

CATHOLIC CHARITIES OF EASTERN OKLAHOMA

FOOD FOR THOUGHT

April 2021



Now that the transition to a client choice food pantry will be a reality next fall, the construction needed to build out the new pantry will require current pantry operations to move. The new location is an 88,000 square foot warehouse located at 9999 E 59th St., near 61st and Mingo, east of US 169. Pantry operations on the Tulsa campus will end on April 14th and temporary operations at the new location will commence on April 20th. Before the 20th, though, several activities need to happen beforehand, so...

Planning has started on the transition to the new space; and the transition will involve a significant number of volunteers to make it happen! This is what we can expect in the coming weeks:

- Bilingual flyers will be distributed to clients at the Tulsa Campus starting on April 6th and continuing through the 14th, and possibly through a few weeks following that so that they will know that the pantry has moved. Media outlets will be notified of the change, and social media pages will be updated. Banners will fly at both the current and new location advising clients that the pantry has moved, and where the new pantry will be.
- Transition team leaders will be assigned to ensure that the move goes smoothly.
- The transition itself will happen over two days – Thursday April 15th, and Friday April 16th. Both days are 9a-12p workdays, with up to 30 volunteers needed at both the old and the new location. Lunch will be provided by Chef Michael at the new location!

To kick off Volunteer Appreciation Week, which runs from April 19-23, and to showcase the new digs, mark your calendars for 3pm on the 16th, to attend an Open House for all food distribution volunteers. Food will be provided, so come and show up and have some fun with your coworkers, even if you couldn't help with the move!

OPEN HOUSE

- We need heavy-lifting volunteers to help with the move; if you would like to sign up, you can visit SignUp Genius:
<https://www.signupgenius.com/go/9040a45aeae2fa5fe3-food>
- At this writing, many of the details of how the flows – vehicular as well as cart – are being worked out. We know most everything will be different at the new location, but somehow, we find a way to serve those who need help, and to enjoy ourselves at the same time!

A History of the Food Pantry Continued

In the first installment, we learned that the St. Anthony Assistance Center operated in close quarters on North Denver for many years and operated there until the Pantry was moved into the new CC Harvard Campus in 2009.

At that time, several major changes were made:

- CC shifted to getting more food - about 60-80% - from the Community Food Bank of Eastern Oklahoma (CFBEOK).
- The volume of food that was processed through the Pantry increased significantly.
- The original staging area with sacks on tables, had to be abandoned because volume now made that model unsustainable.
- Shopping carts were introduced to help facilitate the process.
- A portion of the new campus was purposely built to support a food pantry operation, including a warehouse, with a walk-in freezer and cooler, which allowed the inclusion of more fresh produce and frozen products.

Starting about four years ago in Tulsa, and before most of the food was received from CFBEOK, CC volunteers were driving to several stores in the area and shopping from a list. Now, CFBEOK drops off food that's been sourced from more than 20 local stores. CFBEOK will sometimes pick up from stores, and drive directly to CC, saving themselves the effort of stocking, categorizing, and reloading food. All food donations are weighed, recorded and tracked. This information is used to generate internal reports, and to provide donors with a record of their donation.

Nutrition and healthy options are becoming more important. Client surveys were used to discover what food our clients preferred, and orders to suppliers adjusted accordingly. The Food Pantry (FP) then

brought in more dairy, produce and a variety of meat products, resulting in a food parcel that was more nutritious than before. We even have birthday cakes and other sweet snacks for our clients' special occasions.

And, in case you were wondering where all of the diapers come from, for the past several years we've received approximately 30,000 diapers from Monte Cassino School through a collection drive they hold each year.

The FP also has several warehouses in the Tulsa area for storage. One is by the airport and another in the 61st and Garnett area. The availability of additional storage space allows the FP to take advantage of seasonal bargains on food that can be stored longer.

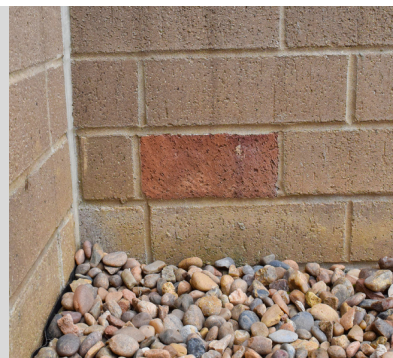
CFBEOK and other entities hold the CC FP operation up as a model. The operation is so visible that some people think that all CC does is food – they don't know about the many other ministries that provide assistance. The Food Pantry is a significant part of the mission of Catholic Charities. This mission is done through love and conveys Christ's merciful love to those who suffer.

