

# Network News

from the Community Food Bank of Eastern Oklahoma



November 2020

## Closings

### Both Branches:

Closed November 26-27 for Thanksgiving Day Holiday

### Tulsa Branch:

Opens at 9:30 on Thursday, 11/12

## 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

**4,223,091** Pounds Distributed  
**2,017,510** Pounds Produce Distributed  
**4,222** Veterans Served\*  
**250** Active Military Served\*

### Pantry Agencies

(207 agencies reporting)

**59,436** Households Served\*

**152,708** Individuals Served\*

### On-Site Agencies

(129 agencies reporting)

**303,209** Meals Served

**6,194** Individuals Served\*

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

## Upcoming Training

USDA - 11/6 @ 9 AM

Agency Orientation - 11/13 @ 9 AM

Agency Express - 11/20 @ 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



## OUR BALLOTS HAVE BEEN CAST, NOW WHAT?



The weeks ahead will be the best time to get to know our new slate of leaders. Fighting hunger includes getting to know those who influence food security policy decisions. Our lawmakers make decisions over the programs that help our clients as well as the funding or policies for our work. It's up to us advocate so that our decisionmakers will make food security a priority. Our Oklahoma legislative

session starts the first Monday of February. Before session begins, visit [www.oklegislature.gov/FindMyLegislature.aspx](http://www.oklegislature.gov/FindMyLegislature.aspx) to find out who represents you, call or email them to schedule a coffee / virtual chat / socially distant meeting, and get to know them so you can talk about the issue of hunger in our state and advocate for your agency's needs this session. If you need help in figuring out what to say or how to schedule the meeting, contact Bailey Perkins our State Advocacy and Public Policy Director, [bperkins@okfoodbank.org](mailto:bperkins@okfoodbank.org), who can assist you.

## RESOURCE FOR CLIENTS WITH HEARING LOSS

If you serve any clients who experience hearing loss, a free resource available to them can be accessed through an organization call CaptionCall. CaptionCall helps people with hearing loss connect with friends and family by phone. They provide eligible clients with phones that display big, easy-to-read text that automatically captions conversations. They even offer a mobile app that can be used with any iPhone. For more information, visit [www.captioncall.com](http://www.captioncall.com).

## AGENCY OF THE MONTH

### MUSKOGEE COMMUNITY FOOD PANTRY

**Agency Director:** Tom & Deborah Carment

**Location:** Muskogee, OK

**Services Provided:** We distribute food to household designed to last 6-8 meals. We provide non-food items such as toilet paper, soap and some toiletries. We are open from 1-3 p.m., Monday through Thursday, and have added evening



hours on Thursday to help folks who cannot come in the afternoon.

**Proudest Accomplishment:** We really had to innovate our distribution model when the pandemic hit—making modifications to our procedures for the protection of both clients and volunteers. Masks became mandatory. We shifted to a drive-through model, began pre-packing groceries using all new volunteers. Our pre-pandemic volunteer crew stepped away during the pandemic due to health concerns. We like this new model and may not go back to the old way after the pandemic is over.

**Where do you see your program in five years?** With our long history of service and continued support from the community, we expect the pantry to still be operating.



Joy Ferrin

## FACES OF THE FOOD BANK

**Title:** Assistant Manager of Community Impact

**How long at the Food Bank:** 4 years

**What you do here:** I coordinate the School Pantry Program, Campus Pantry Program, and I also oversee our Cooking Matters program. I have worked, in one way or another, with many of our Community Impact programs at some point! I am also currently developing a case management program working with participants to target the root causes of poverty.

**Something about you:** I am an Oklahoma transplant! I grew up in Michigan, went to college in Ohio, and then moved to Tulsa.

**Pearls of Wisdom:** "When a flower doesn't bloom, you fix the environment in which it grows, not the flower." —Alexander Den Heijer

**Favorite Foods:** I eat an inordinate amount of popcorn.

**Currently Reading:** Just finished *The Andromeda Strain* by Michael Crichton

## HOLIDAY STUFFING

**Serves 8 for \$5.65**

### Ingredients:

- 2 Tbsp. canola or olive oil
- 2 Tbsp. butter
- 2 large onions, chopped
- 4 stalks celery, chopped
- 1 apple, peeled, cored, and chopped
- 1 (6-oz.) package chicken or corn-bread stuffing

### Directions:

1. In a large pot, heat the oil and butter over medium heat until the butter foams.
2. Sauté the onions, celery, and apple until softened (about 5 minutes). Add 1 1/2 cups water; mix well, and bring to a boil.
3. Stir in the stuffing, turn off the heat, and cover the pot. Allow the stuffing to sit for 5 minutes, then fluff with a fork and serve.

\*\*Add fresh flavor by adding 1 tsp. of freshly chopped rosemary or thyme.

