

The Reality of Hunger in Oklahoma

Hunger in Oklahoma is a harsh and unfortunate reality for thousands of families and individuals. Here are just some of the statistics:

According to the USDA, Oklahoma currently ranks fourth in the nation per capita of people experiencing hunger and sixth in the nation of those who are food insecure - meaning that at times during the year there is not enough money for food.



One in every five children in Oklahoma lives in poverty and is at risk of going to bed hungry.



Emergency food pantries in Eastern Oklahoma are currently experiencing a 40 percent increase in the number of people seeking assistance due to the economy.



The single fastest growing group of people relying on emergency feeding programs are the working poor.



Community **FOOD BANK** of Eastern Oklahoma

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Who We Are In a Nutshell

Founded in 1981, the Community Food Bank of Eastern Oklahoma is a private, non-profit organization that solicits, warehouses and distributes donated food to 450 Partner Programs in 24 counties in Eastern Oklahoma. These programs include food pantries, soup kitchens, shelters, after-school programs, family and senior citizen centers. Most of these programs receive more than half of their food from us. Every day hungry Oklahomans are being fed as a result of our efforts to **fight hunger and feed hope**.



What We Do to Help Oklahoma's Hungry

The Community Food Bank of Eastern Oklahoma plays a critical role in hunger relief in Eastern Oklahoma. Every year, we:

- Distribute more than 13 million pounds of food to our Partner Programs feeding 60,000 people per week - the equivalent of 865,000 meals per month.
- Provide a weekly backpack full of food during the school year to more than 4,600 children at 130 sites who are at risk of going hungry over the weekend and during holidays as part of our *Food 4 Kids* Program.
- Facilitate the donation of fresh meat, dairy products and other perishable food from local retail stores, restaurants and school cafeterias as part of our Prepared and Perishable Food Program.
- Secure more than one million pounds of fresh fruits and vegetables to help ensure healthy, balanced diets.
- Purchase, then distribute, more than one million pounds of staple food that is needed, but not usually donated, such as peanut butter and canned meat.
- Extend the shelf life of perishable food that would normally be discarded by processing it in our Culinary Center through our Value-Added Processing Program.

Fighting Hunger, Feeding Hope

Our mission is to feed the hungry of Eastern Oklahoma through a network of Partner Programs and engage our communities in ending hunger.

Location

We are located at 1304 North Kenosha, six blocks from the intersection of Pine and North Peoria in The Lansing Business Park. From the intersection of Pine and North Peoria, go three blocks west on Pine to Lansing (next light). Turn left on Lansing. Go two blocks to Newton, turn right. Go one block and you're at the Food Bank!



What Days and Times Can I Volunteer?

Monday-Friday: 8:30 am-Noon and 1-3pm

Saturdays: 9am-12 and 1-4pm

Weeknights: 5:30-7:30 or 6-8pm



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Volunteer Opportunities at the Food Bank

Volunteers are invaluable to the Food Bank. Without the almost 33,000 hours of volunteer help each year, we would be unable to provide food to the hundreds of thousands of hungry Oklahomans we currently serve. Below are some of the volunteer opportunities that are available:



Help in the Culinary Center. If you've ever wanted to work in a commercial kitchen with a professional chef, here's your chance. Tasks range from ingredient preparation, to cleaning and paring fresh produce, to cooking, to helping prepare gift baskets to be sold as fundraisers. You must have a Food Handlers permit and be 18 years or older to work in the Culinary Center.

Sort and repackage donated food and other grocery items. All donated food is sorted and repackaged in our Product Recovery Center before it can be distributed to our Partner Programs.

Agency Visits. Visit our Partner Programs (aka 'Agencies') to ensure compliance with Food Bank policies and procedures. Or put your leadership skills to work and serve as a Coordinator.

Assist with special events throughout the year. By participating in Food Bank special events you can have a rewarding volunteer experience helping at events such as *Empty Bowls*, in late April, *National Association of Letter Carriers Food Drive* in May, *Panera Hunger Run* in June, *Hunger Action Month* in September and more.

Serve on a committee. Put your creativity, vision and enthusiasm to work by helping develop programs from the ground up in the following areas: Special Events Committee, Children's Programs, Volunteer Committee.

Help with bulk mailings. Join fellow volunteers the third Thursday of every month and lend a hand with a bulk mail project.

Provide clerical assistance. We need help with other administrative jobs such as data entry, research, special projects, filing, etc.

Pick produce at various farms. Spend a few hours during the growing season picking fresh, nutritious produce for those who can't afford them at places like Philbrook Art Museum or the OSU Experimental Station and Conrad Farms in Bixby

Help fill *Food 4 Kids* backpacks. This program helps ensure that school-age children don't go hungry over the weekends when free or reduced-price breakfasts and lunches aren't available. Adult groups of 15-20 are ideal to pack food for the backpacks.

For more information or to volunteer,
call or e-mail

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