

# Network News

from the Community Food Bank of Eastern Oklahoma

February 2020

## Closings

**Both Branches:**  
**Monday, February 17th**  
for President's Day Holiday

**Tulsa Branch:**  
**Thursday, February 13th**  
opens at 9:30 AM

## Warehouse Shopping Hours

**Tulsa Branch:**  
M-F 8:30 AM to 11:45 AM  
TWR 1:00 PM to 2:45 PM

**McAlester Branch:**  
M-F 8:30 AM to 4:00 PM

## December Numbers

**2,396,743** Pounds Distributed  
**814,715** Pounds Produce Distributed  
**2,620** Veterans Served  
**532** Active Military Served

Pantry Agencies  
(203 agencies reporting)  
**35,469** Households Served  
**80,414** Individuals Served

On-Site Agencies  
(148 agencies reporting)  
**356,453** Meals Served  
**7,104** Individuals Served

## 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.

## I-Spy in the Warehouse!



**Item #** S0257  
**Description:** Entrees/Variety  
**Pack Size:** Assorted Cans (15-lb. case)  
**SMF:** \$0.16  
**Case Cost:** \$2.40

## 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](mailto:abrewer@okfoodbank.org) or faxing 918-585-2862.

## Upcoming Training

**Agency Express Training** – February 20th @ CFBEO Tulsa Branch from 9:00 AM to 11:00 AM

## 2020 AGENCY CONFERENCE

The 2020 Agency Conference dates and locations have been set! Similar to years past, we will be offering three regional conference with the hope that all partner agencies will attend. If you or your agency has never attended a regional conference, make this year be the first. Previous topics covered include grant writing & fundraising, the SNAP program, Disaster Preparedness, and more. The agenda for this year's conference is not yet finalized, but trust me, you will not want to miss this year's event. The registration link for each conference will be sent out soon, but in the meantime, please save the date for any of the conferences you would like to attend:

- **Friday, March 13th, 2020 @ McAlester, OK**
- **Friday, April 3rd, 2020 @ Tulsa, OK**
- **Friday, April 24th, 2020 @ Vinita, OK**

SAVE  
THE DATE!

## 2020 ANTI-HUNGER DAY

**OKLAHOMA STATE CAPITOL | TUESDAY, FEBRUARY 25, 2020**

Formerly known as Hunger Action Day, this volunteer event brings together advocates at the State Capitol who care about food security. During Anti-Hunger Day, volunteers will meet with state lawmakers to discuss hunger in Oklahoma and share ideas on how together, we can help make an impact in the lives of those living with hunger.

If this is your first time going to the Oklahoma State Capitol, or if you would like more information before the Anti-Hunger Day, we encourage you to attend a Tulsa training session on Thursday, February 13.

- Lunch and Learn 11:30am – 1:00pm – at the Food Bank, bring a lunch, we will provide light snacks;
- Happy Hour Session 5:30pm – 7:00pm – at the Food Bank with light snacks and beverages; or
- Webinar: Friday, February 14th 9:30am – 11:00am, link will be sent to those who choose this option.

The training session will walk you through what to expect at the capitol, the issues we will talk about with our lawmakers, and answer any questions you may have. The dates, times and locations are listed in the registration form below.

Please register [here](#) for Anti-Hunger Day. Dates, times and locations are listed in the registration form.

## AGENCY OF THE MONTH

### CARING COMMUNITY FRIENDS

**Agency Director:** Dr. Camille Teale

**Founding Date:** 1992

**Location / Area Served:** Sapulpa

**Services Provided:** Shopper's Choice Food Pantry; Fresh Market; Food4Kids Backpack; Book & Snack Mobile; Commodity Supplemental Food Program; Community Garden; Disaster Relief; Utility Assistance; Medication Assistance

**Agency Accomplishment(s)/Success(es):** The Book and Snack Mobile partnership ensures that every child, regardless of socioeconomic status has access to summer essentials.

**Where do you see your program in five years?** We plan to expand and improve our agency space to accommodate the growing needs of our diverse programs. In addition to direct client services, we will work to inspire and collaborate with the extended community to better match clients with the services they need. We envision a community with ready access to the services needed to rise above social and economic impacts.



**Rebecca Kerns**

**Title:** Office/Warehouse Assistant Southern Branch

**How long at the Food Bank:** 4 years in May

**What you do here:** Since we are a staff of 3 in McAlester, we work together to do it all. I answer phones, invoice, file, run the forklift, load agency orders, unload trucks, organize food drives, organize our annual Hunger Awareness dinner and more.

**Something about you:** I am a foster mom and my husband and I are on track to adopt our second baby. We also have a biological son, Randy, that is 11 years old.

**Pearls of Wisdom:** Set peace of mind as your highest goal and organize your life around it.

**Favorite Foods:** I love Italian food. I am lucky to live near Krebs (Little Italy).

**Currently Reading / Favorite Book(s):** I am currently reading the entire A Song of Ice and Fire (Game of Thrones) series and am on book three.

## BURRITO BOWLS

Makes: 4 servings

### Ingredients

- 6 cups rice
- 1 can (15.5 oz) black beans, drained & rinsed
- 1 can (15.5 oz) corn kernels, drained & rinsed
- 1 small red onion, diced
- 1 Tbsp lime juice
- 3 Tbsp cilantro, divided
- ½ tsp black pepper
- ½ tsp ground cumin
- ½ tsp salt
- 1 avocado, sliced
- 1 cup pico de gallo, or fresh salsa
- 1 cup romaine lettuce, shredded

### Directions

1. Prepare the rice. Divide between four bowls.
2. In a large bowl, combine the black beans, corn, red onion, lime juice, 2 Tbsp cilantro, black pepper, cumin and salt.
3. Divide this mixture between the four bowls on top of the rice.
4. Top the bowls with avocado, pico de gallo, romaine lettuce and the remaining 1 Tbsp cilantro, chopped.

\*Add grilled chicken or ground turkey to this recipe for more protein.



Thank you to the **Walmart Foundation** for providing a \$50,000 grant funding infrastructure to help Partner Agencies secure and distribute more nutritious food to families in need.

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Community Food Bank  
of Eastern Oklahoma