



PARTNER AGENCY NEWSLETTER

January 30, 2020

This message is being sent to all members of the Central Texas Food Bank Partner Agency list.



Spotlight: Partner Agency Facebook Page



Do you know about the Central Texas Food Bank's [Partner Agencies Facebook Page](#)? We use this page to connect agencies to perishable items available at other pantries, office/furniture donations, upcoming events and to provide quick updates. You are welcome to use this page to share resources with others across our network of amazing Partner Agencies. Request to join the page today!

Reminders & Resources:

Communication Update

You spoke, we listened! We heard from an overwhelming number of partners at our 2019 regional meetings that your preferred method of communication with CTFB is email.

In an effort to help you keep track of what types of messages we're sending and what to expect from each one, we have developed a new email communication plan that we'll be

using going forward. The plan includes three different types of messages: Compliance Updates, Agency Blasts, and Newsletters.

Below you will find a breakdown of the different types of communications you can expect to see from us in the future.

Compliance Update	This is a Priority 1 communication – please read immediately.
	Frequency: As needed
	This communication type will require action on your part, make sure everyone at your agency has this updated information.
Agency Blasts	This is a Priority 2 communication – read as soon as possible.
	Frequency: 2x per month
	This is timely communication with information you will want to be aware of.
Newsletters	This is a Priority 3 communication – read at your leisure.
	Frequency: Monthly
	This communication type will contain helpful tips and reminders to support the work you do in your communities.

Partner Agency staff and volunteers are encouraged to sign up and receive newsletters and other updates. To be added to our emailing list, send us a message at: agencies@centra.texasfoodbank.org.

Updated Partner Agency Monthly Reports & Instructions

You may have noticed a change to the format of the [Partner Agency Monthly Report](#) form. Rather than manually typing in an account number and name, you now select your agency from a drop-down list. This change greatly reduces the risk of errors like incorrect agency numbers that make it harder for us to track which partners have submitted reports.

The agency list is organized alphabetically first by site type (OP, OS, PA) and then by site name. You can either scroll down the list or type your account number directly into the box to jump to your agency. Tips on jumping straight to your agency are included in the new detailed instructions for the monthly report, available on our [website](#).

These instructions include all the basics of completing the report, a breakdown of all

information required, and a troubleshooting section if you are having a technical problem with the online form. If you have a question or problem that is not addressed in the instructions, please reach out to us at agencies@centraltexasfoodbank.org or (512) 684-2503.

Recipe of the Month: Chayote Green Chile Soup

For this month's [recipe](#), we are featuring the chayote squash. This green, pear-shaped vegetable is a member of the cucurbit family (squash, cucumbers, melons) and is native to Latin America. It is commonly used in the cuisines of Puerto Rico and Mexico, as well as in the southern United States where it is often referred to as "mirliton." Unlike most vegetables, chayote squash is grown by planting the entire fruit upside down in the soil. As it grows, it produces a climbing vine that can grow up to 8 feet long!



So why should you consider cooking this humble gourd? Chayote squash has a mild flavor, it is low in calories, and it contains high amounts of fiber, potassium and vitamin C. Taken together, this means chayote squash contributes to improved digestion, blood sugar regulation, immune, heart function and wound healing.

To prepare chayote, wash it in cold water, cut it in half and remove the large seed in the center by scooping it out with a spoon. Peeling is optional. Chayote can be prepared many different ways. Try stuffing it with sautéed meat and vegetables and baking it, slicing and adding it to a stir fry, marinating it in a vinaigrette, substituting it for potatoes to make a unique potato salad, or pureeing it into a velvety soup sure to warm you up on a cold winter day!

To learn more about our FREE Nutrition Education Classes and find more recipes such as this one click [here](#).

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](#)!

<u>Meat and Dairy</u>	<u>Produce</u>	<u>Shelf Stable Food Items</u>
1% Milk	Apples	Applesauce (Can)
Eggs	Grapefruit	Blueberries (Dry)
Whole Milk	Oranges	Mixed Fruit (Can)
Chicken Fajita Strips	Pears	Tomato Sauce
Pork Loin Roast	Russet Potatoes	Tomato Soup
Smoked Turkey Breast		Peaches (Can)
		Raisins
		Salmon (Can)
		Spinach (Can)
		Vegetable Soup (Can)

Contact The Team:

By phone:

(512) 684 - 2503

By email:

agencies@centraltexasfoodbank.org

To share your Agency's local news stories, please email us at communications@centraltexasfoodbank.org.

Partner Agency staff and volunteers are encouraged to sign up to receive newsletters and updates. To be added to our mailing list email agencies@centraltexasfoodbank.org.

Partner Agency newsletters are intended to provide our network with a snapshot of issues relevant to our work and mission.