

# Network News

from the Community Food Bank of Eastern Oklahoma

May 2020

## UPDATES

### Closings

#### Both Branches:

Closed Monday, May 25, 2020  
for Memorial Day Holiday

### 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

### March Numbers

**2,942,095** Pounds Distributed  
**1,130,055** Pounds Produce Distributed  
**2,361** Veterans Served  
**191** Active Military Served

#### Pantry Agencies

(192 agencies reporting)  
**36,573** Households Served  
**86,858** Individuals Served

#### On-Site Agencies

(122 agencies reporting)  
**275,261** Meals Served  
**5,636** 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: \$0.00

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

### Upcoming Training

No scheduled trainings in April

### @okfoodbank

Connect with the  
Food Bank on Social Media



### A MESSAGE FROM LORI LONG, CEO

Greetings to all of our partner agencies! My name is Lori Long, the new CEO here at the Community Food Bank of Eastern Oklahoma! I started late March, yes amid the COVID-19 pandemic and it has been interesting to say the least! I would like to start off by letting you know how incredibly proud I am to join this organization and this partner network. I have long admired the work of the Food Bank and each of you in your daily efforts to ensure those in our community have adequate food resources. I come to the Food Bank with many years of non-profit management, fundraising/development and communication/marketing experience. I look forward to the opportunity to meet you and your teams in the near future, as I begin to make agency visits and attend other partner network events.



I would be remiss if I didn't acknowledge the current circumstances that we find ourselves in right now. While there is uncertainty, fear and rightfully so, the utmost hesitation about re-opening and the future of our services, I want to encourage you with some words. We find ourselves at the forefront of this disaster and probably will continue to do so for the next several weeks and possibly even months. I want you to know that I am here for you and the Food Bank team is here for you. We are in this together, fighting for those who need us the most. And I have every confidence we will overcome. You may not hear this enough, but thank you. Now more than ever, stay focused on your mission. Stay connected to your clients. Stay well. Stay hopeful. I leave you with my favorite quote, by John E. Lewis, and it couldn't be more fitting right now, "If not us, then who? If not now, then when?"

### HELP US MAKE THE CENSUS COUNT

Every 10 years, the United States counts the number of people who live in the country. The framers of the Constitution chose this as the way to share power and resources among each state. When we respond to the census, we help our communities get its fair share of the more than \$675 Billion per year in federal funds spent on schools, hospitals, roads, and the programs that help us feed kids and seniors. A fair and accurate census is critical to the fight to end hunger. The federal government extended the deadline to complete the Census to October 31st due to the COVID-19 pandemic. This gives us more time to take the Census online, by phone, or by mail.

When we make sure that every Oklahoman is counted, we help ourselves, our clients and our neighbors by bringing more dollars to our state. There's a lot of stake, especially for many of the people we serve – those who are more often undercounted. Our network has deep, trusted roots in communities across the nation, meaning we are equipped to successfully get out the count. So we need you! Help us by encouraging those who come to your agency to take the Census and providing information to them. The short and easy form takes less than 10 minutes to complete and leads to around \$16,000 per person in funding coming back to our communities over the next decade. If you're interested in doing your part, contact Bailey Perkins – Oklahoma Food Banks State Advocacy and Public Policy Director - for more details and resources on how your agency can help ([bperkins@okfoodbank.org](mailto:bperkins@okfoodbank.org) ; 580-483-1600).

### AGENCY OF THE MONTH CONCERN EMERGENCY SERVICES

Agency Director: Peggy Crowder

Founding Date: 1967

Location: Bartlesville

Services Provided: Emergency food pantry; limited financial assistance; Thanksgiving food boxes; children Christmas gifts

Proudest Accomplishment: This year we will be celebrating 53 years of service to our community. We continue to serve our community through the COVID-19 pandemic.

Where do you see your program in five years? We hope to expand our services.



Lauren Steiner

Title: Accountant

How long at the Food Bank: 1.5 years

What you do here: I make sure money gets to where it needs to go.

Something about you: I am married and have a human kiddo. I have Cystic Fibrosis. My family rescues and fosters animals—current count: 11 cats, 5 dogs.

Pearls of Wisdom: "God made man because he loves stories." —Elie Wiesel

Favorite Foods: Street tacos!

Currently Reading / Favorite Book(s): I like history books, so I am typically reading some overly dry manuscript. One of my go to favorite books that I have read multiple times is *Neverwhere* by Neil Gaiman.



### SWEET POTATO & BLACK BEAN TACOS

Serves 8 for \$2.62

#### Ingredients:

- 2 Tbsp Olive Oil
- 1 onion, chopped
- 1 Tbsp. chili powder
- 1 sweet potato, cut into bite-sized pieces
- 1 (15-ounce) can low-salt black beans, rinsed and drained
- 1/2 cup salsa
- 8 flour or corn tortillas
- 1 avocado, sliced

#### Directions:

- Heat the oil in a large non-stick skillet (that has a lid) over medium heat.
- When the oil is hot, add the onion until it begins to brown, about 5 minutes
- Add chili powder and stir in for 30 seconds. Add sweet potatoes with a little water, cover, and cook until tender, about 10 minutes.
- Mix in the black beans and salsa and warm through.
- Serve mixture on a tortilla and top with an avocado.



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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