

# REGIONAL FOOD BANK™

*of Oklahoma*

*"Fighting Hunger...Feeding Hope"™*



Meal provided by Regional Food Bank of Oklahoma's Hope's Kitchen

MEMBER OF  
**FEEDING  
AMERICA**

## Together, we can end hunger in Oklahoma.

Oklahoma is the 6th hungriest state in the nation. Together, we can make a difference. The Regional Food Bank of Oklahoma provides enough food to feed more than 136,000 Oklahomans every week. The majority of people served are chronically hungry children, seniors living on fixed incomes and hardworking families who cannot make ends meet. Join us in *"Fighting Hunger...Feeding Hope."*

# FOOD FOR FAMILIES

The Regional Food Bank is working to end hunger throughout 53 central and western Oklahoma counties.

## Serving Families

In FY 2017, the Regional Food Bank distributed more than 43.4 million meals through a network of 1,300 community-based partner agencies, charitable feeding programs and schools.

## Innovation in Helping

Client-choice shopping; extended hours and days of operation; increased access to fresh produce; and connecting clients to community resources are priorities of the Regional Food Bank's 14 Food & Resource Center pantry partners. Last year, a quarter of all food distributed to clients was provided through Food & Resource Centers.

Hunger data from Feeding America's 2017 Map the Meal Gap

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## ONE IN SIX OKLAHOMANS LIVES WITH HUNGER

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## FOCUS ON HEALTH

Limited access to healthy food is associated with chronic disease, malnutrition and obesity. Distributing healthy food is a top priority of the Regional Food Bank. Nearly a quarter of all food distributed by the Regional Food Bank last year was fresh fruits and vegetables. Health-promotion efforts include:

### Fresh Food Mobile Markets

Provide fruits and vegetables to clients in areas with limited access to produce.

### Farm to Food Bank

Working with the Conservation Partnership, farmers plant and donate edible cover crops.

### Fresh Rx

Regional Food Bank staff train healthcare providers to screen for food insecurity and connect patients to hunger-relief resources.

### Healthcare Partnerships

Food is provided to patients living with chronic diseases such as diabetes and hypertension.

### Urban Harvest

This educational, sustainable gardening program grows produce for distribution and provides gardening support to partner agencies.



# FOOD FOR KIDS



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ONE IN FOUR  
OKLAHOMA CHILDREN  
LIVES WITH HUNGER

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Food is essential for healthy child development and learning. Last year, nearly 44,000 chronically hungry children were served more than 3 million meals through Food for Kids Programs.

## Backpack Program

Elementary school children receive a backpack full of nutritious food every weekend and over school holidays. During the 2016-17 school year, 24,371 students at 500 schools participated in the program – 5,555 more students than 2015-16.

## School Pantry Program

Middle and high school students have access to an on-site pantry to ensure they have enough food to grow and learn. Last year, 5,770 students at 167 schools received weekly groceries through this program – 15 more schools than the year before.

## Summer Feeding

Children are at a higher risk for hunger during the summer. Over the summer of 2017, more than 7,000 children received free meals at 120 sites.

## Kids Café

Supplies nutritious meals at no cost to 46 afterschool programs that provide mentoring, tutoring and enrichment to over 6,000 children.

# FOOD FOR SENIORS

After a lifetime of work, many seniors live on fixed incomes that cause them to choose between paying for healthcare, housing and groceries. Food insecure seniors are at a higher risk for chronic health conditions, which is why the Regional Food Bank is committed to meeting their needs.

## Senior Mobile Pantries

Provide shelf-stable food and fresh produce to nearly 1,000 seniors each month at 18 Oklahoma Housing Authority sites.



## The Commodity Supplemental Food Program (CSFP)

Works to improve the health of more than 3,000 low-income seniors, age 60 or older, by supplementing their diets with nutritious USDA commodity foods.

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ONE IN TEN  
OKLAHOMA SENIORS  
LIVES WITH HUNGER

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# JOIN US



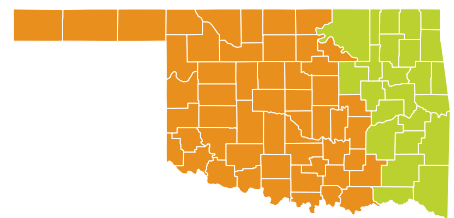
## Volunteer

Every day, volunteers sort, pack or make enough food to fill a semi-truck. Last year, more than 41,500 volunteers saved the Regional Food Bank \$4.4 million in labor costs.

Individual and groups of volunteers are welcome. Volunteer opportunities include: bagging and boxing food, preparing fresh food for distribution, processing protein donations and stocking shelves at the Moore Food & Resource Center.

## Donate: \$1 = 4 meals

Every \$1 donated provides 4 meals to hungry Oklahomans. Because our administrative and fundraising costs are only 4 percent, 96 cents of every dollar donated goes directly towards hunger relief.



The Regional Food Bank of Oklahoma serves 53 counties in central and western Oklahoma.

You can help fight hunger.

Make a donation, sign up to volunteer, learn about tours and hunger simulations, become an advocate or sign up to receive newsletters. To learn more, visit our website.



[www.regionalfoodbank.org](http://www.regionalfoodbank.org)

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