



February 2, 2021

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

Spring Cooking and Gardening Classes

The Central Texas Food Bank is pleased to announce the opening of registration for our Spring cooking and gardening classes! These 8 week virtual classes offer the opportunity for clients to gain useful skills to grow and prepare fresh produce in a fun and interactive but socially distanced setting.

We offer two different class types. The "[Introduction to Organic Food Gardening](#)" focuses on the nitty gritty of growing food, while the "[Cooking From the Garden](#)" series combines basic gardening information with recipes and cook-along demonstrations featuring seasonal produce items. Both classes are offered in Spanish and English. For more information and to sign up please check out the attached class flyers! Registration is open to all food pantry clients but class size is limited.

Recipe of the Month

For this month's recipe, Will's Spuds Deluxe, we are featuring kale. Kale has become extremely popular these last few years, but people have been growing this superfood for more than 2,000 years during the Roman times and the Middle Ages.

Kale is a great source of vitamins A, C, and K. The vegetable provides more vitamin A and K than you need in one whole day and is packed with antioxidants. When shopping for kale, encourage your clients to look for a bunch that has a nice, green color. Make sure to avoid leaves with yellow or brown spots. Make sure to avoid washing kale before storing, as any water on it will shorten its lifespan. When storing kale in the fridge, keep it in a plastic bag with most of the air squeezed out or wrapped in a paper towel.



Some tips for preparing kale are to remove the stalks, chop the leaves into smaller pieces, and massage your kale with olive oil and lemon juice to sweeten up the kale. Kale can be cooked many ways such as sautéing it, throwing some in a smoothie, adding it to soups and stews, making it into kale chips in the oven, or blending it up to make a kale pesto.

In this hearty recipe, the destemmed kale is roughly chopped. It is then sautéed in a pan over medium heat and seasoned with salt and pepper until wilted. The kale is combined with potatoes, turkey bacon and onions making it a cozy meal to cook at home during these chilly months.

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 Whole Chicken (Frozen) Fish Sticks (Frozen)	Apples Blueberries (Frozen) Oranges Russet Potatoes	Almonds Diced Tomato (Can) Pears (Can) Pecans Pinto Beans (Dry) Tomato Sauce (Can)

Upcoming Closures

The Food Bank will be closed on Friday, March 19 for the CTFB Spring Holiday. There will be no pick-ups or deliveries on that day. 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 the ordering guidelines for closures 30 days prior so you can plan for your pantry needs. If you would like to schedule a pick up appointment at CTFB, please reach out to your relationship manager

Reminders

Compliance Update Reminder: Updates to USDA Non-Discrimination Statement

The United States Department of Agriculture (USDA), Food and Nutrition Service recently updated its Civil Rights webpage resulting in changes to the internal hyperlinks within the Nondiscrimination Statement (NDS). As a result, the full NDS must be updated to reflect the correct website hyperlinks. No other changes have been made to the NDS.

CTFB has updated this information on all of the documents available for agencies, including the USDA program intake forms. Please make any necessary changes to your own website, handouts, and other materials as soon as possible. This also means, effective January 31, 2020, you will need to begin printing and utilizing the updated intake forms that are available in the Agencies Resources Center online [here](#).

For more information on this update you can visit TDA's announcement [here](#). If you have questions about how this update impacts your agency, please call your relationship manager or the AR Hotline at (512) 684-2503.

Special Opportunity Reminder: Perishable Food Deliveries

CTFB is currently receiving a high volume of perishable retail donations. In order to ensure that this food gets to those in need as quickly and efficiently as possible, we need your help. CTFB is in search of partners interested in receiving weekly deliveries of donated perishable retail product. Exact product available will vary week to week and typically includes cases of dairy, produce, and/or protein items.

To participate in this opportunity your agency must be willing to.

- accept a minimum of 5 pallets of product, at least one time per week for the foreseeable future
- receive the product 'as is' and glean for what is useable for distributing to clients
- practice safe food handling and follow proper storage guidelines

These items are available to your agency free of handling fees.

All agencies are eligible to participate even if you already receive other perishable food deliveries and/or participate in the Agency Retail Pick-up program.

Next Steps: Once you express interest, we will work with partners to assess CTFB truck accessibility at your facility, proximity to retail pick-up locations, and few additional criteria. We will then set up an agreed upon delivery schedule. CTFB will give special consideration to partners who can accept deliveries mornings or on Mondays.

CTFB is expecting to begin receiving pre-boxed produce from South Texas in the coming weeks. Any partners who participate in these perishable retail product deliveries will be given first consideration for this pre-boxed product. Additionally, CTFB will do our best to work with partners on any waste management issues for deliveries that are found to have excess spoilage.

To express interest in participating and to learn more please email us ASAP at agencies@centraltexasfoodbank.org.

Resources



Free Online Tax Prep

Foundation Communities is offering free online tax prep again this year, from January 25 to April 15. Due to COVID-19, in-person tax prep will be closed this season, but Foundation Communities has IRS-certified team is ready to prepare thousands of returns using an online platform. The income limit is \$50,000/year for individuals, \$75,000 for households of 2-4, and an additional \$5,000 for each additional household member.

It is absolutely free, secure, and easy! This opportunity is available to anyone in Central Texas so please share [this flyer](#) with community members.

To get started, [click here](#) or go to <https://www.getyourrefund.org/FC> (plataforma en Español [aquí](#)).

Foundation Communities will also offer limited in-person help with intake at two Prosper Centers for community members who don't have access to the internet or aren't able to use our online platform. You can schedule an intake appointment [here](#), but note that this is just for dropping off tax documents. They will not be able to prepare your return during the visit.

Funding Resource

The Public Safety Office (PSO) is soliciting applications for projects that support physical security enhancements and other security activities to nonprofit organizations that are at high risk of a terrorist attack based on the nonprofit organization's ideology, beliefs or mission.

The Nonprofit Security Grant Program (NSGP) seeks to integrate the preparedness activities of nonprofit organizations that are at high risk of a terrorist attack with broader state and local preparedness efforts. The NSGP also serves to promote emergency preparedness coordination and

collaboration activities between public and private entities. The application deadline is 3/18/2021 and you can learn more about this grant opportunity [here](#).

CONTACT THE TEAM

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