



A Publication of the Community Food Bank of Eastern Oklahoma

Network News

Recognizing the agencies who help us fight hunger, feed hope

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Lending a Voice to the Fight Against Hunger

Taking Oklahoma's Faces of Hunger to Washington, D.C.

For the first time, a Community Food Bank of Eastern Oklahoma staff member will attend the Anti-Hunger Policy Conference in Washington, D.C. Sara Amberg, Manager of Agency Capacity Building, will head to the Capitol in late February, along with other representatives from food banks across the country. The event is a collaborative effort of Feeding America and the Food Research and Action Center, which provides training, resources and networking opportunities to strengthen state advocacy efforts. The conference will assist the Food Bank as it works to raise awareness of hunger in our communities, locally and nationally, as part of our vision of "Food security, with dignity, for all Eastern Oklahomans."

Sara will not go empty-handed as she meets with Oklahoma legislators. Several ongoing projects will bring the faces of hunger to the desks of our elected officials while also highlighting how our Partner Programs help those in need and positively impact the communities of their constituents.

We are working with agencies, schools and other community leaders to collect and distribute community support cards and construct a scrapbook of the Food for Kids Backpack Program. If you would like to contribute to these projects, please contact Sara Amberg at 918-585-2800, ext. 146, or samberg@cfbeo.org.

What Would You Choose...

Electricity or **Food?**

Rent or **Food?**

Medicine or **Food?**

For over 600,000 Oklahomans, these are choices they make every day. Make a choice to raise awareness in fighting hunger, feeding hope.

Fighting Hunger, Feeding Hope
FOOD BANK
Community FOOD BANK of Eastern Oklahoma

"I Spy" in the Warehouse: Product of the Month

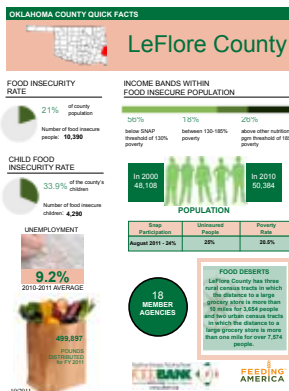
A Nutritious Mix for Six: Item 55428



Cases of Rice-Soy Casserole arrived this fall due to a donation from Kids Against Hunger. Each case contains 36 individual packages; each 13.8 ounce package provides a nutritious, instant meal of up to six servings. The packaged meal includes rice and dehydrated vegetables and is highly fortified with vitamins and minerals. It also has a shelf-life of three years. The Food Bank's Culinary Center staff recently taste-tested the product and can provide you and

your clients with recipes using the casserole with simple additions like soup or tomato sauce. The item number is 55428 and is available for a shared maintenance of \$5.12 per case or \$0.14 a bag. Just one case could help feed over 200 people. For product recipes, contact Sara Amberg at samberg@cfbeo.org.





Agency-to-Agency: Best Practice

Raising Public Awareness in Poteau

At the Agency Capacity Building Conference in October 2011, participants received county profile data of hunger in their respective counties. These one-page briefs highlight food insecurity rates for individuals and children, along with related statistics about unemployment, poverty and SNAP participation.

Thomas Brenzovich operates a food pantry at the Immaculate Conception Catholic Church in Poteau, and decided to share the county profiles with his community when he returned from the conference. He inserted copies of the brief into the church bulletin and received

positive feedback. Parishioners were surprised and even alarmed to learn about food insecurity in their own backyards in LeFlore county. One of their annual food drives occurred shortly thereafter, and they collected more donations than they had in many years. He believes the information may have helped motivate the community to take action. For a copy of your county's food insecurity profile contact Sara Amberg at samberg@cfbeo.org.

NAAT and SAAT - Area Agency Taskforces

"The greatest compliment that was ever paid me was when one asked me what I thought, and attended to my answer." – Henry David Thoreau

In August, the Northern and Southern Area Agency Taskforces held their inaugural meetings. Representatives from our Partner Programs in the Northern section of our service area met in Tulsa, Okla. and advisors from agencies in the Southern counties gathered in Wilburton, Okla. The taskforces were created so agencies could share their valuable input on everything from problems with ordering to ideas for future programming. Just as important, the taskforce members keep the Community Food Bank of Eastern Oklahoma's staff informed of the increasing need for food assistance in Oklahoma - and of the agencies' own individual struggles to meet those needs.



Both taskforces held conference calls in November 2011 with the next meetings scheduled for February 6 and 8th. A "Follow-up Plan" was created to track agency concerns and ideas as well as to make sure the initiatives produce results. The taskforces follow on the heels of the "Agency Satisfaction Survey" and coincide with the Food Bank's upcoming three-year strategic plan which is taking place right now. If you would like to be a part of the taskforces or view minutes, contact Sara Amberg at samberg@cfbeo.org.

The Food Bank is actively seeking input from our Partner Programs so we can build a stronger, more connected network in the fight against hunger in our state.



Walmart Grant Opportunity

The Walmart Corporation is committed to supporting hunger relief efforts in the U.S. through 2015. They have created the Facility Level Giving – Hunger Outreach Grant in which **each** Walmart store is allocated one (1) \$1,000 grant that may be given to a hunger relief organization. The application process typically opens in February. For guidelines and updates on the next grant cycle visit <http://walmartstores.com/CommunityGiving>.



