

# Network News

from the Community Food Bank of Eastern Oklahoma

March 2021

## Late Openings

### Tulsa Branch:

Opens at 9:30 on Thursday, 3/11

## 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

## January Numbers

**2,745,637** Pounds Distributed  
**1,362,494** Pounds Produce Distributed  
**3,458** Military Personnel Served\*

Pantry Agencies  
(204 agencies reporting)

**51,466** Households Served\*

**151,983** Individuals Served\*

On-Site Agencies  
(134 agencies reporting)

**258,461** Meals Served

**5,046** Individuals Served\*

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

## Upcoming Training

Agency Orientation— 3/5 @ 9 AM

USDA Training—3/12 @ 9 AM

Agency Express - 3/19 @ 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 [mdemaree@okfoodbank.org](mailto:mdemaree@okfoodbank.org) or faxing 918-585-2862.

## @okfoodbank

Connect with the Food Bank on Social Media



## 2021 VIRTUAL AGENCY CONFERENCE

Friday, April 30

Each year, the Food Bank hosts a conference for its partner agency network to promote best practices and shared learning and to give agencies the opportunity to network with similar food assistance programs in their region. Unfortunately, the pandemic struck right as we were set to kick off our conferences and we had to cancel them. While it is still unsafe to hold in-person conferences, we are prepared to hold a virtual agency conference this year for all agencies who want to attend. You will be able to register online as you have in years past, and since we are conducting the conference virtually there will not be a registration limit.

We are excited about the opportunity to meet with everyone again and share what we have learned over the past year. We plan to include an agency panel in this year's conference so you can hear directly from a few food assistance programs on how they adjusted their operations during the pandemic.

Please keep an eye out for more information about the conference!

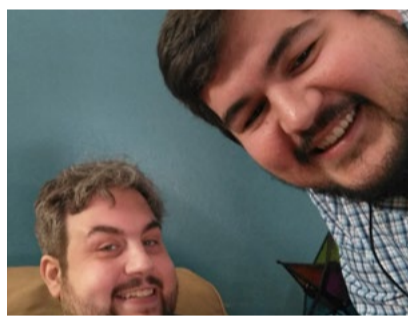
## AGENCY PAYMENTS

Your agency receives a statement from the Food Bank each month when product is provided that carries a shared maintenance fee or cost. Your agency is required to submit payment using an agency check to the Food Bank by the 15th of that month in order to remain in compliance with the Food Bank Letter of Agreement. The Food Bank receives a lot of checks in the mail each month from donors and other agencies making payments. When submitting your payment, write your Agency ID number and the number(s) of the invoice(s) you are paying off on the memo line so that our accounting team can more easily apply your payment to your account. Otherwise, it may take longer for us to apply your payment to your account which impacts the available credit your agency has to place orders. For any questions regarding payments, please email Lauren Steiner at [lsteiner@okfoodbank.org](mailto:lsteiner@okfoodbank.org).

## GET TO KNOW YOUR LEGISLATORS



The 58th Oklahoma legislature has begun their work for this session. Get to know them and importantly, let them hear your voice. That's one crucial piece in fighting hunger. Let the people who legislate policy and law know food security matters and effects everyone in Oklahoma. Visit [www.oklegislature.gov/FindMyLegislature.aspx](http://www.oklegislature.gov/FindMyLegislature.aspx) and schedule a chat.



Michael Dixon

**Title:** Volunteer Operations Coordinator

**How long at the Food Bank:** 2.5 years

**What you do here:** I manage the daily operations of volunteers. My primary job is to keep volunteers motivated and happy at whatever job I have for them that day.

**Something about you:** I love to read and love art! If I had completed 3 more hours in college I could have gotten a minor in fine arts.

**Pearls of Wisdom:** "Treat others as you would want to be treated."

**Favorite Foods:** Korean food is the best! I sometimes eat Kimchi on pizza.

**Currently Reading:** I am currently reading *Seveneves* by Neal Stephenson but my favorite book of all time would probably be *Witches Abroad* by Terry Pratchett.

## CHICKEN POT PIE PASTA

**Serves 8**

**Estimated Time: 30 min**

### Ingredients:

- 2 Tbsp. olive oil
- 1 lb. boneless, skinless chicken breast, diced
- 4 cloves garlic, minced
- 1 medium onion, finely diced
- 1 Tbsp. Italian seasoning
- 1 tsp. black pepper
- 1 cup 1% low-fat milk
- 2 Tbsp. all-purpose flour
- 1 (32 oz) carton unsalted chicken broth
- 1 (12 oz.) bag egg noodles
- 1 (12 oz.) bag frozen mixed vegetables
- 3/4 cup grated parmesan cheese

### Directions:

1. In a large pot, heat oil over medium. Add chicken, garlic, onion, Italian seasoning & pepper. Mix well. Cook 7-8 minutes or until cooked through, stirring occasionally.
2. Add milk & flour. Cook 2-3 minutes, stirring throughout. Add broth & bring to a boil. Add pasta & reduce heat to medium. Cook 7-8 minutes, stirring occasionally.
3. Add vegetables & cheese. Mix well. Simmer another 4-5 minutes or until pasta is tender and vegetables are warm.

More recipes can be found [here](#).



Feeding America projects that **1 in 5 Oklahomans** and an astonishing **1 in 3 children** will face food insecurity as a result of the pandemic.