

Network News

from the Community Food Bank of Eastern Oklahoma

July 2020

UPDATES

Closings

Both Branches:

Closed on Friday, July 3rd
for Independence Day Holiday
Closed July 27-31 for Inventory Week

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

May Numbers

3,086,351 Pounds Distributed
1,483,028 Pounds Produce Distributed
1,241 Veterans Served
196 Active Military Served

Pantry Agencies
(207 agencies reporting)
96,246 Households Served
275,501 Individuals Served

On-Site Agencies
(134 agencies reporting)
382,680 Meals Served
5,988 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.

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

No scheduled trainings until further notice

@okfoodbank

Connect with the
Food Bank on Social Media



FISCAL YEAR 2020 WRAP-UP SERIES

Whew—what a year! The Community Food Bank of Eastern Oklahoma concluded its fiscal year in June and is ready to embark on Fiscal Year 2021 starting this month. Hopefully, our FY 2021 will yield less global pandemics than our last, but whatever comes our way we will be prepared to handle. Next month's newsletter will feature more data on what occurred in FY 2020, but we wanted to give you a little taste of how awesome the agency network did. Prior to COVID-19 reaching our state, the Food Bank was distributing, on average, 3% more product per month than in FY 2019. During COVID-19, we saw a 41% increase in the amount of product we distributed each month, with our agency network receiving 93% of that product. Similarly, pantry agencies reported serving 26% more families during FY 2020 than in FY 2019, with an average of a 102% increase in families served during COVID-19. This past FY changed the way the Food Bank and our partner agencies operate and it will be imprinted in our memories forever. Another thing that will never be forgotten is how deeply inspired we were to see innovation of the agency network and commitment to serving their communities when it was needed most. Thank you.

—Agency Services Team

WHY HEALTH COVERAGE AND FOOD INSECURITY GO HAND IN HAND

Everyday, we work to fight hunger and feed hope. While we work to meet the immediate need for food, we know that truly ending hunger requires more than food assistance. It requires solutions that address the root causes of hunger, and Medicaid expansion serves as one of those key solutions. Far too often, we hear the stories of clients who have to choose between an expensive health need like medicine or affording a nutritious meal. Expanding Medicaid would allow many of our food pantry clients and other Oklahomans to eliminate one source of constant struggle and concern – lack of access to health care.

Emergency food providers like you work every day to help improve the nutrition, health, and well-being of the families and individuals we serve. Lack of access to health care and medical expenses are significant challenges for our clients that contribute to their need for food assistance. Having no or inadequate insurance often leaves households unable to afford care unless it is an emergency. Delaying medical care can have serious implications on both the short and long-term health of food pantry clients, worsening health conditions and leading to increased costs for both the client and the health care system.

We need your help in being a voice for our clients. Oklahoma Food Banks have teamed up with the Cover OK Coalition in lifting stories about those we serve whose lives would be changed by having health coverage. All stories will be kept anonymous. For story sharing or questions, email State Advocacy and Public Policy Director, Bailey Perkins, at bperkins@okfoodbank.org. You can read more about [what Medicaid expansion means here](#).

AGENCY OF THE MONTH FRIENDSHIP KITCHEN

Agency Director: Margaret Kramer

Founding Date: 2013

Location: Eufaula

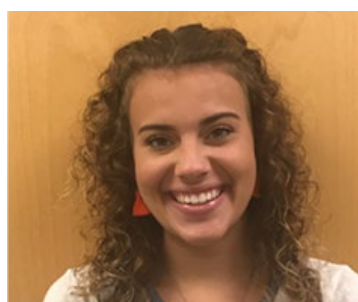
Services Provided: Weekly lunch served every Saturday

Proudest Accomplishment: We have grown from 15 clients, who came the first week, to between 50 and 75 clients per week. We serve a hot meal, and feed the soul providing unconditional love, acceptance and



friendship. Our clients are faithful, even during the pandemic they drive up to receive a to-go meal, but stay a moment to chat (while practicing "Safe Distancing" of course!).

Where do you see your program in five years? We would like to see more groups become involved in our Mission, so they, too, can share in the blessings we reap when we give to those in need.



Tori Frailey

Title: Senior Servings & CSFP Coordinator

How long at the Food Bank: I started on 5/27/2020, but previously interned as a Summer Feeding Vista in 2019.

What you do here: I coordinate the programs that serve elderly participants experience food insecurity.

Something about you: I have been sky-diving, bungee jumping and cliff jumping!

Pearls of Wisdom: "People will forget what you said. People will forget what you did. But, people will never forget how you made them feel." - Maya Angelou

Favorite Foods: I love BBQ! And, of course, chocolate.

Favorite Book: One of my favorite books is *The Perks of Being a Wallflower* by Stephen Chbosky.



BBQ TURKEY MINI-BURGERS

Serves 4 for \$5.10

Ingredients:

- 1 can no-salt-added white beans (15 oz.)
- 1 lb. ground turkey
- 1 small onion
- 1/2 cup barbecue sauce
- 2 Tbs. canola oil
- 8 small green or red leaf lettuce leaves

Directions:

1. Drain and rinse beans.
2. In a large bowl, lightly mash beans with a fork.
3. Grate onion on a box grater.
4. Mix together the turkey, onion, barbecue sauce and beans.
5. Form into 8 small burgers.
6. In a large, non-stick pan, heat 2 Tbs. oil over medium heat.
7. Fry the burgers in tow batches until well-browned on both sides, about 5 minutes per side.
8. Serve the burgers on the lettuce leaves. Fold lettuce around the burger.
9. Add extra barbecue sauce on top for more flavor.



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