

FOOD FOR THOUGHT

December 2021



MOVING FORWARD: VOLUNTEERS, THE FOOD PANTRY AND THE MARKET

If you stood where the bread was in the old food pantry, this would be your view of the construction

Volunteers are the backbone of many of the services that CCEOK offers!

Donors and others have seen how CCEOK has effectively used volunteer donations of time and they've been willing to contribute dollars to support the work that CCEOK does because of the large number of donated hours. It's a very win-win situation.

For The Market at Catholic Charities, Tim Neuman, new Director of Client Food Services, sees the need for a larger number of volunteers: staffing a production kitchen, supporting a 5-day-a-week-5-hours-each-day Market operation, a one-day-a-week evening distribution, a single-Saturday-a-month distribution, and after-hours stocking. Client engagement in the market will happen on arrival, while the client is shopping, and after shopping, helping clients load their groceries into their vehicles. Many of the job roles will drive a different mix of volunteers – a workforce where some of the volunteer jobs will require training.

A Visit to The Market

The details on the client in-take process are still being worked out, but clients wanting food from The Market will need to register, after which they will be allowed to

Tim's objectives for the Food Pantry in the next year:

- Offer dignity through "client choice" setup
- Convenience of shopping at The Market
- Healthier and more diverse product set to those in need
- Branding of The Market - interaction with community partners
- Provide Christian example - personal interaction with clients
- Instruct clients on nutritional ways to prepare and cook food
- Incorporate Garden/Kitchen Ministry into The Market
- Reduce food waste/spoilage

Key Points for everyone to remember with The Market:

- Be adaptable and flexible
- Don't be disappointed if the number of clients served goes down initially
- Go with the flow (We're all used to that!)

The client-choice model will begin as a work-in-progress and may continue to adapt and change as we learn what works and doesn't work.

pick up food once per month by appointment. Clients will be scheduled in 30-minute intervals; they can bring their children, but the kids will need to stay with their minders during the visit. Initially, only about 15-20 clients will be visiting during each 30-minute interval. That number may adjust up or down depending on what is learned along the way.

Shoppers will be able to choose food quantities from a number of food categories based on family size, and may be able to pick an unlimited number of 'free' items – things that the Pantry has a lot of (croissants??), for example.

Soup and salad stations are also on the table (so to speak); these tables will be manned by volunteers to help clients dish up a soup or create a healthy salad while in The Market.

Interim Food Distribution Plan

Many have wondered what the status of the Outpost warehouse will be in the future: CCEOK will be able to utilize the existing space for storage – witness the pallet racks that were installed before Thanksgiving. CCEOK will use the space to store dry goods and non-perishable food there. The new warehouse at the main CCEOK campus, including the cooler/freezer, will have storage capacity of 252 pallets of rack space - a significant increase from the original count of 80 pallets in the original warehouse.

Tim is still considering how and where to conduct drive-up food distribution. That type of distribution will not happen at the Outpost after December 17th, and may occur at other locations within the Tulsa area.

Pop-up distributions will continue and will be more than just a 'box' from the back of a truck. In the future, Tim is considering delivering food (possibly prepared in the Kitchen) directly to public housing locations or to senior centers around town. Maybe kind of like Meals on Wheels, but not directly to individuals.



What's Cooking in the Kitchen?

How will The Kitchen support The Market in the new model? Tim sees The Kitchen supporting The Market in several ways:

- By producing heat-and-eat meals. These are nutritious, complete meals created from Market food that clients can take home and re-heat as-is. These meals will include protein, vegetables, and dairy. The complete meals may be taken as they are created on-site, or as a frozen meal that was created earlier.
- Giving cooking demonstrations that may include a menu and instructions on preparation. There will also be baking.
- Creating 'samples' of prepared food that could be sampled by the clients as they are shopping (like Costco or Whole Foods)
- Supporting what is being called a "weekly special" – that is showing how ingredients for a complete meal (available in The Market that week) can be prepared at the client's home.
- Partnering with other local organizations to provide at-risk young adults with the opportunity to learn culinary skills over a six-to-eight-week training program that would prepare them to seek employment in the food service industry.

This garden will be growing...

The location of the garden that the Garden Ministry tends will be moved and greatly expanded. Vegetables, spices, and other products will be used both in the Kitchen and offered in The Market. The garden will also have an educational component – clients will learn how to grow some their own food, which helps build food-confidence and self-reliance.

Patience and Flexibility Really are Virtues

There are many changes that are set to take place next year, and it's an exciting time to be part of the food distribution process at CCEOK. With all the changes coming up in the way that food will be distributed, we are still Catholic Charities. Our goal is still trying to serve the people of Eastern Oklahoma who need food and help to see them through whatever travails they are experiencing. We'll learn what works and what doesn't, and adapt accordingly.