During COVID-laced 2020, over 550 Food Pantry volunteers donated more than 19,000 hours - the equivalent of almost 10 full-time employees for a year!

Given that most of those hours were donated in small batches, the significance of the total number cannot be overstated. Thank you!

"We stand on the shoulders of those who came before us."

A brick from the original building now resides on campus



Each cart should contain enough food...

Keep In Mind...



... to feed a family of 4 for 4 days

STAFF SPOTLIGHT: Kim Owen

Behind the success of Catholic Charities' successful Farmers to Families (F2F) outreach is Kim Owen, a retired corporate director and rancher, along with a small army of dedicated volunteers who all answered the call to help connect the unused products from farmers with food-insecure families in underserved areas.

A degreed Animal Science major, Kim retired from her corporate job at QuikTrip some time ago. She and her husband raise cattle and supply horses for rodeos that they organize. She began her volunteer work with Catholic Charities (CC) about three years ago by sharing best practices in management techniques, team building and communication. In May 2020, Kelly Cassidy contacted Kim when the F2F program was in its planning stages with an offer to do some "clerical work" with the program.

That "clerical work" has grown exponentially to include managing the logistical details of CC's implementation of F2F, which involves travels to the far corners of the diocese, driving trucks, maintaining relationships with suppliers, scheduling deliveries, ensuring the proper equipment is at each site, and overseeing the distribution of food at many locations throughout Eastern Oklahoma. Kim executes a delicate balancing act almost every day to see that the food CC receives is completely distributed throughout the area we serve.

There are many days when everything goes exactly according to plan, but when it does not, it is Kim's actions that make things right. Many of the problems Kim encounters might seem insurmountable, but somehow, each time, Kim finds a way.



Volunteers are a key component of F2F at CC, without whom the program could not function. This is a chart that shows just some of the many folks that are involved in the distribution of F2F food at CC sites over Eastern Oklahoma, and their roles.

Kim oversees 20 locations and over 32 coordinators and points of contact

2 TRUTHS & A LIE

Here are Kim Owen's Two Truths and a Lie. Remember, the correct answer will be in next month's newsletter!

SKY QUEEN: I have jumped out of a flying airplane.

8 SECONDS: I competed in bull riding events at rodeos.

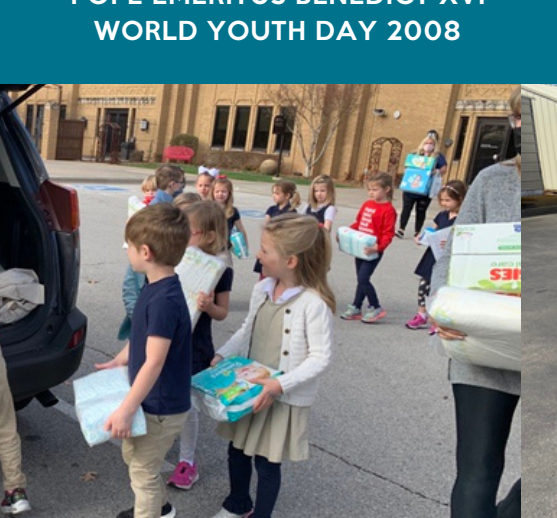
MARIA CALLAS: I studied Opera in college



Answers to Deacon David Hamel's Two Truths and a Lie: Deacon David Hamel is many things to many people, but he is not Marco Polo.



"You don't have to wait to be an adult to do great things"
 -POPE EMERITUS BENEDICT XVI
 WORLD YOUTH DAY 2008



Chef Michael's Recipe of the Month

FRESH OVEN ROASTED BROCCOLI

Ingredients:

- | | |
|----------------------------------|--|
| 16 ounce bag of broccoli florets | garlic powder |
| olive oil spray | onion powder |
| salt & pepper | Parmesan cheese (optional for topping) |

Directions:

1. Preheat oven to 450 degrees F and line a baking sheet with parchment paper
2. Arrange broccoli florets in a single layer on the parchment
3. Coat the broccoli in oil and sprinkle on even amounts of salt, pepper, garlic powder, and onion powder over the tops of the broccoli.
4. Roast for 15-20 minutes or until broccoli is crisped to your liking.
5. Remove from oven and sprinkle on parmesan cheese, if desired

GET INVOLVED



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

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