

See all recent Agency communications.



Partner Agency Newsletter - September 2021

In this Issue:

[Agency News](#)

[Resources](#)

[Important Reminders](#)

Agency News



Partner Agency Spotlight: Amazon Home Delivery Program

The Central Texas Food Bank is partnering with Austin Public Health Neighborhood Services Unit (APH-NSU) and Amazon to provide a home delivery program! Households enrolled in the program receive a monthly box of shelf-stable groceries delivered directly to their door – free of charge. Each box contains approximately 30 pounds of shelf-stable food such as oatmeal, pasta, dried beans, canned protein, and canned fruits and vegetables.

This delivery program launched on June 1st and delivered to 161 households within the first month. The number of households served in July grew to 314 households, and in August the program added a second delivery day per week to accommodate the growth.



To continue growing the program and reaching more households in need, the eligibility criteria for this program has recently expanded. This program is now available to Travis county residents who are in need of food assistance, have barriers to attending other food distributions, and are at least one of the following populations:

- Households with children (ages 0-18) or older adults (ages 60 or older)
- Individuals with a disability, veterans, or active military members

Interested individuals can reach out to one of the six City of Austin Neighborhood Centers to find out if they are eligible and/or to enroll in the program:

Rosewood Zaragosa Neighborhood Center: Central East Austin 2800 Webberville Road	South Austin Neighborhood Center: South Austin 2508 Durwood Street	East Austin Neighborhood Center: East Austin 211 Comal Street
---	---	--

512-972-6740	512-972-6840	512-972-6650
St. John Community Center: Northeast Austin 7500 Blessing Avenue 512-972-5159	Montopolis Community Center: Southeast Austin 1200 Montopolis Drive 512-972-6705	Blackland Neighborhood Center: Central East Austin 2005 Salina Street 512-972-5790



Once enrolled in the program, participants are signed up for a recurring monthly delivery. The box is distributed directly to participant's doorstep by Amazon Flex drivers each month, via contactless delivery. Participants can choose to un-enroll from the program at any time. To learn more about the Home Delivery Program and download the program flyer, visit <https://www.centraltexasfoodbank.org/home-delivery-program>

Is your agency providing a home delivery service? If so, we want to hear about it! Please email Agency Services at agencies@centraltexasfoodbank.org about your home delivery program.

Resources



Recipe of the Month



Shout for Choy! This month our Nutrition Education Team is featuring [bok choy](#). A leafy green vegetable that is a member of the cabbage family or cruciferous related to broccoli, cauliflower, kale, and Brussel sprouts.

Bok Choy has a large white bulb at its root base, long celery-like stalks with a dark leafy greens top. All parts of the bok choy can be eaten raw or used for cooking. Bok choy has a mild taste and is great in stir fry, braised, soups, and salads.

To prepare bok choy, cut off the root end and separate the leaves. Rinse the stalk and leafy greens removing all dirt that may have collected inside the stem. All parts of bok choy may be used for cooking or eaten raw. It is recommended to cook the white stalks first, as they require a longer cooking time. To prepare bok choy, remove the thick base and separate the white stalk from the leaves. Then wash the stalk and leaves in a bowl under cold water. You must thoroughly wash all parts to remove any dirt.

This leafy green vegetable is a great source of nutrients and is low in calories making it well suited for a healthful diet. Bok Choy and other cruciferous vegetables have certain anti-cancer properties. Studies have shown some people who eat more cruciferous vegetables have a lower risk of developing lung, prostate, and colon cancer.

In our featured recipe, bok choy is sautéed with garlic and Thai chili peppers to give the recipe a little bit of a kick. If spicy isn't your thing feel free to try this recipe without the peppers. Either way, this quick easy recipe is sure to be a family favorite. Please visit our website for this recipe, along with many other seasonal recipes to share with your clients.

Please visit our [website](#) for this recipe, along with many other seasonal recipes to share with your clients.

[Click here for more recipes.](#)

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 & Dairy	Shelf Stable
1% Milk	Apricots
Eggs	Peaches
Shredded Cheese	Green Beans
Cheese chunks	Pinto Beans
Canned Pork	Cereal
Chicken Fajita Strips	Rice
Chicken Drumsticks	Apple Juice
Chicken Breast	Applesauce Cups
Ground Beef	Salmon
	Tomato Sauce
	Oats
	Peanut Butter
	Peas
	Potato Flakes
	Almonds
	Black Beans
	Spaghetti
	Grapefruit Juice

aaa

Important Reminders

Upcoming Closures

The Food Bank will be closed in observance of Labor Day on **Monday, September 6** and to conduct year-end inventory from **Thursday, September 23 – Monday, September 27**. This means there will be no pick-ups, deliveries, or shop-for during these times. Please plan accordingly for your pantry needs. Please review the modifications being made to the ordering schedule as a result of these closures [HERE](#).

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

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

Contact the Team

512.684.2503 | agencies@centraltexasfoodbank.org

[Unsubscribe](#) | [Forward to a friend](#) | [Visit our website](#)
6500 Metropolis Drive, Austin, TX 78744
