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Partner Agency Newsletter - May 2021

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Agency News



Spotlight: Austin Voices KidsFest

CTFB Partner Agency - Austin Voices recently hosted their 5th Annual KidsFest! At the event, over 400 families received food assistance and 232 individuals received COVID-19

vaccinations. This event has become a spring tradition for the Northeast Vertical Team of Austin ISD schools, Austin Voices for Education and Youth and other community partners. Each year these organizations come together to offer information and resources to the community that celebrate and support youth education and development. At this year's KidsFest, CTFB partnered to provide emergency relief boxes and boxes of fresh produce to assist families during these challenging times. The event operated as a drive-thru this year, following CDC guidelines for masks, social distancing and low contact; with exhibitors attending by invitation only.

CTFB also shared 'positivity posters' created by young volunteers from Austin Allies for the event. Austin Allies is a volunteer organization with a mission that centers on the transformative power of the volunteer experience and the belief that engagement builds empathy. These posters were an opportunity to provide words of encouragement alongside the healthy food options.



Resources



Recipe of the Month: Bean Enchiladas

[This month's recipe, features pinto beans.](#) Beans are part of the legumes family. Legumes are plants whose seeds dry in the seedpod. Other members of the family include lentils and soybeans. Did you know that there are 13,000 known bean varieties worldwide.

In addition to their great taste, they are a nutrient dense food. Unlike meat-based proteins, beans are naturally low in fat, are free of saturated fat and trans-fat, and are a cholesterol-free source of protein. They are also high in potassium and fiber. Beans are very versatile and can be included as a side to any meal or as the main ingredient in a vegetarian meal. Try them in a hearty chili, quesadillas, bean dips, bean soup or refried beans.



There are a variety of ways to prepare and cook beans. Sort out the beans by picking out and discarding any foreign objects like leaves or small stones. Rinse the beans with water and then drain the water. Soak the beans by putting the beans in a large pot and add fresh water to cover them. Soaking the beans has two major benefits as it reduces the cooking time and it breaks down the compounds in beans that cause gas. Dispose of water it has soaked in and put in fresh water before cooking. Heat beans and water to boiling, then turn the heat to low and cover the pot. Since beans soak up water, you may need to add more water during cooking. Beans require from thirty minutes to three hours to cook

depending on the type of bean and the soaking method. Always check for suggested soaking and cooking times for different bean varieties.

In our featured recipe, pinto beans are paired with corn tortillas and a green chile enchilada sauce. These bean enchiladas require just a few ingredients and you will have a vegetarian dinner in no time! As an optional topping, you can put sliced avocado, which adds a nice creamy texture and healthy fats to the enchiladas.

[Click here for more recipes.](#)

Food Sourcing Forecast

This year, through June, we will be offering handling fee credits of up to 100%. The exact percentage to be credited back will be determined at the close of each month based on handling fee volume and CTFB's financial position at that time.

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 & Dairy	Produce	Shelf Stable
Eggs Chicken Thighs Turkey Breast (Sliced Deli Meat) Salted Butter Cheese (Slices) Chicken Breast	Apples Plums (Dry) Peaches (Can) Spinach (Can)	Rice Tomato Sauce (Can) Potato Flakes Spaghetti Pasta Beef Stew (Can) Peanut Butter

City of Austin Utility Assistance

The Area Agency on Aging and the Aging & Disability Resource Center of the Capital Area have partnered with the Austin Energy Financial Support Plus 1 Program to provide temporary, emergency financial aid to customers in need. The program requirements include: City of Austin utility customer, client assistance is for residential accounts only, and Plus 1 funds cannot be used for utility deposits. Please share this [flyer](#) with your clients that may be eligible. For more information, please contact the ADRC at adrccap@capcog.com or 855-937-2372.

Residents who do not live in one of the automatically eligible counties have until March 31, 2021 to report SNAP food loss and request replacement benefits. SNAP recipients are

encouraged to request their replacement food benefits one of two ways.

Texas Emergency Rental Assistance Program

Meals on Wheels Central Texas is working with Travis County to launch a financial assistance program called the Texas Emergency Rental Assistance Program (TERAP). Meals on Wheels Central Texas encourages tenants in unincorporated Travis County, the Village of San Leanna or Webberville, Creedmoor, Lago Vista, or West Lake Hills to apply as soon as possible because the program is first come, first served. Applications will be accepted until July 31, 2021 or until funds are spent. Please note that both the tenant and landlord must participate in the program. For more information to share with clients, check out these flyers in [English](#) and [Spanish](#). To submit an application or ask questions, please contact CARE@mealsonwheelscentraltexas.org.

Important Reminders

Upcoming Closures

The Food Bank will be closed on **Monday, May 31** in observance of Memorial Day. 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:	Your ordering window opens on:	At:	Your order is due on:	At:
Tues., June 1	Wed., May 26	10:00 a.m.	Thurs., May 27	9:00 a.m.
Wed., June 2	Thurs., May 27	10:00 a.m.	Fri., May 28	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 closure ordering guidelines 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.

[Click here to download the 2021 Holiday Guide.](#)

[Click here to visit the Agencies page.](#)

Contact the Team

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