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## Partner Agency Newsletter - May 2022

### In this Issue:

[Spotlight](#)

[Resources](#)

[Important Reminders](#)

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### Spotlight



## **Food Care Center Helps Serve 1 MILLION Free Meals to Military Families**

The Food Care Center of Killeen worked tirelessly in 2021 to live their mission of “connecting military families to the resources, people, and information they depend on to successfully navigate all phases of military life” in the most food insecure area in the entire state of Texas. The Food Care Center contributed to the distribution of meals to Veterans, and their families, across the United States in partnership with the Military Family Advisory Networks’ 1 Million Meals Challenge.

The national challenge began after Food Care Centers’ successful first distribution and ended with serving its 1,000,000th meal out of the Food Care Center. In recognition of their hard work, the Food Care Center, led by Executive Director Raymond Cockrell, received an invitation to join the Network in Washington DC on March 13, 2022. As devout hunger fighters, the Food Care Center of Killeen received a certificate of appreciation on behalf of US Congressman Roger William, a challenge coin from The US House of Representatives, and a challenge coin from Robert Irvine.

Partners, please join us in congratulating and celebrating the Food Care Center for their amazing efforts in providing meals to military families in the Ft. Hood and Killen area. Not only do they provide mass distributions for the community, but they also hand out personal cell phone numbers to always have someone on call to advocate for and provide all that they can for military families navigating food insecurity.

On behalf of Central Texas Food Bank and the entire Partner Agency Network, thank you Food Care Center, for your hard work to lessen the hunger gap in Central Texas and beyond



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## Resources



### Attention Austin Area Partner Agencies: Charitable Feeding Organizations Permitting Requirements

As we have shared previously, all partner agencies operating food pantries or meal services in the City of Austin must be registered or permitted with Austin Public Health (APH) on an annual basis. Partner agencies must submit a Charitable Feeding Organization [application](#) for each physical location serving or distributing

food. Moving forward, the Central Texas Food Bank will request proof of APH registration/permitting during our annual site visits in the Austin area.

The City of Austin and CTFB is hosting a Virtual Information Session for our Austin Area Partner Agencies. This will be a great opportunity to ask questions and get the latest updates related to CFO food permitting. **Please RSVP [here](#) and provide your questions in advance.** Note that questions will not be taken during the event so it is important to provide your questions ahead of time.

To join the Zoom Q&A session, please [click here](#).

Or visit Zoom.com and enter the meeting info below:

**Meeting ID: 251 005 6798**

**Passcode: CFO**

Or join by phone:

One tap mobile

+13462487799,,2510056798# US (Houston)

+12532158782,,2510056798# US (Tacoma)

Partner agencies are encouraged to review this [checklist](#) and [guide document](#), provided by Austin Public Health. Additional information and resources may also be located on the City of Austin [website](#).

A few tips for the CFO application process:

- Along with pages 1-5 of the [Charitable Feeding Organization Application packet](#), Partner agencies must submit Ownership Documentation (i.e. Articles of Incorporation) and Evidence of 501(C) exemption under the IRS code to Austin Public Health.
- Partner agencies should follow the [CFO Self-guided Category Determination](#) to identify which category describes your agency. Food pantries with cold

storage will likely fall into CFO Category 2, and Onsite kitchens will fall into Categories 3 or 4.

- CFO Categories 1 and 2 must register with APH, while Categories 3 and 4 must obtain a permit.
- If your agency already holds an active City of Austin Food Enterprise permit, you should still apply for a CFO permit - you will not need to complete a pre-opening inspection and fees will be waived.
- Agencies who operate multiple sites must submit a separate application for each physical location. When completing the application, enter the site-specific information under "Establishment Information" and agency information under "Ownership Information."

## Freezer Blankets Available This Month!

Please remember that all Partner Agencies without refrigerated vehicles or coolers with ice/cold packs must utilize insulated freezer blankets for transporting perishable food to comply with safe food handling policies. If your agency does not have refrigerated vehicles or coolers with ice/cold packs and would like to receive one (1) free freezer blanket, please complete this [agreement](#).

The Central Texas Food Bank will make arrangements to get the freezer blanket to your agency though an annual site visit or other opportunity to connect beginning in late May 2022

## Recipe of the Month



After a cold winter, there is nothing better than embracing the spring with a delicious fruit smoothie. For this month's [recipe](#), we are featuring papaya. This red-orange fleshed fruit can be up to 20 inches in size and weigh up to 25 pounds! Once a rare and exotic fruit, papaya is now cultivated year round and is native to Mexico and Central America. A fun fact about papaya is that papaya is

botanically a berry!

