



January 5, 2020

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

AGENCY SPOTLIGHT



The Store is a food pantry partner of the Central Texas Food Bank located on the Baylor University campus in Waco, Texas. Through The Store, Baylor University seeks to de-stigmatize food insecurity and meet student needs.

The Store is located in the Success Center on the Baylor campus for easy student access, but with decreased foot traffic on campus due to COVID-19, the food pantry is navigating how to best serve the

Baylor community. While students were historically visiting the food pantry about once a week before, they are now visiting 1-2x a month and getting more food to reduce outside contact.

One way The Store has met the need this year has been through their Free Farmer's Markets hosted every semester. These events are open to faculty, staff, students, and the public - so it's a resource for everyone. This fall, The Store served 1,489 people and provided both a walk-up and drive-thru option at this event. The farmer's market helps to normalize the process of getting food resources, and it is also a way to help students bring their best selves to the classroom.

As for how Baylor – The Store stays so successful, they have a few notable partnerships including with other CTFB partner agencies

- Shepherd's Heart Food Pantry is a wonderful supporter of The Store that helps by delivering their Food Bank food orders regularly keeping their shelves stocked.
- Pastor Ruben from Family of Faith also has really helped them on this journey and has made them aware of food needs both at Baylor and in the Waco community.
- Baylor - The Store could not do this work without their Central Texas Food Bank partnership. They shared that they would not be able to be functioning at this level or providing for the students without Food Bank resources and support!

RECIPE OF THE MONTH

Happy New Year! For this month's recipe, [Warm Beet and Spinach Salad](#), we are featuring Beets. Beets are a member of the chenopodioidae family (also known as chenopod), and are related to spinach, amaranth, quinoa and Swiss chard.



Beets are an excellent addition to your diet, as they are low in calories and high in fiber, folate potassium, vitamin C and antioxidants. In fact, one cup of cooked beets contains 11% of your daily value of dietary fiber and 10% of your daily value of potassium. Beets come in many colors, including yellow, white and pink-striped but the most commonly found in stores are red.

When preparing the beets, rinse them under cool running water, scrub away

any excess dirt and peel with a vegetable peeler. Be careful when peeling, as beet juice can stain hands, clothes and cutting boards. Beets can be cooked and prepared in a variety of ways, including roasting, boiling, and sautéing and steaming. To roast beets, preheat the oven to 400 degrees, arrange chopped beets in one layer on a baking pan, and roast until you can easily pierce the beet with a fork. Steaming beets can easily be accomplished in the microwave by putting a small amount of water in a bowl, placing the peeled beet on top and microwaving for 8-10 minutes.

In our featured [recipe](#) beets are sautéed with spinach, cherry tomatoes and balsamic vinegar forming a flavorful dish. To find more recipes such as this one, visit our website at <https://www.centraltexasfoodbank.org/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 and Dairy	Produce	Shelf Stable Food Items
Eggs 1% Milk Shredded Cheddar Cheese Swiss Cheese Slices	Apples Oranges Russet Potatoes	Black Beans (Can) Green Beans (Can) Garbanzo Beans (Dry) Sliced Peaches (Can) Mixed Fruit (Can)

UPCOMING CLOSURES

The Food Bank will be closed on Monday, January 18, in observance of Martin Luther King Jr. Day. There will be no pick-ups or deliveries on that day. Below are the modifications being made to the ordering schedule as a result of this closure:

If you are picking up or receiving delivery on:	Order Window Opens:	At:	Order Due By:	At:
--	----------------------------	------------	----------------------	------------

Tuesday, Jan. 19	Wednesday, Jan. 13	10:00 a.m.	Thursday, Jan. 14	9:00 a.m.
Wednesday, Jan. 20	Thursday, Jan. 14	10:00 a.m.	Friday, Jan. 15	9:00 a.m.

For the most up-to-date closure information, please refer to the [2021 Holiday Guide](#) and the [agencies page](#) of our website. CTFB will post and send out 30 days prior the ordering guidelines for closures so you can plan for your pantry needs.

GENERAL REMINDERS

We want to know if your distribution has changed (or is going to change) due to COVID-19. If you're closing, re-opening, adjusting hours, or modifying your distribution model, please reach out to your Agency Relations Specialist with that updated information or share it via email at agencies@centraltexasfoodbank.org or our partner agency hotline by calling (512) 684-2503.

Remember, we will be sharing COVID-19 resources for partners and our most updated communications on our website here: <https://www.centraltexasfoodbank.org/agencies>.

CONTACT THE TEAM

512.684.2503 | agencies@centraltexasfoodbank.org

[Unsubscribe](#) | [Forward to a friend](#) | [Visit our website](#)
6500 Metropolis Drive, Austin, TX 78744