Tech-Connect for Pantries

Record Keeping Software to Consider

Food Pantry Manager is a web based administration tool designed to assist local food pantries manage day-to-day operations. It was created by Josh McClure with the help of his father, who runs a food pantry in North Carolina. The system can store an ongoing database of client information, visit notes and other key information that is necessary for reporting to other agencies. There are modules available for scheduling and maintaining volunteer and staff schedules, as well as inventory tracking and receipt and donation letter generation. They also have a “sponsor” program. Learn more about their software at www.foodpantrymanager.org or email josh@foodpantrymanager.org.

This is not an endorsement.

Stay Active

Reports for your previous month statistics are due by the 10th of each month. Programs are placed on product hold if a report is late. Our online ordering program will alert you to your status when you log in. The most current forms can be accessed from the Food Bank website’s Agency Resource Center.

Food Drive Support:

You are not alone. The Food Bank often helps facilitate food drives for agencies across our service area. We can connect with your local grocery stores, such as Reasors or Walmart, and provide support and structure as you collect food for the people in need in your community. For more information, email Regina Pickens at rpickens@cfbeo.org.

Important Reminders!

Please check the order list daily or as often as possible. Demand is up, and supplies are down, but we receive new shipments every day and you don’t want to miss out! You can always add new products to your pending order simply by going into the “order management” section of Agency Express.

Warehouse hours are Monday through Thursday mornings, 8:30 to noon; and Tuesday through Thursday afternoons 1:00 to 3:00 p.m. You do not need an appointment to come and shop for produce and perishables during these hours. Authorized shoppers may access the Agency Shopping Rooms.

Taking the Mystery Out of “Assorted”

To put more variety on your pantry shelf, look for the “S” at the start of the item number when ordering. These cases are marked “Assorted,” and they contain a variety of one product, such as green beans, that was collected through a food drive. For example, Item No. S0030 is an assortment of canned corn; it may include not only the traditional kernel corn, but also creamed or Mexican corn. This is an item that is often overlooked, but many agencies consider it to be as good as gold.

Educational Opportunities

Food Bank 101 is an informal session covering the basics of Community Food Bank of Eastern Oklahoma participation such as ordering, shopping and reporting. All program staff and volunteers are welcome and if you know someone interested in becoming a member of the Food Bank, please invite them too! Food Bank 101 sessions for 2012 are scheduled for the third Thursday of each month from 10 a.m. to noon, following the 9 a.m. Agency Express training.

- Thursday, January 19th
- Thursday, February 16th
- Thursday, March 15th
- Thursday, April 19th
- Thursday, May 17th
- Thursday, June 21st

Community Food Bank of Eastern Oklahoma

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In the Kitchen: Recipes for You and Your Clients

Native American Recipes Using Commodity Foods

Recipe

CREAMED PEANUT SOUP

- | | |
|---------------------------|-----------------------------|
| 1 medium onion, chopped | 2 quarts chicken broth |
| 2 stalks celery, chopped | 2 cups smooth peanut butter |
| ¼ cup vegetable oil | 1 ¾ cups evaporated milk |
| 3 tbsps all-purpose flour | ½ cup chopped peanuts |

Cook onion and celery in vegetable oil until tender but not brown. Stir in flour until well blended. Add chicken broth, stir constantly and bring to a boil. Remove from heat. Add peanut butter and evaporated milk, stirring until blended thoroughly. Return to heat, but do not boil. Serve with peanuts sprinkled over top of soup. Dish makes 12 servings and is tasty whether hot or cold.



Recipe

APPLESAUCE PLUM BREAD

- | | |
|---------------------------------------|------------------------|
| 2/3 cup vegetable oil | 1 tsp salt |
| 4 eggs | 1 tsp ground cinnamon |
| ½ can plums, drained (15.5 ounce can) | 1 tsp ground cloves |
| ½ can applesauce (15.5 ounce can) | ½ tsp baking powder |
| 3 cups all-purpose flour | ½ cup raisins |
| 2 cups sugar | ½ cup walnuts, chopped |

Preheat oven to 350 degrees. Grease only the bottoms of two loaf pans. In a large bowl, beat oil, eggs, plums and applesauce on low speed. Gradually add flour, sugar, salt, cinnamon, cloves and baking powder to mixture. Beat all ingredients on low speed, scraping bowl constantly. Gently stir in raisins and walnuts. Pour into pans. Bake 50 to 60 minutes or until a wooden toothpick inserted in the centers of the loaves comes out clean. Cool 10 minutes. Loosen the sides of the loaves from the pans with a knife and then remove them from the pans. Cool completely before slicing. Wrap tightly and store at room temperature for up to four days or in a refrigerator for up to 10 days. Loaves can also be frozen.



Our Vision

Food security, with dignity, for all Eastern Oklahomans.

Our Mission

Feed the hungry of Eastern Oklahoma through a network of Partner Programs and engage our communities in ending hunger.