

Network News

from the Community Food Bank of Eastern Oklahoma

June 2020

Closings

Tulsa Branches:

Opens at 9:30 AM on Thursday, June 11th

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

April Numbers

3,884,382 Pounds Distributed
1,989,743 Pounds Produce Distributed
19,029 Veterans Served
122 Active Military Served

Pantry Agencies
(200 agencies reporting)
73,014 Households Served
147,640 Individuals Served

On-Site Agencies
(121 agencies reporting)
506,480 Meals Served
7,126 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.

2020 Agency Satisfaction Survey – LIVE

Please help the Food Bank improve its services to its partner agencies by completing the 2020 Agency Satisfaction Survey [here](#). Every agency who submits a survey will be entered into a drawing for a chance to win a \$25 credit on your Food Bank account. The survey will take approximately 10-15 minutes to complete and needs to be submitted by Sunday, June 14th @ 11:30 PM.

I-Spy in the Warehouse!



Item # 55230
Description: Ritz Crisp and Thin
Pack Size: 12 / 1.7 oz. Pkgs.
SMF: \$0.00
Case Cost: \$0.00

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



FRESH FOOD BOX PROGRAM

The Food Bank is now receiving weekly shipments of fresh food boxes for the next six months as a result of an USDA-funded initiative to support local growers and distributors. Even though we are receiving this product through USDA, the product does not carry the normal restrictions of other USDA food and is available to ALL partner agencies. Additionally, there are no client eligibility requirements so all clients seeking food assistance from your program is able to receive this fresh food. There is three varieties of fresh food boxes: fresh produce, mixed dairy (e.g., yogurt, cheese, sour cream, etc.), and fluid milk. This product is being sent to us directly from the local distributor, so it is extremely high quality product. Most boxes will weigh between 20-30 pounds and contain a variety of items. Agencies have the opportunity to receive this product at both Food Bank branches (Tulsa & McAlester) as well as at most RDS locations—Antlers, Broken Bow, Hugo, and Poteau RDS sites may not receive it at their site depending on how much space is on the truck, but it is available in McAlester for shopping.

IT'S VOTING SEASON! WHY IT MATTERS TO US

Voting matters because it's the most fundamental way that we can influence the world around us. The people we serve are least likely to be engaged in policy choices. So decisions are made without their voices. We have an opportunity to change that because of the unique interactions and trust we build with our clients. The best way to make our voices heard is making voting accessible to more people. Concerns about voting during the COVID-19 pandemic continue to grow. In Oklahoma, we have the option to vote in person or vote by mail through an absentee ballot.

To receive your vote by mail ballot (known as the absentee ballot), you must be registered to vote and you must complete the online form to request ballots to be mailed to you this calendar year. If you decide to mail your ballot in, you must sign a statement included in your ballot verifying that you understand that you can only vote once and either have your ballot notarized OR mail in a photocopy of your identification. This can be your driver's license or your voter registration card. You can also request an additional voter registration card from the Oklahoma State Election Board that you can mail in with your ballot. Go to elections.ok.gov for more information.

Our next election is June 30th. In order to participate, you must be registered to vote by June 5th. If you want the option to vote by mail, you have until June 24th to request an absentee ballot. You only have to complete the absentee ballot application one time each calendar year (meaning January to December). For the rest of the year, you will receive a ballot in the mail in advance for every election you are eligible to participate in. You can make the choice to either vote in person or vote by absentee ballot (vote by mail). The [National Notary Association](#) has a list of common places to find notaries.

How to help your clients:

- Talk to your clients about voting
- Make voter registration forms available at your pantry and mail forms for your clients
- Show clients where to go to complete absentee ballot forms
- Become a notary so that clients can get their ballots notarized at your location

AGENCY OF THE MONTH SHARED BLESSINGS



Agency Director: Scott Walker

Founding Date: 1998

Location: McAlester

Services Provided: Emergency food pantry; backpack program; clothing store; household goods; financial assistance; housing assistance

Proudest Accomplishment: We feed over 500 families per month through our food pantry and around 1,000 students per week with our nutrition club backpack program.

Where do you see your program in five years? We would like to expand our food program and would like to include a hot meal program in the future.



Mikayla Demaree

Title: Agency Services & Capacity Coordinator

How long at the Food Bank: I started on 5/18/2020

What you do here: I engage with our partner agencies to ensure they have the support needed to carry out their mission of feeding people who are hungry.

Something about you: I am a twin. I love the outdoors. I am passionate about people with special needs.

Pearls of Wisdom: "Yet hope returns when I remember this one thing: The Lord's unfailing love and mercy still continue, fresh as the morning, as sure as the sunrise. The Lord is all I have, and so in him I put my hope." - Lamentations 3:21-24

Favorite Foods: Roasted vegetables with white rice

Currently Reading: When Helping Hurts: *How to Alleviate Poverty without Hurting the Poor and Yourself* by Steve Corbett and Brian Fikkert

FACES OF THE FOOD BANK



TUNA & WHITE BEAN SALAD

Serves 4 for \$3.65

Ingredients:

- 1 can tuna packed in water (5 oz.)
- 1 can no-salt-added white beans (15 oz.)
- 1 large carrot
- 1 celery heart with leaves
- 1/4 cup red onion
- 2 Tbsp. red wine vinegar
- 1 Tbsp. Dijon mustard
- 3 Tbsp. olive oil
- 1/4 tsp. black pepper

Directions:

Prepare your ingredients: drain the tuna, drain and rinse the beans, peel and grate the carrot, chop the celery heart, and dice the red onion. In a large bowl, whisk the mustard, red onion, vinegar, and oil. Toss tuna, beans, carrot, and celery with the dressing. Season with 1/4 teaspoon black pepper.

Tips:

- Once you have used the large stalks of celery, you will find the celery heart. It is the pale green, center of the bunch of celery that is often thrown away, but it is great for salads.
- You can use any type of white bean for this salad.



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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