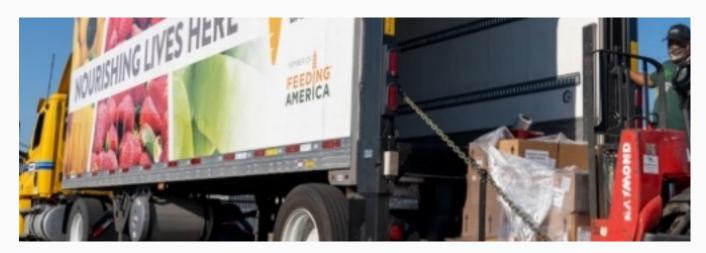


# Partner Agency Newsletter - September 2021

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# **Agency News**



## Partner Agency Spotlight: Amazon Home Delivery Program

The Central Texas Food Bank is partnering with Austin Public Health Neighborhood Services Unit (APH-NSU) and Amazon to provide a home delivery program! Households enrolled in the program receive a monthly box of shelf-stable groceries delivered directly to their door – free of charge. Each box contains approximately 30 pounds of shelf-stable food such as oatmeal, pasta, dried beans, canned protein, and canned fruits and vegetables.

This delivery program launched on June 1<sup>st</sup> and delivered to 161 households within the first month. The number of households served in July grew to 314 households, and in August the program added a second delivery day per week to accommodate the growth.





To continue growing the program and reaching more households in need, the eligibility criteria for this program has recently expanded. This program is now available to Travis county residents who are in need of food assistance, have barriers to attending other food distributions, and are at least one of the following populations:

- Households with children (ages 0-18) or older adults (ages 60 or older)
- Individuals with a disability, veterans, or active military members

Interested individuals can reach out to one of the six City of Austin Neighborhood Centers to find out if they are eligible and/or to enroll in the program:

Rosewood Zaragosa					
<b>Neighborhood Center:</b>					
Central East Austin					
2800 Webberville Road					

# South Austin Neighborhood East Austin Neighborhood Center:

South Austin 2508 Durwood Street

# Center:

East Austin 211 Comal Street

	512-972-6740				
	St. John Community				
Center:					

Northeast Austin 7500 Blessing Avenue 512-972-5159

#### 512-972-6840

# Montopolis Community Center:

Southeast Austin 1200 Montopolis Drive 512-972-6705

#### 512-972-6650

#### Blackland Neighborhood Center:

Central East Austin 2005 Salina Street 512-972-5790





Once enrolled in the program, participants are signed up for a recurring monthly delivery. The box is distributed directly to participant's doorstep by Amazon Flex drivers each month, via contactless delivery. Participants can choose to un-enroll from the program at any time. To learn more about the Home Delivery Program and download the program flyer, visit <a href="https://www.centraltexasfoodbank.org/home-delivery-program">https://www.centraltexasfoodbank.org/home-delivery-program</a>

Is your agency providing a home delivery service? If so, we want to hear about it! Please email Agency Services at <a href="mailto:agencies@centraltexasfoodbank.org">agencies@centraltexasfoodbank.org</a> about your home delivery program.

#### Resources



## **Recipe of the Month**



Shout for Choy! This month our Nutrition Education Team is featuring bok choy. A leafy green vegetable that is a member of the cabbage family or cruciferous related to broccoli, cauliflower, kale, and Brussel sprouts.

Bok Choy has a large white bulb at its root base, long celery-like stalks with a dark leafy greens top. All parts of the bok choy can be eaten raw or used for cooking. Bok choy has a mild taste and is great in stir fry, braised, soups, and salads.

To prepare bok choy, cut off the root end and separate the leaves. Rinse the stalk and leafy greens removing all dirt that may have collected inside the

steam. All parts of bok choy may be used for cooking or eaten raw. It is recommended to cook the white stalks first, as they require a longer cooking time. To prepare bok choy, remove the thick base and separate the white stalk from the leaves. Then wash the stalk and leaves in a bowl under cold water. You must thoroughly wash all parts to remove any dirt.

This leafy green vegetable is a great source of nutrients and is low in calories making it well suited for a healthful diet. Bok Choy and other cruciferous vegetables have certain anticancer properties. Studies have shown some people who eat more cruciferous vegetables have a lower risk of developing lung, prostate, and colon cancer.

In our featured recipe, bok choy is sautéed with garlic and Thai chili peppers to give the recipe a little bit of a kick. If spicy isn't your thing feel free to try this recipe without the peppers. Either way, this quick easy recipe is sure to be a family favorite. Please visit our website for this recipe, along with many other seasonal recipes to share with your clients.

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#### Click here for more recipes.

### **Food Sourcing Forecast**

Below, you will find a list of foods that will be available on the shopping list soon. On the hyperlinked items you will find easy recipes that can be shared with your clients. To find more recipes, visit our website!

Meat & Dairy	Shelf Stable		
1% Milk Eggs Shredded Cheese Cheese chunks Canned Pork Chicken Fajita Strips Chicken Drumsticks Chicken Breast Ground Beef	Apricots Peaches Green Beans Pinto Beans Cereal Rice Apple Juice Applesauce Cups Salmon Tomato Sauce Oats Peanut Butter Peas Potato Flakes Almonds Black Beans Spaghetti Grapefruit Juice		

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# **Upcoming Closures**

**The Food Bank will be closed** in observance of Labor Day on **Monday, September 6** and to conduct year-end inventory from **Thursday, September 23 – Monday, September 27.** This means there will be no pick-ups, deliveries, or shop-for during these times. Please plan accordingly for your pantry needs. Please review the modifications being made to the ordering schedule as a result of these closures HERE.

Click here to download the 2021 Holiday Guide.

Click here to visit the Agencies page.

#### **Contact the Team**

512.684.2503 | agencies@centraltexasfoodbank.org

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