



*March 4, 2021*

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

**Agency Spotlight: Shepherd's Heart – Taylor**

*Executive Director Loretta Masters named the Taylor Area Businesswoman's Outstanding Woman of the Year at the Taylor Chamber of Commerce.*

Loretta is a founding member of Shepherd's Heart Food Pantry (SH) established in the late 1990's when a handful of couples came alongside the Taylor Area Ministerial Alliance to provide administrative oversight, recruit and schedule volunteers, order food, and raise funds. Over the years, SH has become the largest food pantry in East Williamson County distributing nearly 4 million pounds of food since they started keeping track in 2011. From 100 bags of groceries once a month, SH now serves 350-400 households every week. Help is given to all--working families, seniors on a fixed income, disabled and homebound, students at risk of hunger, individuals experiencing homelessness, and individuals of all ages, gender, ethnicity or any other factor, including faith or lack of faith while treating everyone with respect and courtesy.

Loretta served as Board Chairman from July 2014 to May 2017 and Executive Director since November 2011. She has overseen the work of grant writing, which has brought in \$100,000 in private, state and federal grant monies last year to help continue the work of the Pantry and see it through the pandemic which has completely changed the face of Shepherd's Heart and the process to safely distribute food to seniors, families, disabled persons, students, and homeless persons.



*Pictured here from left to right: JoLynne Williams, Richard Masters, Loretta Masters, and Dianne Thomas*

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### **Client Resources: COVID-19 Vaccine Information**

Sharing resources on the COVID vaccine with clients is just one way CTFB and our partners can help stop the spread of the coronavirus. You can use this [flyer](#) to share vaccination information provided by Baylor Scott & White with your clients. Clients do not have to be a current Baylor Scott & White patient in order to use this service. If you would like to share this information with your clients via social media, please use the following images in [English](#) and [Spanish](#).

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## **Recipe of the Month**

For this month's [recipe](#), we are featuring a rabbit's favorite, carrots. Carrots have a higher natural sugar content than all other vegetables, with the exception of beets. This is why they make a wonderful snack

when eaten raw and make a tasty addition to a variety of cooked dishes.



Carrots are a very good source of potassium, vitamin A, vitamin B6, vitamin C, vitamin K, and biotin. Biotin plays a key role in digesting fats and protein. They are also a very good source of dietary fiber, with just one cup of chopped raw carrots containing 4 grams of fiber. Additionally, one medium carrot or a handful of baby carrots can count as one serving of your daily vegetable intake.

Carrots can be eaten raw or cooked. To steam carrots, fill the bottom of the steamer with 2 inches of water and bring to a rapid boil. Slice carrots  $\frac{1}{4}$  inch thick and steam for 5 minutes.

Shred raw carrots and combine in a salad along with beets, apples, and chopped collard greens and top with your favorite dressing. For a soup, puree boiled carrots and potatoes and add in herbs/spices such as cayenne, coriander and salt to taste. Use the carrot tops in your favorite pesto recipe.

In our featured recipe, shredded carrots are combined with low-fat yogurt, pineapple, nuts, and raisins. This recipe is a kid's favorite and can be serve as part of breakfast or a snack. To learn more about our FREE Nutrition Education Classes and find more recipes such as this one, click [here](#).

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## **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](#)!

<b>Meat and Dairy</b>	<b>Produce</b>	<b>Shelf Stable Food Items</b>
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<p>2% Milk  <a href="#">Cheddar Cheese</a>  <a href="#">Chicken Breast</a>  <a href="#">Eggs</a></p>	<p>Apples  <a href="#">Blueberries (Frozen)</a>  <a href="#">Oranges</a>  <a href="#">Pears</a></p>	<p><a href="#">Black beans (Can)</a>  Grits  <a href="#">Peaches (Can)</a>  <a href="#">Rice</a>  <a href="#">Spinach (Can)</a>  <a href="#">Walnuts</a></p>
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**Holiday Closure:**

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. 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:
Monday, Mar. 22	Tuesday, Mar. 16	10:00 a.m.	Wednesday, Mar. 17	9:00 a.m.
Tuesday, Mar. 23	Wednesday, Mar. 17	10:00 a.m.	Thursday, Mar. 18	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.

**CONTACT THE TEAM**

512.684.2503 | [agencies@centraltexasfoodbank.org](mailto:agencies@centraltexasfoodbank.org)