

Network News

from the Community Food Bank of Eastern Oklahoma



October 2020

Closings

Tulsa Branch:

Opens at 9:30 on Thursday, 10/8

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

August Numbers

1,707,154 Pounds Distributed
471,310 Pounds Produce Distributed
8,359 Veterans Served
362 Active Military Served

Pantry Agencies
(207 agencies reporting)
83,693 Households Served
83,693 Individuals Served

On-Site Agencies
(132 agencies reporting)
336,173 Meals Served
6,163 Individuals Served

Upcoming Training

Agency Express - 10/22 @ 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 re-quired 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 or faxing 918-585-2862.

@okfoodbank

Connect with the Food Bank on Social Media



CFBEO LETTER OF AGREEMENT

Each partner agency signs a letter of agreement with the Food Bank that lists several items that both parties agree to abide by. These agreements are signed when an agency first partners with the Food Bank and then renews that agreement at each bi-annual monitor visit. It is important for your agency to file this agreement and know what it entails. A few key items included in the agreement that each partner agency agrees to include the following:

- **Item B4**—The agency will distribute Food Bank product free of charge.
- **Item B5**—The agency will not transfer any Food Bank product to another program, within or without their jurisdiction, without written permission from CFBEO.
- **Item B11**—The agency will provide adequate transportation to pick up and load the agency's product at the Food Bank warehouse or Rural Delivery Service location. This includes, but is not limited to, maintaining proper temperatures for refrigerated and frozen product and safely securing the load prior to transport.
- **Item B14**—The agency will maintain appropriate assistance records/intake forms on file for four years.
- **Item B15**—The agency will complete and submit the online monthly report form for each program as required by the Food Bank.
- **Item B22**—The agency will maintain up-to-date food safety training for at least one current staff member or current volunteer affiliated with the agency.

These are just a few of the items listed in the letter of agreement that the Food Bank monitors for when conducting site visits. Please make sure your program is abiding by all of the items listed in the agreement. If you have any questions about the agreement, or need a copy of your signed agreement, please reach out to an Agency Services team member.



AGENCY OF THE MONTH SHARING HOPE IN HUGO

Agency Director: Meredith Russell

Location: Hugo, OK

Services Provided: Each month, we provide food for 90-100 families. Also, once a month we pass out vegetables and, when available, clothing items.

Proudest Accomplishment: Since becoming a food pantry, we have been able to complete our mission of providing food for those in economic and emergency need. We have been able to successfully raise funds for our program through chili luncheons and silent auctions.

Where do you see your program in five years? We plan to increase our ability to serve more people who need food assistance; make the community more aware of our presence; and be financially sound so we can increase the variety of food we serve. We want to make our organization a fun place for people to volunteer to increase volunteer retention.



Colleen Almeida Smith

Title: Manager of Community Impact

How long at the Food Bank: 1 month on staff; 12 years as a board member

What you do here: I help manage direct-service programs at the Food Bank, including backpacks for kids, school pantries and federally-reimbursed programs such as afterschool meals and summer feeding sites.

Something about you: I fell in love with journalism in high school and spent almost three decades in newspapers. I feel the same calling now to nonprofits, and I am grateful for the opportunity to be hands-on in helping people within our communities.

Pearls of Wisdom: "My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style." —Maya Angelou

Favorite Foods: Cheese and chocolate.

Currently Reading: *City of Girls* by Elizabeth Gilbert

FACES OF THE FOOD BANK

TORTILLA SOUP

Serves 4 for \$9.50

Ingredients:

- 1 cup tortilla strips
- 2 Tbsp. oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 small jalapeno pepper, stemmed, seeded, and minced
- 2 (14.5 oz.) cans low-salt diced tomatoes
- 32 oz. low-sodium chicken broth
- 1 (15 oz.) can low-salt corn, rinsed and drained
- 1 (15 oz.) can low-salt black beans, rinsed and drained
- 1 cup chopped cooked chicken
- 2 Tbsp. minced fresh cilantro leaves
- Juice of 2 limes

Directions:

1. Heat 2 Tbsp. oil in a large saucepan over medium heat until simmering.
2. Add the onion and cook until it begins to brown, about 5 minutes. Stir in the garlic and pepper and cook until softened, about 1 minute.
3. Add the tomatoes and broth, raise the heat to high, and bring to a boil.
4. Stir in the corn, black beans, chopped chicken, tortilla strips, cilantro, and lime juice and cover the pan.
5. Remove the pan from the heat and set aside until the tortilla strips soften and start to lose their shape, about 5 minutes.



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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