

Network News

from the Community Food Bank of Eastern Oklahoma

September 2020

Closings

Both Branches:

Closed September 7 for Labor Day

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

July Numbers

2,846,891 Pounds Distributed
5,560 Veterans Served
318 Active Military Served

Pantry Agencies
(200 agencies reporting)
90,765 Households Served
266,165 Individuals Served

On-Site Agencies
(133 agencies reporting)
337,823 Meals Served
5,591 Individuals Served

Upcoming Training

Agency Express - 9/24 @ 9 AM
Agency Orientation - 9/18 @ 9 AM
USDA / TEFAP - 9/8 @ 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 vol-unteers 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 au-thorized 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



HUNGER ACTION MONTH, \$500 RAFFLE, AND MORE

September is Hunger Action Month! It's the nationwide campaign during September designed to mobilize the public to take action on the issue of hunger. The campaign brings attention to the reality of food insecurity in the United States and promotes ways for individuals to get involved in the movement to help end hunger. Hunger Action Day® (HAD), which is the 2nd Thursday in September (September 10, 2020), is a day where efforts across the country are focused for greater impact. In conjunction with Hunger Action Month, we're encouraging more Oklahomans to register to vote. September 22, 2020 is National Voter Registration Day.

Oklahoma Food Banks are joining forces to provide fun and easy ways for partner agencies and pantries to participate in Hunger Action Month this year. You're the lifeblood of our work and we want to make sure you're included. There's even a chance to for partner organizations to win \$500 in a raffle for participating in unique activities and using the hashtag #HungerInOK when showcasing your efforts on social media. Visit feedingoklahoma.org for more information or email Bailey Perkins, State Advocacy and Public Policy Director, to receive the agency specific toolkit and information about the raffle – bperkins@okfoodbank.org.

SERVICE NUMBERS REMAIN HIGH



Since the beginning of March when coronavirus began affecting our service area, partner agencies have reported a continued increase in the number of people seeking food assistance. Over the past three months, over 90,000 families have been served by pantries in our service area each month, which is about triple our normal monthly average. The Food Bank thanks you for your hard work in serving your communities during this crazy time and we strive to continue to support you to help feed hungry Oklahomans.

AGENCY OF THE MONTH NORTHSTAR STOREHOUSE

Agency Director: Megan Evans

Location: Pryor, OK

Services Provided: We offer a pantry program and CSFP program, service four Elementary School backpack programs, and help with four Junior High / High School food pantries.

Proudest Accomplishment: Through all of the challenges

thrown at us during the last few months, we have been able to remain open, serve more people and handle more food than ever before! God has used us in ways we never would have thought possible. It has been a blessing to serve the families of Mayes County and the surrounding areas during this difficult time.

Where do you see your program in five years? Growing, growing, and growing! Five years ago we wouldn't have ever imagined that we would be where we are today, so we are just going to continue to bless others and follow God's direction.



Terryce Boxley

Title: Fresh Produce Initiatives Coordinator

How long at the Food Bank: 8 months

What you do here: I plan, plant and harvest in the Food Bank's raised bed gardens, hydroponic containers and aquaponics systems. I also run our Free Family Farmer's Markets and Healthful Harvest programs, which are fresh produce distributions at CAP sites and health clinics, respectively.

Something about you: I love to take pictures. Photography is a huge hobby of mine.

Pearls of Wisdom: "The place in which I'll fit will not exist until I make it." -James Baldwin

Favorite Foods: I truly love chicken tikka masala and I can get down on some blueberries for a snack.

Currently Reading: When Helping Hurts: *Farming While Black* by Leah Penniman

CHICKEN WITH CILANTRO SAUCE

Serves 4 for \$4.20

Ingredients:

- 1 lb. boneless, skinless chicken breasts or thighs
- 3 cloves garlic
- 3 Tbsp. olive oil
- 1/2 tsp. red pepper flakes
- 1 can no-salt-added tomatoes (15 oz.)
- 1 can no-salt-added corn (15 oz.)
- 1/2 tsp. salt
- 1 cup cilantro

Directions:

1. Prepare your ingredients: chop the chicken into bite-sized pieces, finely chop garlic, dice tomatoes, and drain corn.
2. In a large pan, bring 2 Tbsp. oil to a sizzle over medium-high heat.
3. Saute the chicken until lightly browned.
4. Remove the chicken from the pan. Reduce the heat to low.
5. Add remaining 1 Tbsp. oil to the pan and add the garlic and red pepper flakes.
6. Cook while stirring for 15 seconds.
7. Add the tomatoes and simmer for 5 minutes.



FACES OF THE FOOD BANK



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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