



SHOPPING LIST TO SHOPPING CART

H.O.P.E. Conference
August 29, 2024





FOOD PROCUREMENT

The Food Sourcing Team



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History/ New Strategy

- Produce strategy has typically been unchanged – focus on staple items to meet 50% of our distribution
- Protein and Dry Good purchases were done in large increments across all categories 2-3 time per year.

History/ New Strategy

- CTFB gained new financial leadership, new processes & procedures, etc. in the past year.
- In July we implemented a new purchasing strategy of monthly buys of protein/dry goods based on a set shopping list.
- This enables us to take advantage of special buys, opportunities, etc. to maximize our purchasing budget.
- As a result, the mix of goods will be a bit different, but there will be more of it and overall supply will be more consistent.

What do we buy & why?

- Strategy is to purchase in 50% produce, 50% dry goods & protein.
- Produce is less expensive so volumes work out to be 10 truckloads of produce, 6 truckloads of dry goods/protein per week.
- This supplements the 13 loads of retail/manufacturing donations and 12 loads of USDA product we receive each week.

Produce Strategy

- Primary focus on the “hard 7’s” of produce: oranges, cabbage, carrots, onions, potatoes, sweet potatoes, apples (when available)
- Also focus on culturally relevant items & variety: peppers, squash, greens, root vegetables sourced from all over the country
- Other factors:
 - Seasonality
 - Market conditions
 - Product durability

Protein Strategy

- Bring in a mix of 12 truckloads each month.
- Since July we've purchased loads of ground beef, ground turkey, chicken drumsticks.
- Will be looking to mix in fish, ground pork, whole chickens in coming months.

Dry Goods Strategy

- Bring in a mix of 12 truckloads each week of dry/canned goods.
- Since July we've purchased loads of pasta, cereal, canned fruit & vegetables, rice, pasta sauce, peanut butter.
- Will be looking to mix in beans, shelf stable milk, and canned tuna & canned chicken in coming months.

Wholesale Food Club

- The WFC is a program to supplement CTFB offerings by providing items not on our shopping list to agencies at a significant retail discount.
- We use our volume purchasing leverage to bring in goods that are not “staple” items but that are still in demand.
- These items include canned meals (spaghetti O’s, chili, ravioli), mac & cheese, hamburger helper, tuna salad kits, canned fruit in syrup (versus juice), sugared cereals, etc.
- WFC official launch will be **October 1**



NUTRITION EDUCATION

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CLASSES

Evidence-based programs that teach:

- Fundamentals of nutrition
- How to shop for and cook healthy meals
- How to make SNAP dollars stretch
- Tips for leading physically active lifestyles

Classes are bilingual and multigenerational.

Grant funding allows all classes to be provided for free!

OTHER ACTIVITIES

- Recipe database of 300+ nutritious recipes
- Cooking demos at distributions
- Garden produce sampling day in the pantry



The mission of the Central Texas Food Bank is to nourish hungry people and lead the community in ending hunger.



CLASS CURRICULUMS

Youth

- Got Veggies Garden Tours
- Integrated Nutrition Education Program
- Kids in the Kitchen
- Food Smarts

Adult/Seniors

- Eating Smart Being Active
- Seniors Eating Well
- Food Smarts
- SNAP Friendly-Eating



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OUTCOMES



Increase consumption of fruits, vegetables, whole grains, etc.



Increased likelihood participants make healthier choices when eating out



Improve food resource management skills



Decrease consumption of sugar-sweetened beverages (soda, sports drinks, etc.)



Improve culinary skills and safe food handling practices



Promote healthy lifestyles to nourish our community



CLASS INFO

LOGISTICS

- Min of 10 participants per class
- 60-90 min sessions
- One time Demo or Series of 4-9 weeks
 - Depends on curriculum
- Instructors arrive 30 min prior to instruction time

WHAT WE NEED FROM YOU

- Present during the educational session
- Enrollment Assistance
- Space with access to a sink



INTERNAL CTFB COLLABORATIONS



- Provide education materials specialized to the foods being distributed
 - Recipes and food fact cards
- Demo recipes using garden-grown produce and available foods
 - FARMacy & Pantries
- Evaluate the food we are distributing from a nutritional lens to partners and programs

