

Network News

from the Community Food Bank of Eastern Oklahoma

June 2021

Late Openings

Tulsa Branch:

Opens at 9:30 on Thursday, 6/10

Both Branches:

Warehouses closed June 28—
July 2 for Annual Inventory,
Offices open

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

April Numbers

2,749,312 Pounds Distributed
1,071,799 Pounds Produce Distributed
3,735 Military Personnel Served*

Pantry Agencies
(197 agencies reporting)

37,297 Households Served*

113,818 Individuals Served*

On-Site Agencies
(124 agencies reporting)

267,228 Meals Served

4,008 Individuals Served*

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

Upcoming Training

Agency Express - 6/18 @ 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 which are due to renew their civil rights training that month as a courtesy, but it is each agency's responsibility to remember and 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 or faxing 918-585-2862.

@okfoodbank

Connect with the
Food Bank on Social Media



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) OUTREACH PROGRAM

The Community Food Bank of Eastern Oklahoma is launching a SNAP Outreach program in an effort to provide additional resources to more residents in Oklahoma. While most of our missions are related to direct-feeding, the Food Bank views SNAP Outreach as a necessary complement to aid our work and support food-insecure populations with dignity.

We are looking for agencies to partner with us as SNAP sites. A SNAP site is a designated location where individuals and families can learn more about SNAP and receive assistance in submitting their SNAP application from our SNAP Outreach Specialists.

If you are interested in serving as a SNAP site or if you have more questions, please [complete this form](#) and one of our SNAP Outreach Specialists will contact you.



Juddie Williams

Title: SNAP Outreach Manager

How long at the Food Bank: I started at the Food Bank in May.

What you do here: I help expand support for families, adults and seniors by directly assisting them in applying for SNAP benefits and modeling this activity for CFBEO partner agencies.

Something about you: For over 10 years, I have worked in adult community education and higher education while volunteering with various organizations in Tulsa. I am a member of the Tulsa Young Professionals and a Tulsa Library Literacy Program volunteer.

Pearls of Wisdom: "The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding." —Proverbs 4:7, NIV

Favorite Foods: Southern comfort food and International food

Currently Reading: *Richard Nixon: The Life* by John A. Farrell

Last Movie I watched: *A Place in the Sun*



Sydney Chastine

Title: SNAP Outreach Coordinator

How long at the Food Bank: I started here in May.

What you do here: I organize and conduct SNAP outreach to assist individuals and families as they apply for SNAP benefits.

Something about you: In my free time, I love to take pictures and have been photographing people and things for over 10 years. In addition to that, I love cooking, traveling and gardening. If you have a hobby you love, odds are I'd love it if you taught me!

Pearls of Wisdom: "Don't stop until you're proud."

Favorite Foods: So many—but pork carnitas tacos would have to top the list!

Currently Reading: *Such a Fun Age* by Kiley Reid

Last Movie I watched: *Yes Day*



SLOW COOKER ENCHILADA STACK

Serves 8

Estimated Time: 20 min active

Ingredients:

- 1 lb. 93/7 lean ground beef
- 1 Tbsp. taco seasoning
- 1 (15 oz.) can no-salt-added black beans, drained & rinsed
- 1 cup frozen corn
- 1 (10 oz.) can mild diced tomatoes with green chilies, undrained
- 1/4 cup minced fresh cilantro
- 1 (10 oz.) can mild enchilada sauce, divided in half
- 8 6-inch corn tortillas
- 2 cups shredded fiesta blend cheese, divided
- 1 cup plain non-fat Greek yogurt

Directions:

1. Heat a large skillet over medium high. Add ground beef & taco seasoning. Cook 5-7 minutes or until cooked through, crumbling meat throughout. Turn off heat. Drain grease if needed.
2. Stir in beans, corn, tomatoes, cilantro & half of the enchilada sauce.
3. Lightly coat the inside of a slow cooker with cooking spray. Cover the bottom of the slow cooker with two tortillas. Spread 1/3 of ground beef mixture evenly & top with 1/2 cup cheese. Repeat with 2 more layers; top with remaining tortillas, enchilada sauce & cheese.
4. Cover & cook on low 3-4 hours or high 2-3 hours.
5. To serve, top with yogurt.

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



Feeding America projects that **1 in 6 Oklahomans** and an astonishing **1 in 4 children** will face food insecurity as a result of the pandemic.