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## Partner Agency Newsletter - March 2022

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### Spotlight



## Recipe of the Month



The Central Texas Food Bank Nutrition Team has a Swiss Chard and Caramelized Onion recipe, which is a great addition to your pantry and to share with your clients. The recipe utilizes Swiss chard which is available all year in many areas of Texas. Swiss chard is a member of the beet family and it does well in both cool and warm weather. Along with the high amount of vitamins, minerals and fibers that it holds, the rainbow of color is a plus to any dish.

To store Swiss chard, rinse off the leaves and store them in the ventilated plastic bags. The leaves are used as greens, cooked or raw, just like spinach or kale. Just like asparagus, the ribs can be cooked by steaming, roasting or sautéing. Greens such as Swiss chard combine well with sautéed dishes by adding oil, salt, plenty of garlic, and even pepper flakes-making easy and delicious side dish in just minutes.

Discover the many benefits of adding more greens, such as chard, spinach or kale to your meals. They are naturally low in fat, while providing fiber and vitamins A, C, and K. In the recipe of the month, the Swiss chard caramelizes along with the onions, creating an easy, savory side dish. Try it out and let us know what you think.

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

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## Resources



### 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!](#)

<b>Meat &amp; Dairy</b>	<b>Produce</b>	<b>Shelf Stable</b>
<a href="#">Chicken - frozen leg quarters</a> eggs Shrimp - frozen	Grapefruit Pears	Cereal - Corn Flakes <a href="#">Corn- canned</a> Dates - whole Hazelnuts Pistachios - roasted Green Beans - Canned <a href="#">Salmon - canned</a>

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## Important Reminders

**Alternate TEFAP Intake Form Now Available**

*Reminder: The TEFAP signature waiver will expire on March 31, 2022.* When using the Alternate TEFAP Intake form, agencies must take steps to ensure that neighbors' personal information remains protected and out of view of other individuals. Agencies may use the Regular TEFAP Intake form instead of the Alternate TEFAP Intake form if that is their preference.

Important Intake Document Links:

- Temporary TEFAP Intake [Form and Sign In Sheet](#) (Extended until 3/31/22)
- Temporary TEFAP Intake Form [Instructions](#)
- Regular TEFAP Intake Form ([English](#)/[Spanish](#))
- Regular Client [Sign In Sheet](#)
- Alternate TEFAP [Intake Form](#)
- TEFAP Intake [FAQs](#)

If you have any questions regarding the intake process or TEFAP eligibility, please reach out to your CTFB relationship manager or call the AR Hotline 512-684-2503.

## **Emergency Food Box Availability**

Effective March 1, the Food Bank will be offering emergency food boxes with \$0 handling fees and no capacity limits.

**Available Now:** Item# DBOX2021-1A

Brief description: Box with dimensions of 17"x12"x8" and contains\* non-perishable food items that includes pasta and pasta sauce, dry rice and pinto beans, canned vegetables and fruit, oats, canned entrees (chili, soup, or spaghetti-O's) and chicken, and shelf-stable milk.

**Coming soon:** Item# DBOX2022-1A

Brief description: Box with dimensions of 12"x12"x9.5" and contains\* non-perishable food items that includes pasta and pasta sauce, dry rice and pinto beans, various canned vegetables and fruit, oats, canned entrees (chili, soup, or spaghetti-O's) and tuna, bag cereal, apple sauce, and shelf-stable milk.

**\*items subject to change based on availability\***

If you have any questions, please connect with your relationship manager or email the Agency Relations inbox [agencies@centraltexasfoodbank.org](mailto:agencies@centraltexasfoodbank.org).

## Coming Soon: Food Hub Containers!

CTFB would like to encourage Partner Agencies to source various types of food including fresh, healthy produce through our highly anticipated Food Hub Container System, coming soon. This system offers the opportunity for Partner Agencies to directly receive food from your local food container hub and distribute at your agency. Additionally, the food picked up is separate from your order from the Food Bank and coordinated directly with your nearest hub, which makes for a convenient quick trip, with no handling fees, flexible pick-up times, and accompanied by a mix of food items including produce. The Food Hub Container System will have two locations, **Marble Falls (830)-693-5689** and **Belton (254)-939-7355**. To schedule a pick up time with either host, please sign the agreement [here](#), and send it to [agencies@centraltexasfoodbank.org](mailto:agencies@centraltexasfoodbank.org).

## Contact the Team

512.684.2503 | [agencies@centraltexasfoodbank.org](mailto:agencies@centraltexasfoodbank.org)

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