

# Network News

from the Community Food Bank of Eastern Oklahoma

December 2020

## Closings

### Both Branches:

Closed December 24-25 for Christmas Eve & Christmas Day Holiday

### Tulsa Branch:

Opens at 9:30 on Thursday, 12/10

## 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

## September Numbers

**3,006,230** Pounds Distributed

**1,171,276** Pounds Produce Distributed

**4,586** Military Personnel Served\*

Pantry Agencies

(209 agencies reporting)

**63,743** Households Served\*

**161,954** Individuals Served\*

On-Site Agencies

(136 agencies reporting)

**315,129** Meals Served

**5,890** Individuals Served\*

\*Not for publicity purposes.

These numbers likely include duplicated individuals.

## Upcoming Training

Agency Express - 12/18 @ 9 AM

\*All trainings will be conducted using Zoom and require pre-registration

## Civil Rights Training

Remember, all agencies that distribute TEFAP through the USDA program are required to participate in annual civil rights training. Each month, the Food Bank emails agencies who are due to renew their civil rights training that month as a courtesy, but it is the agencies' responsibility to remember to renew. While only the program director at your agency needs to take the civil rights training test on our website, all program staff and volunteers who interact with clients or client information are required to review the civil rights training presentation annually. This is a requirement of the USDA for authorized agencies to continue distributing TEFAP commodities.

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

## @okfoodbank

Connect with the Food Bank on Social Media



## COVID-19 UPDATE

As everyone is fully aware, the COVID-19 pandemic has not gone away in the few months we had hoped it would back in March. With people traveling for the upcoming holidays to see family and friends, it is unlikely we will see it go away anytime soon. We know effects of the pandemic will affect people long after the COVID-19 cases fall. The Food Bank continues to do all it can to provide you with the support needed to feed people in your community.

Many of our staff are still working remotely to protect our warehouse staff and other essential workers from potential exposure to the virus. However, things do happen and there may be times we are delayed getting orders prepared or delivered.

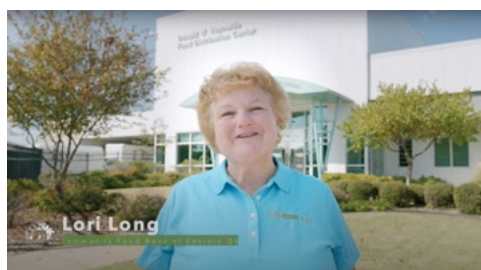
We know your agency is also doing all it can to stay in operation and continue serving your communities. Many of you are operating with a reduced volunteer base or no volunteers at all. We want to commend your continued efforts in serving the hungry people in your communities.

Starting with the November monthly reports, we are introducing a COVID-19 section to ask your program about changes your program is seeing because of COVID-19. Please contact your Agency Services Coordinator with any questions or ideas about how the Food Bank can support your program.

## 2021 NUTRITION CALENDARS AVAILABLE

The 2021 nutrition calendars are now available at both Food Bank branches (Tulsa & McAlester) for you to pick up to distribute to clients. Many of the recipes featured in this newsletter come from these calendars. The recipes included are designed to be simple and easy to prepare, as well as cost effective. Calendars are available in English and Spanish at both branches, but supply is limited so pick a few cases up while you can!

## FOOD BANK VIRTUAL TOUR



Before there was a pandemic, the Food Bank offered a monthly luncheon, a discussion about addressing hunger with our CEO, and a tour of the Food Bank for people with an interest in learning more about food insecurity. As we limit traffic in and out of our facility to slow the spread of the virus, we wanted to offer another way to learn more about hunger in our community and how you can help us provide

food security, with dignity, throughout eastern Oklahoma.

Through the Food Bank's new virtual tour, you can learn a little bit about how hunger affects people in our area, how the Food Bank works to provide food with dignity to those in need, and most importantly, how you can help.

Click [here](#) to watch the tour.



**Austin Brewer**

**Title:** Director of Agency Services & Disaster Response

**How long at the Food Bank:** 3 years in January

**What you do here:** I oversee our Agency Services Team that works with our Partner Agencies to support our mutual missions of feeding the hungry. I also oversee our Mobile Pantry program and Senior Programs, including CSFP and Senior Servings.

**Something about you:** My personal goal is to visit all 61 U.S. National Parks. So far, I have only visited six so I have a ways to go!

**Pearls of Wisdom:** "There has never been a sadness that can't be cured by breakfast food." - Ron Swanson

**Favorite Foods:** Chicken & Dumplings, but only if its made with drop dumplings instead of rolled dumplings which are basically noodles.

**Favorite Books:** *The Body* by Bill Bryson, which dives deep into how complex the human body is and how little we know about it.

## CANDIED OATS AND NUTS

**Serves 8 for \$4.81**

### Ingredients:

- 1 Tbsp. canola oil
- 1/4 cup granulated sugar
- 1 Tbsp. honey
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- 1 cup walnuts or pecans
- 1 cup rolled oats

### Directions:

1. Preheat oven to 325 F. Line a large baking sheet with foil; lightly oil the foil.
2. Stir together the oil, sugar, honey, cinnamon, and salt in a medium saucepan.
3. Bring to a boil over high heat. Add the nuts and oats and cook, stirring continually, for 2 minutes.
4. Spread the oats and nuts in a thin layer on the lined baking sheet, breaking up any large clumps.
5. Bake, stirring once with a spatula halfway through baking, until golden brown, 12 to 15 minutes.
6. Cool on the baking sheet on a rack for 15 minutes, then break into small clusters with your hands.

\*\*Oats are a versatile ingredient and a great staple to have on hand. Use in muffins, pancakes, cookies, and for a nourishing warm breakfast.

Member of  
**FEEDING AMERICA**



Feeding America projects that **1 in 5 Oklahomans** and an astonishing **1 in 3 children** will face food insecurity as a result of the pandemic.