If you're willing to volunteer, there will be a place for you – a place where you can use your talents to best serve those who need our help.

STAFF SPOTLIGHT:

Tim Neuman

There's a new face working for Catholic Charities these days.... well, kind of!

It's Tim Neuman – a new employee but a longtime volunteer! In fact, Tim started volunteering at Catholic Charities (CC) almost 25 years ago. He started out working at the old North Denver location and other Tulsa locations in the Food Pantry and on other projects, donating his time whenever he could or whenever the Volunteer Coordinator would beckon. Tim also spent time counseling prospective adoptive parents, reflecting on his own experience adopting a child through CC. Tim also worked on the Coats for Kids program for several years.

In October of this year, Tim retired from his full-time job of almost 30 years in the finance department at Williams (leaving behind his 50th floor window where he could gaze out at the city) and was hired as the new Director of Client Food Services - Tulsa, overseeing the implementation of CCEOK's ground-level new client-choice market, and the Kitchen and Garden Ministries.

Tim hit the ground running: planning for two 1,000-client Day of Blessings distributions – one on the 20th of November, and the other on the 18th of December. He's involved in ordering the fixtures and equipment that needs to be in the new kitchen and market, he's actively monitoring the construction progress, and on top of all that, assisting with the ordering of the food for Afghan Refugee resettlement program upon their transition to permanent housing.

Over time as a CC volunteer, Tim has experienced several changes in how food is distributed to the needy. Operating out of cramped, dilapidated quarters, with few case workers, the old Food Pantry saw fewer clients and serviced many more walk-ups. Contrast the rather small operation back then with the multi-location, warehouse and truck-based operation that characterizes the Food Pantry today.

Tim's view of his new role is that of a 'connector' or 'bridge-builder' – between clients and programs, between volunteers and clients, between organizations and CC, and, within the larger community, the various organizations that serve the needy.



2 TRUTHS & A LIE

Can you figure out which is the lie?

TRANSYLVANIA: I have donated more than 150 pints of blood so far.

BOB ROSS: My hobby is drawing nature scenes.

AVICII: I was employed as a DJ – I worked parties and other events.

The answers to Susan Edwards' and Felix Cuellar's Two Truths and a Lie:

- **Marathon runners:** Lie. Only Felix has run marathons.
- **Bear in campsite:** True.
- **Volunteering history:** Soccer coaches, youth group leader, and lifeguard at prison pre-release center: All true.

CHEF MICHAEL'S RECIPE OF THE MONTH:

Pumpkin bread

Ingredients:

Unsalted butter, for coating the pans
3 1/2 cups all-purpose flour, plus more for the pan (see Cook's Note)
3 cups sugar
1 cup vegetable oil
4 large eggs, lightly beaten
One 15-ounce can pure pumpkin puree
2 teaspoons fine salt
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon ground nutmeg
1 teaspoon ground allspice
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
2/3 cups water

Directions:

1. Preheat oven to 350 degrees F. Butter and flour two 9-by-5-inch loaf pans.
2. Whisk together the sugar and oil in a large bowl until well combined. Whisk in the eggs and pumpkin until combined.
3. Combine the flour, salt, baking soda, baking powder, nutmeg, allspice, cinnamon and cloves in a medium bowl and whisk until well combined. Add half the dry ingredients to the pumpkin mixture and stir to combine. Add half the water and stir to combine. Repeat with the remaining flour and water.
4. Divide the batter between the prepared loaf pans. Bake until cake tester comes out clean and the loaves are golden brown, about 1 hour. Let the loaves cool in the pans on a wire rack for 10 minutes. Remove from the pans and let cool completely, about 1 hour.

Cook's Note: When measuring flour, spoon it into a dry measuring cup and level off excess. (Scooping directly from the bag compacts the flour, resulting in dry baked goods.)



THANK YOU!

to all who came to our Thanksgiving Day of Blessings!



January – a whole new world!



Tuesday Jan. 4 – 7: building Pop Up Pantry bags
Tuesday Jan 11 – 14: Pop Up Pantry Palooza –
Planning tentatively to alternate weekly between St. Augustine
and St. Monica. Volunteers and trucks arrive at 8:30 am,
distribution begins at 9:00 and goes 'til 12:00.

We will have 3 volunteer shifts:

Team of 15-20 volunteers to run Pop Ups at location – 8:30 – 12:30
Team of 15-20 volunteers to be at warehouse building bags
(2 shifts – 9 – 12 and 1- 4 at outpost).
Leaving 1 hour for lunch as there will not be lunch provided
starting in January.

GET INVOLVED



Volunteer with us! ccek.org/volunteer
Join our Facebook Group!

For story ideas, feedback, etc.,
email: volcommunications@ccek.org