

Network News

from the Community Food Bank of Eastern Oklahoma

March 2020

Closings

Tulsa Branch:
Thursday, March 12th
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

January Numbers

2,278,286 Pounds Distributed
842,908 Pounds Produce Distributed
2,948 Veterans Served
231 Active Military Served

Pantry Agencies
(198 agencies reporting)
32,563 Households Served
82,584 Individuals Served

On-Site Agencies
(135 agencies reporting)
352,354 Meals Served
6,810 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.

I-Spy in the Warehouse!



Item # S0675
Description: Cereal / Light Wheat Squares
Pack Size: 4 / 2 lb. Bags
SMF: \$0.16
Case Cost: \$1.28

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 ssnelling@okfoodbank.org or faxing 918-585-2862.

Upcoming Training

Agency Express Training – March 19th @ CFBEO Tulsa Branch from 9:00 AM to 11:00 AM

2020 AGENCY CONFERENCE

It is that time of year again to begin registering for the 2020 Agency Conferences! I hope everyone is planning to attend because we have some great topics planned for you. Come enjoy learning sessions about Policy / Advocacy; Disaster Preparedness; Community Resources; and Roundtable Discussions with similar programs.

There is no cost to attend this event. Please, REGISTER NOW by clicking the link below for the conference you wish to attend. We ask that you limit your registration to no more than two per Partner Agency. If you would like to register more, please contact Shannon Snelling at 918-936-4546. Also, if travel cost is an issue, please contact us. A limited amount of assistance is available.

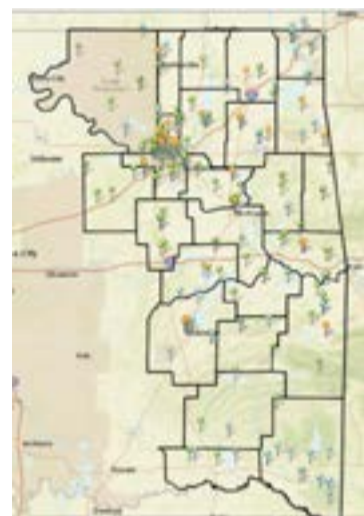
	Southern Region	Central Region	Northern Region
Date:	Friday, March 13th	Friday, April 3th	Friday, April 24th
Time:	9:00 AM —2:00 PM	9:00 AM —2:00 PM	9:00 AM —2:00 PM
Location:	McAlester, OK	Tulsa, OK	Vinita, OK
Registration:	Click HERE	Click HERE	Click HERE

NEW FOOD ASSISTANCE MAP AVAILABLE

The Food Bank primarily serves hungry Oklahomans by providing food and other donated resources to food pantries, soup kitchens, emergency shelters, afterschool programs and senior citizen and veteran centers. They make up our network of 350 Partner Agencies throughout eastern Oklahoma. If people are in need of help, there is probably an agency nearby who can assist them.

Unfortunately, people who are in need of help may not be familiar with the food resources available to them in their community. The Food Bank has a tool available on its [website](#) to direct people who are in need of food assistance to public-serving agencies. Partner Agencies can also use this tool to refer clients to other service providers in a client's area.

To use the interactive map, enter the city, town or zip code in the orange search bar to find helpful programs in that area. If you click on the individual markers, each program should have a phone number listed for clients to contact for important information such as documentation requirements or more specific services they provide.



AGENCY OF THE MONTH BROKEN ARROW NEIGHBORS



Agency Director: Kim Goddard
Founding Date: 1986
Location / Area Served: Broken Arrow
Services Provided: Client Choice Food Pantry; Limited Financial Assistance; No/Low Cost Medical/Dental/Vision Clinics; Food4Kids; School Supplies; Holiday Assistance; Outreach Services to Seniors/Challenged Populations

Agency Accomplishment(s)/Success(es): In the past 5 years, we have built 2 new facilities that have increased our ability to further serve those seeking our assistance.

Where do you see your program in five years? Broken Arrow Neighbors will always be a cornerstone to the community and those we serve. Efforts will continue to be innovative and purposeful in our services and programs. The agency will continue to focus on its mission of "providing basic needs assistance with dignity and compassion to neighbors in need through a cooperative community effort."



Bridget Wunsch

Title: Federal Meals Programs Assistant

How long at the Food Bank: Hired in February

What you do here: I help with the Child and Adult Care Food Program (CACFP).

Something about you: Although I am originally from St. Louis, I fell in love with Tulsa as soon as I got here. I have also been told I unconsciously hum to myself throughout the day and even when I sleep. Don't worry—I am trying to stop.

Pearls of Wisdom: "You can only become truly accomplished at something you love." - Maya Angelou

Favorite Foods: Tikka Masala, Chocolate-covered Espresso Beans, and Mangos

Currently Reading / Favorite Book(s): *The Shining* by Stephen King

**FACES
OF THE
FOOD
BANK**

SKILLET PASTA WITH CHICKEN AND BROCCOLI

Makes: 4 servings

Ingredients

- 2 Tbsp Olive Oil
- 3 to 4 pounds boneless, skinless chicken thighs
- 5 cloves garlic, minced
- 1/4 tsp crushed red pepper flakes
- 8 oz. whole wheat fusilli or rotini pasta
- 4 cups (2, 15-oz. cans) low-sodium chicken broth
- 1 lb. broccoli florets, rinsed
- 1/2 cup grated Parmesan cheese
- 1/2 tsp salt
- 1/4 tsp pepper

Directions

1. Heat the oil in a large skillet over medium-high heat. When the oil is hot, put the chicken in the pan, and cook 4 minutes. Flip the chicken, and cook another 4 minutes. Turn off the heat, transfer the chicken to a cutting board, cut it into 1-inch strips, and set aside.
2. Heat the skillet over low heat, add the garlic and pepper flakes to the pan, and cook 30 seconds. Be careful not to burn the garlic. Add the pasta and the broth, increase the heat to medium-high, and bring to a boil. Reduce heat and cook, stirring frequently until the liquid thickens, about 12 minutes.
3. Stir in the broccoli and chicken, and gently simmer until broccoli is tender, about 5 more minutes. Sprinkle the Parmesan cheese on top, and season with salt and pepper.



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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FOOD BANK
Community Food Bank
of Eastern Oklahoma