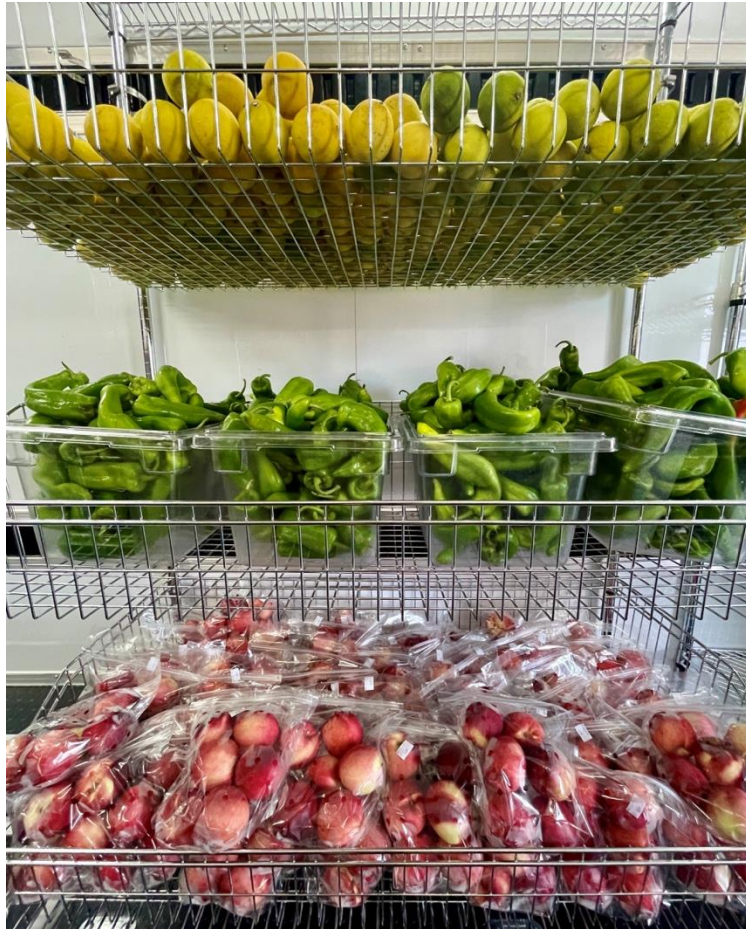


MOBILE FARMACY



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MOBILE FARMACY



Traveling 1-aisle grocery store offering a unique walk-through experience at the neighbor's clinic

- Neighbors bring their prescription to the FARMacy where they can shop for fresh fruits and vegetables, meat and dry goods in an air-conditioned trailer
- 22 distributions per month at 9 partner sites



LENTILS WITH SWISS CHARD

PREP TIME: 15 minutes

SERVING SIZE: 1 cup

COOK TIME: 40 minutes

SERVES: 5

INGREDIENTS

- 2 tablespoons olive oil
- ½ cup diced yellow onion
- 2 medium garlic cloves, minced
- 1 cup lentils
- 2 cups water
- 4 cups Swiss chard (around 1 pound)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 teaspoons red wine vinegar
- ½ cup feta cheese



PREPARATION

1. Heat 1 tablespoon of oil in a medium saucepan. Add onion and garlic, season with ¼ teaspoon of pepper. Cook until softened.
2. Add the lentils and water. Increase heat to high and bring to a boil. Reduce heat to low and simmer until water has evaporated, around 30 minutes. Remove from heat and set aside.
3. Meanwhile, remove the ribs and stems from the chard trimming the ends of the chard stems. Slice the stems into small pieces and set aside. Stack the chard leaves, cut in half lengthwise, and then chop into small strips. Set aside.
4. Heat the remaining tablespoon of oil in a large pan and add the chard stems, and season with ¼ teaspoon of pepper. Cook until softened.
5. Add the chopped chard leaves, ¼ teaspoon of salt and pepper, stirring occasionally until wilted (about 2 minutes). Stir in red wine vinegar and reserved lentil mixture until evenly combined. Remove from heat and allow to slightly cool.
6. Sprinkle in the feta and stir to combine. Serve warm or at room temperature.

SOURCE

chowhound.com/recipes/swiss-chard-with-lentils-and-feta-cheese-30566

Recipe Modified by CHOICES Nutrition Education Program

Need meal ideas? Visit our recipe database!

www.centraltexasfoodbank.org/recipes

Nutrition Facts

servings per container	
Serving size	1 cup (118g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 450mg	20%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2mg	10%
Potassium 285mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 2/19
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP

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RECIPE DATABASE



The mission of the Central Texas Food Bank is to nourish hungry people and lead the community in ending hunger.

PRODUCE PREP CARDS

<https://www.centraltexasfoodbank.org/get-help/nutrition-education>

ARTICHOKE



Benefits

Packed with antioxidants! May improve liver health, digestive health, blood pressure and improve “good” HDL cholesterol.

Preparation

Rinse the artichoke and then cut off the stem. Open the petals up a little bit, and then steam the artichoke for 30 to 40 minutes.

Uses

Artichokes can be baked or steamed. The leaves can be pulled off and scrape the meaty part of the leaves with your teeth. The heart may also be consumed. The hearts may be used in dips pasta or stir-frys.

Eat a variety of colorful fruits and vegetables every day.



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Q & A



A close-up photograph of a hand holding a bunch of fresh, bright orange carrots with their green leafy tops. The background is a soft, out-of-focus landscape with warm, golden light, suggesting a sunny day in a field. The person holding the carrots is wearing a blue denim jacket and a tan beanie.

MOBILE FARMACY TOUR

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