Papaya is similar in taste to cantaloupe, and has a buttery texture. It is high in vitamin C, a great source of folate, vitamin A, and fiber. Papaya, commonly eaten on its own, is a great addition to any fruit salads as well. Try sprinkling a little cayenne pepper on top fruit or adding it to your regular salads for a nice zing! This tropical fruit helps keep our digestive system healthy by providing lots of fiber. The vitamins and minerals found in this fruit are a few of the many essential nutrients like fiber, which aids our digestive system.

In our featured recipe, we combined the distinct flavors of papaya and turmeric, then added banana and almond milk to create a refreshing and sweet smoothie. Turmeric comes from the root of Curcuma, and has earthy, bitterness taste. By combining papaya and turmeric, you get a delicious easy to prepare, and healthy drink to enjoy as a snack or as a breakfast addition.

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

## 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>
Catfish- frozen filets <a href="#">Chicken- breast</a> <a href="#">Chicken- drumsticks</a> <a href="#">Eggs</a> Milk- 2%	Grapefruit Pears Mixed	<a href="#">Beans- Great Northern dry</a> Beef Stew- canned Cereal- oat circles <a href="#">Corn- frozen</a> <a href="#">Green Beans- canned</a> Macaroni and Cheese Mixed Fruit- canned Peanut Butter- smooth <a href="#">Potatoes- white slices canned</a> <a href="#">Salmon- canned</a>

		Spaghetti Sauce- meatless <a href="#">Tomato- diced can</a>
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## From the CTFB Garden Team:

Do you want to learn how to grow and cook seasonal fruits and vegetables? Are you bored eating the same ones over and over? Come and explore a world of possibilities in the garden and on your plate at the Central Texas Food Bank. We are offering free garden based cooking classes to help you grow, harvest, taste, and learn about fruits and vegetables. You will harvest fresh, seasonal produce in our on-site garden, and learn an easy way to prepare the food at home. We will even send you home with ingredients!

**Class Dates:** Wednesdays from 5/18 - 6/22

**Class Time:** 5:30 pm - 6:30 pm

**Location:** 6500 Metropolis Dr. Austin, TX 78744

**All Ages Welcome – Family Friendly** (*No childcare provided – all children must be supervised by adult guardian*).

Please view the full flyer [here](#) and register at [www.centraltexasfoodbank.org/cookingclass](http://www.centraltexasfoodbank.org/cookingclass)

## Abiding Love Shares their Client Choice Resource!

Is your agency thinking about switching to a Client Choice Model? Will it work with your drive-thru food distribution?

[Here](#) is an editable template that you can use to inform neighbors what items your pantry has available and allow them to choose what items they would like to receive. Make sure to download the document and then select edit document in the view panel to view it correctly. This way clients are not receiving items that they might never even open and instead that food will be there for the next person who requests it.

This can benefit our neighbors by allowing them to select food that aligns with their preferences and dietary restrictions, while still allowing the quick pace of a drive-thru model.

The implementation of this form would require volunteers to give the form out to neighbors during intake. After they make their selections, volunteers can then fill a bag with the requested items and deliver it back to the neighbor's car.

You can also include non-food items under the other category or change the categories to better suit what items your pantry has available. There is space at the bottom of the page if you would like to include limits on number of items someone can request based on household size, availability, etc.

A big shout out to Abiding Love for providing us with the original version that we used to implement this resource!

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## **Important Reminders**

### **Share the Great News with CTFB!**

Share your wonderful news like Agency Anniversary, awards/recognitions, special distributions, etc. by filling out [this form](#) for the opportunity to be the Spotlight in our monthly Newsletter. Thank you for all your hard work!

### **CTFB's Partner Agencies Facebook Group**

Please follow [this link](#) to request to join the private CTFB Partner Agencies Facebook group. You will be prompted to answer a few short questions that will inform the

admin that it is safe to allow you into the private group. If you have any questions, please email [agencies@centraltexasfoodbank.org](mailto:agencies@centraltexasfoodbank.org).

## Contact the Team

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

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6500 Metropolis Drive, Austin, TX 78744

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