

Network News

from the Community Food Bank of Eastern Oklahoma

January 2021

Closings

Both Branches:

Closed January 1 for New Years Day
Closed January 18 for
Martin Luther King Jr. Day

Tulsa Branch:

Opens at 9:30 on Thursday, 1/14

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

November Numbers

2,704,061 Pounds Distributed
1,346,392 Pounds Produce Distributed
5,165 Military Personnel Served*

Pantry Agencies

(201 agencies reporting)

73,311 Households Served*

502,320 Individuals Served*

On-Site Agencies

(119 agencies reporting)

251,946 Meals Served

6,100 Individuals Served*

*Not for publicity purposes.
These numbers likely include
duplicated individuals.

Upcoming Training

Agency Orientation- 1/8 @ 9 AM

Agency Express - 1/15 @ 9 AM

TEFAP Training - 1/22 @ 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 is 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.

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.

@okfoodbank

Connect with the
Food Bank on Social Media



GOODBYE 2020, HELLO 2021

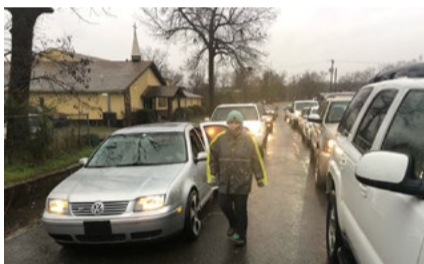
New Year, new me, right? As we say goodbye to 2020 and welcome in 2021 we can't help but hope that 2021 looks differently than 2020. However, 2020 wasn't all bad. For one, it showed all of us our capacity to adapt to changing circumstances and to live one day, one moment, at a time. 2020 forced us to rethink our food distribution practices and innovate our models to continue serving a growing need. For many of us, 2020 unlocked opportunities that we had not previously considered and showed us that we can do more than we thought possible. So, while 2020 was the most difficult year most of us have ever experienced, don't forget to examine the good things that happened and continue to build on those positives as we head into 2021. We have no idea what 2021 will bring us, but we know that whatever challenges it does bring, we will meet those challenges together.

CFBEO INCLEMENT WEATHER POLICY

The Tulsa Branch of the Food Bank typically follows Tulsa Public School closures during an inclement weather event. While TPS is engaged in remote learning due to the pandemic, the Food Bank will assess each weather incident and decide by 6:30 a.m. whether or not to open. If there is a weather-related closure, a system is in place to notify agencies, in particular, those who have scheduled pick-ups for the day.

The McAlester branch will close when the McAlester school district closes. A decision will be made to open independently of the school system on day 3 of every day thereafter. Updated closing information for day 3 and beyond will be available by calling the main switchboard at the Food Bank, 918-585-2800. This information will be posted no later than 6:30 a.m. each day.

We experienced our first weather-related closure of the season in December, so it is always good to refresh your knowledge of the Food Bank's inclement weather policy. If you ever have any questions about if our facilities are open or not, please call.



Location: Tahlequah OK

Services Provided: We distribute TEFAP commodities to individuals in need in Cherokee County.

Proudest Accomplishment: We have been in continuous operation since 1991, adapting to changing circumstances, including pandemic needs of "no touch," drive-thru distribution of food.

Where do you see your program in five years? This program is designed to be sustainable through administrative leadership, development of volunteers, and partnerships with the Community Food Bank of Eastern Oklahoma, the USDA, Sister Agencies, and other community organizations and businesses willing to partner with us to meet the crisis and chronic nutrition needs of Cherokee County residents. In five years, the Tahlequah Bread of Life hopes to be able to continue meeting the needs of clients who turn to it in their time for supplemental food assistance.

AGENCY OF THE MONTH

TAHLEQUAH BREAD OF LIFE

Lucille Hinds co-founded Bread of Life in 1991 and served the Tahlequah community up until her passing in December of 2020. The Food Bank would like to acknowledge Lucille's service to her community and offer our condolences to the Hinds family.



Claire Wewers

Title: Senior Programs Coordinator

How long at the Food Bank: I started on November 30 of this year.

What you do here: I coordinate the CSFP and Senior Servings programs, which help feed seniors across eastern Oklahoma.

Something about you: I have worked in theater since I was in high school and it has given me all sorts of skills, like sewing, baking, building and painting.

Pearls of Wisdom: "Find out who you are, then do it on purpose." - Dolly Parton

Favorite Foods: Popcorn

Favorite Books: *Harry Potter and the Prisoner of Azkaban* by J.K. Rowling

CREAMY CHICKEN ENCHILADAS

Serves 10

Estimated Time: 40 min

Ingredients:

- Non-stick cooking spray
- 1 cup plain non-fat Greek yogurt
- 1/4 cup all-purpose flour
- 2 tsp. cumin
- 2 tsp. garlic powder
- 3/4 cup 1% low-fat milk
- 1 (12 oz) package frozen spinach
- 2 (12.5 oz) cans chunk chicken breasts, drained & shredded
- 4 green onions, sliced
- 2 (4 oz) cans diced green chiles, drained
- 2 cups Monterey Jack cheese, divided
- 10 (7-inch) whole-wheat tortillas

Directions:

1. Preheat oven to 400°F. Lightly coat a large casserole dish with cooking spray.
2. In a small bowl, whisk together yogurt, flour, cumin, garlic powder & milk. Pour half of the sauce in the bottom of the dish.
3. In a large bowl, add chicken, spinach, onions, 1 can of chilies, & 1 cup of cheese. Mix well
4. Spoon chicken mixture into the center of the tortilla. Roll it up & place seam-side down in the casserole dish. Repeat for all tortillas.
5. Top evenly with remaining sauce, cheese & can of chiles. Bake 25-30 minutes or until heated through.

Tip: Save time and prep enchiladas ahead of time. Add sauce just before baking for an easy dinner!



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.

Member of
FEEDING AMERICA

