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Partner Agency Newsletter - March 2022

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Special Announcement: Handling Fees Waived through September 30, 2022

Thanks to the continued community support CTFB has received this year, we are pleased to announce we are able to once again waive handling fees for items on the shopping list for partners starting April 1, 2022 through 9/30/2022. **This means if you are receiving or picking up an order from us on or after April 1, 2022, there will be no handling fees attached to your orders through September 30, 2022. This also means you will receive \$0 handling fee invoices during this time for the food you order.**

We hope this extra support helps to ensure you can maximize your resources and continue to get the inventory you need to serve the community. Please continue to be mindful of ordering regularly, as we are not experiencing inventory concerns, so there is no reason to order more than you need to support your regular food services. Remember to follow all food handling and storage guidelines if you are ordering perishable product more frequently. Please reference [this guideline](#) if you need a reminder. If you have any questions about your agency's account, please reach out to your CTFB relationship manager or send us an email at agencies@centraltexasfoodbank.org.

Spotlight



Happy 20th Anniversary, Grace Food Pantry!

Partners, please join us in congratulating Grace Food Pantry as they celebrate 20 years of serving the community and nourishing the hungry in 2022! The faith-based organization has put in every effort to serve those in their surrounding area since 2002 and, while the pandemic has curved their distribution style, they have been able to double the number of individuals served on a weekly basis. Just in March of 2022, they have seen their turnout double from 500 to a high



of almost 1,000 individuals. Our partners at Grace Food Pantry are most proud of this growth over the last year even through the hardship of working with the same limited budget. They are extremely thankful for their hard working volunteers who are essential to maximizing their resources. The volunteers go above and beyond for the Friday distribution and even mocked a handy dandy potato sorter to maximize box assembly time (picture above). The amazing work done by Grace Food Pantry and volunteers has allowed them to distribute 531,546 pounds of food to neighbors from March 2021- March 2022 through their drive through distribution hosted every Friday, their 100 hot meals a month, and a monthly CSFP distribution for seniors, in partnership with CTFB. Grace Food Pantry is eager to continue their efforts in leading the community in the fight against hunger by constructing a new building in 2022 to house their growth and continue their work closing in on the hunger gap.

Resources



Recipe Of The Month



Spring is in the air! It is that time of year to refresh your pantry shelves for lighter and refreshing items for the season. As you are restocking your pantry, consider adding legumes, a class of vegetables including beans, lentils and peas. This month our Nutrition Education Team is featuring our [Lentil Tacos recipe](#).

Legumes, canned or dried, are an affordable protein source that also provides folate, potassium and dietary fiber, which is important for digestive health. Dietary fiber may also help reduce the risk of heart disease and it promotes a feeling of fullness, which can help with weight management. Many of us are eating too little dietary fiber, so legumes can be a delicious and affordable way to get closer to that goal. A ½-cup serving of cooked legumes provides about 20% of the Daily Value. Other vegetables, fruits and whole grains are also sources of dietary fiber. Eating more plant-based foods benefits the environment and your health. The Dietary Guidelines for Americans recommends adults eat 1 to 3 cups of legumes per week, which will depend on calorie needs based on your age, gender and physical activity level.

While dried beans can take a while to cook, lentils will give you a protein-packed meal in a flash. Lentils are tiny, cook quickly and do not need any soaking time. Just give them a quick rinse with fresh water and cook in boiling water or broth. Use canned lentils for even more timesaving. If the texture of lentils or whole beans is not your favorite, a smooth lentil soup or hummus dip might be more enjoyable. Lentils break down while cooking but a blender can make it even smoother. There are many creative ways to try legumes — it's just a matter of finding one that works for your taste buds.

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

Food Sourcing Forecast

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

Meat & Dairy	Produce	Shelf Stable
Atlantic Pollock- frozen filets Chicken- frozen thighs eggs	Oranges	Cereal- oat circles Corn- canned Green Beans- canned Mixed Fruit- canned Peaches- canned Salmon- canned

From The CTFB Garden Team:

Do you want to learn how to grow and cook seasonal fruits and vegetables? Are you bored eating the same ones over and over? Come and explore a world of possibilities in the garden and on your plate at the Central Texas Food Bank. We are offering free garden based cooking classes to help you grow, harvest, taste, and learn about fruits and vegetables. You will harvest fresh, seasonal produce in our on-site garden, and learn an easy way to prepare the food at home. We will even send you home with ingredients.

Class Dates: Wednesdays from 5/18 - 6/22

Class Time: 5:30 pm - 6:30 pm

Location: 6500 Metropolis Dr. Austin, TX 78744

All Ages Welcome – Family Friendly (No childcare provided – all children must be supervised by adult guardian).

Please view the full flyer [here](#) and register at www.centraltexasfoodbank.org/cookingclass.

Important Reminders

Upcoming 2022 Network Assessment Survey

We want to hear about how we can support you in our collective fight against hunger in our community. Be on the lookout in mid-April for an email with a link to complete this important survey! It will be open April 18-May 15. Stay tuned.

The Agency Services Team Is Back On The Road!

Please be on the lookout for communication from an Agency Services team member to schedule an upcoming site visit.

You can reference [this helpful guide](#) for an overview of required documents for Partner Agencies. We will review these documents as part of your annual site review.

To help us prepare for your visit, please submit all documents via our new [Partner Portal](#) in advance of your visit.

- Civil Rights Training Certificates – required of all staff and volunteers who regularly interact with neighbors or handle neighbors' personal information
- Food Handler Training Certificate – required of at least one staff member for Pantry partners

- Food Manager Training Certificate – required of at least one staff member for Onsite partners
- Health Inspection – required of Onsite partners
- Board of Directors List
- Tax Form 990 – required of nonprofit agencies
- External Audit – required of agencies who received more than 275,000 pounds from CTFB last fiscal year

We ask that all Partner Agencies submit these documents no later than 5/1/2022, unless you have submitted these items within the last 6 months

We look forward to seeing you soon!

Bulk Ordering Reminder

Please continue to be exceptionally careful when placing orders in ceres items and be extra cautious that you are **NOT ordering items in BULK** if you are **NOT in need of a high quantity** of a certain product. Thank you in advance for being as intentional with ordering as possible to avoid unwanted large orders.

Free Tax Prep Services

Please join CTFB in sharing [this](#) flyer announcing free tax prep service, through 211, with neighbors, in an effort to ensure that neighbors are able to maximize their returns! For more information, refer to the flyer linked at the beginning of this announcement, visit their [webpage](#), or call 211 directly.

Contact the Team

512.684.2503 | agencies@centraltexasfoodbank.org

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