge. Additionally, you can find other resources available online at websites such as [Network for Good](#) and [NonProfit Pro](#).

HEALTHCARE COSTS OF FOOD INSECURITY

Food insecurity—not having adequate access to enough nutritious foods—is associated with poorer health and higher healthcare costs.

- Among food-insecure households, reduced access to nutritious foods increases the risk for poor health and chronic diseases like diabetes and hypertension.
- Food insecurity increases stress and the risk of poorer mental health affecting people's capacity to manage their overall health.
- Food insecurity can influence people to skip or delay medication refills and clinic visits – complicating disease self-management and continuing the cycle of poor health.

In 2016, approximately \$52.9 billion in healthcare costs were associated with food insecurity among American adults and children. Annual healthcare costs for food-insecure adults are on average \$1,834 higher than for food-secure adults. In Oklahoma, the total excess healthcare cost associated with food insecurity is \$1,752 per food-insecure adult. If the percentage of adults estimated to be food insecure in Oklahoma decreased five percentage points, the total excess healthcare cost associated with food insecurity would drop to \$1,257 per food-insecure adult.

Each of you interact with food-insecure individuals regularly and are well versed in the daily struggles of life in poverty. The people we serve live in a system of cyclical poverty that is near impossible to escape. Keep in mind that while we provide basic services to people in need, we also have the opportunity to be their voice and advocate for systematic changes that improves the lives of all.

For more information about the healthcare costs of food insecurity, or to see data for your county, click [here](#).



JULY BY THE NUMBERS

Pounds Distributed 2,144,501 pounds
Pounds of Produce Distributed 724,295 pounds
Veterans Served 2,273 veterans
Active Military Served 257 active military personnel

Pantry Agencies (of 205 agencies reporting)

Households Served..... 33,677 families
Individuals Served 86,657 people

On-Site Agencies (of 148 agencies reporting)

Meals Served 370,880 meals
Individuals Served 7,819 people

FACES OF THE FOOD BANK



Terrelyn Carrillo

Title: Coordinator of Agency Services and Capacity

How long at the Food Bank: A few months

What you do here: I am the main point of contact for agencies in the Food Bank's Southern Region. I office in McAlester and work with agencies to make sure they have all they need to serve their clients.

Something about you: I am married with five children and numerous grandchildren. I graduated with a degree in Nutrition and Dietetics from NSU in May of 2019

Favorite Meal to Cook: Tamales at Christmas time

Hobbies: Gardening and antiques

RECIPE OF THE MONTH

Adobo Chicken Bowl

Est. Time: 25 minutes

Makes: 8 servings

Ingredients

- 2 cups instant brown rice
- 2 limes, juiced
- ½ cup chopped fresh cilantro, divided
- 1 Tbsp olive oil
- 1 lb boneless, skinless chicken thighs, diced
- 2 Tbsp minced chipotle peppers in adobo sauce
- 1 large red bell pepper, diced
- 1 cup grape tomatoes, halved
- 1 (15 oz) can no-salt-added black beans, drained & rinsed
- 1 cup frozen corn
- 1 cup plain non-fat Greek yogurt

Directions

1. Prepare rice according to package directions. Add lime juice & ¼ cup cilantro. Fluff with fork & set aside.
2. In a large skillet, heat olive oil over medium-high. Add chicken and peppers. Saute 5-7 minutes or until chicken is cooked through.
3. Stir in tomatoes, beans & corn. Cook 3-4 minutes or until warm.
4. Serve over rice. Top with yogurt & remaining cilantro.

