



April 2, 2021

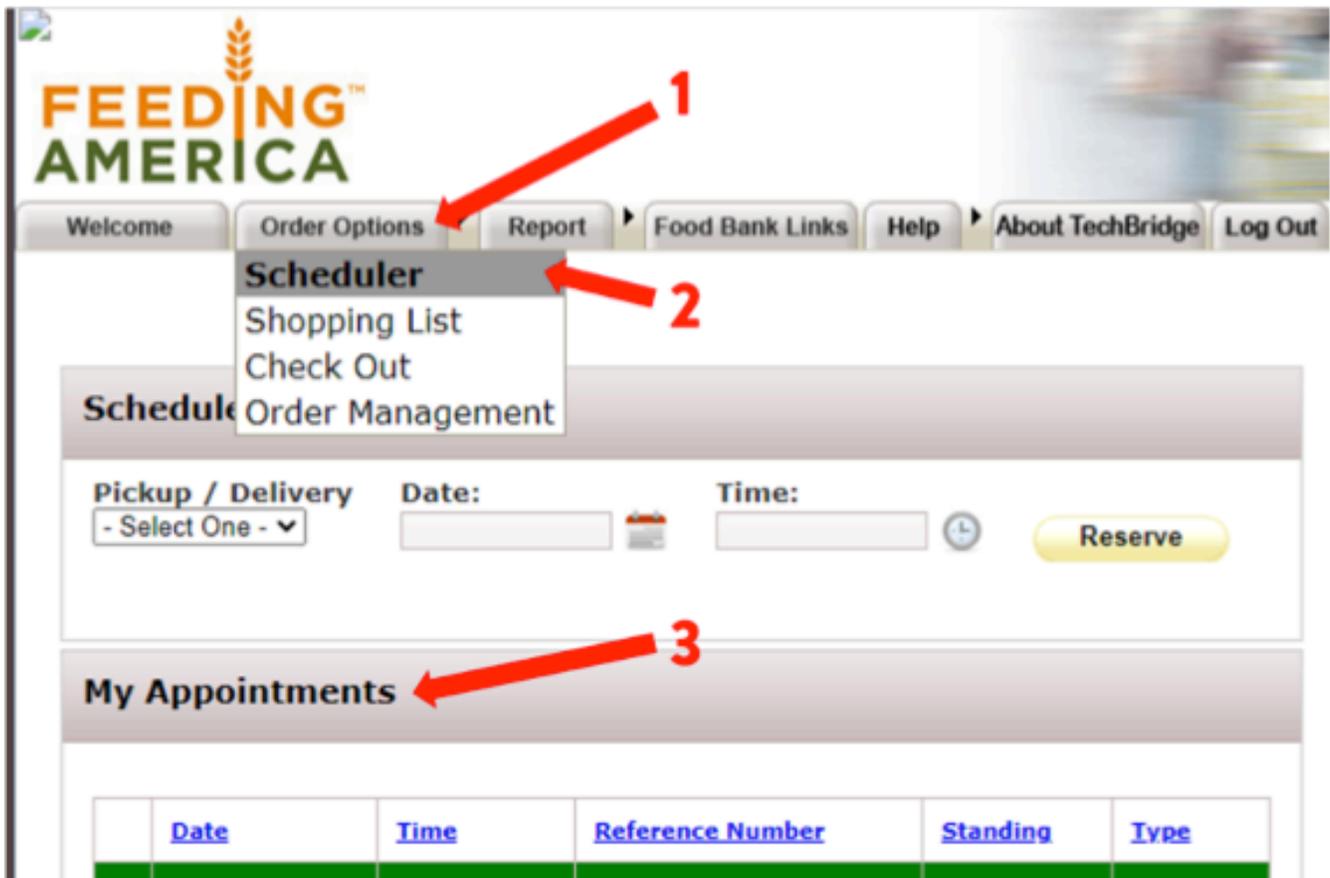
This message is being sent to all members of the Central Texas Food Bank Partner Agency network.

Ordering Tip: Unsubmitted Carts in Agency Express

In the past month, you may have received an email from the Central Texas Food Bank regarding an “Unsubmitted Cart on Agency Express”. CTFB is notified when Partner Agencies have items in their cart on Agency Express for an extended period without checking out.

Remember, if you put items in your cart before your ordering window, they are not guaranteed to be there when you check out. For this reason, we encourage you to wait until your ordering window to shop on Agency Express.

Checking the day and time of your next appointment is as easy as ‘1, 2, 3’ in Agency Express. First, hover over the "Order Options" tab right below the Feeding America logo. Then, click "Scheduler". You’ll now see your upcoming appointment below in the ‘My Appointments’ section for the month.



Also, remember to submit your cart before your ordering deadline. If your cart hasn't been submitted then your order has not yet been placed. Our warehouse needs two days to process your order, prepare each pallet, and load the trucks. That's why your order needs to be placed between two and three business days in advance of delivery or pick-up. To view CTFB ordering window, click [here](#).

To find more resources, visit our [website](#). If you have any questions about ordering, call our agency hotline at 512-684-2117 or email us at agencies@centraltexasfoodbank.org

Recipe of the Month: Spinach and Citrus Salad



For this month's [recipe](#), we're featuring spinach. Spinach is a green, leafy vegetable that belongs to the Amaranth family along with quinoa and beets. Spinach is native to central and western Asia. In the United States, 98 percent of our spinach is grown in California, Arizona, Texas, and New Jersey.

Spinach is a good source of many essential nutrients such as iron, calcium, and folic acid. While low in carbohydrates, spinach has lots of insoluble fiber, which aids in digestion. This delicious green vegetable

also contains beneficial antioxidants such as Lutein and Zeaxanthin, which are associated with improved eye health.

Spinach is incredibly versatile and can be prepared in many ways. It can be sautéed, added to an omelet, used to make soup, or included in a dipping sauce. Raw spinach can also be eaten in a salad, added to sandwiches, or even blended into a smoothie.

In our featured recipe, spinach is tossed in a salad with citrus fruits and almonds for an easy to prepare, light, fresh, and flavorful meal. For added protein, try topping with a half a can of salmon. To find more recipes, visit our online recipe database [here](#).

Class Registration Open: Organic Food Gardening

We are pleased to announce that registration is open for our Spring gardening classes! These 8-week virtual classes offer the opportunity for clients to gain useful skills to grow fresh produce in a fun and interactive online environment.

This series focuses on the nitty gritty of growing food, and is offered in both Spanish and English. For more information to share with clients check out the class [flyer](#)! Registration is open to all food pantry clients, but class size is limited.

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 Whole Chicken (Frozen)	Apples Oranges	Black beans (Can) Grits Flour Peanut Butter Pears (Can) Rice Walnuts Whole Grain Rotini Pasta

Reminder: Upcoming Closures

This is a reminder that the Food Bank will close early at 1:00 p.m. on Friday, April 2, 2021. This closure will not impact deliveries or the normal ordering window but it will affect agencies that pick up later than 1:00 p.m. If you normally pick up after 1:00 p.m. on Friday, order extra food the week prior, or contact your relationship manager to request an alternate pick up date/time at the Food Bank.

Alternate pick-ups appointments are subject to availability.

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 closure ordering guidelines in advance so you can plan for your pantry needs. If you would like to schedule an alternate pick up appointment at CTFB, please reach out to your relationship manager.

CONTACT THE TEAM

512.684.2503 | agencies@centraltexasfoodbank.org

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6500 Metropolis Drive, Austin, TX 78744