



# REGIONAL FOOD BANK OF OKLAHOMA®

2022 Annual Report





*Volunteers are the heartbeat of the organization. During Fiscal Year 2022, nearly 28,000 volunteers worked 71,565 hours, saving the Regional Food Bank more than \$1.7 million in labor costs.*

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## Dear Friends,

We are pleased to present to you the annual report for the fiscal year July 1, 2021 through June 30, 2022. It is our hope this report shines a light on the innovative work of the organization as we move toward our vision of an Oklahoma where no one goes hungry.

We should all expect to live in a state where our neighbors have access to nutritious food. Even with the unforeseen challenges created by the COVID pandemic over the past few years and rising costs, the Regional Food Bank remains laser focused on working with partners to meet current needs while also engaging communities to address hunger prevention strategies.

It's never easy to summarize an entire 12 months of work, but we hope this annual report will give you a glimpse into how the Regional Food Bank is working toward fighting and preventing hunger. We've included stories about how we're using Hope's Kitchen as a culinary training site for incarcerated individuals, helping to reduce recidivism by providing participants with marketable skills. You'll also meet a family who were inspired this year to become a Partner in Hope, our group of donors who make a multi-year commitment of financial support. We are also excited to share about how we're expanding our work with healthcare providers in the fight against hunger.

While most of the report focuses on outward facing programs and projects, you will also learn about a major internal development that rolled out in 2022. After months of work with

human capital consultants, the Regional Food Bank increased our wages to ensure every employee is earning a living wage. We cannot ask others to join in our vision to prevent hunger if we have employees who are forced to visit food pantries for their own households due to low pay. And we hope employers across Oklahoma will consider whether their workers are all earning a living wage.

The Regional Food Bank was again named one of the Top Workplaces by The Oklahoman and received the Potts Family Foundation's designation as a Family Positive Workplace. In addition, we recently received the Journal Record's Beacon Award, recognizing our work with other nonprofits. We are grateful for the ways our work to create a top-tier work environment is being recognized. These awards also showcase how the effectiveness of our work grows exponentially through meaningful partnerships with other organizations.

As you read this report, we hope you sense the dedication and innovation of our staff and partners revealed in each story. Your support of this work is crucial. Thank you for helping and investing in both the small and large steps as we work toward an Oklahoma where no one goes hungry.

Gratefully,

Jeremy Humphers  
Board Chair  
(Devon Energy)

Stacy Dykstra  
CEO  
Regional Food Bank

# Pete's Pantry Providing for the Pokes

Hungry students can't learn. That statement applies to students ranging from elementary school all the way to college. Yes, college. A recent survey from Temple University found that nearly 50% of students at more than 100 postsecondary schools couldn't afford to eat a balanced meal and 35% of students were skipping meals entirely.

This is a need Rachael Condley, executive director of Our Daily Bread Food & Resource Center, and her staff has worked to meet on the Oklahoma State University (OSU) campus for years. Our Daily Bread began mobile distributions on campus in September 2020 during the COVID-19 pandemic to offer students supplemental groceries and access to resources. Despite the success of the distributions, Our Daily Bread staff didn't feel they were quite meeting the needs of students.

In early 2022, space in the OSU student union opened. Dubbed as the world's most comprehensive student union, the building is a central hub for students on campus. Our Daily Bread began working with the director of campus life and student associations to claim the space for a pantry.

"We were passionate about having the pantry in a place where students had easy access," Condley said.

In February, Pete's Pantry opened its doors to both students and staff at OSU.

"This is for anyone experiencing food insecurity. If you are living on a cup of ramen because you can't afford fresh food, that's food insecurity," Condley said. "I know that we are meeting needs and that we are helping students and staff."

As word continues to spread, more people are visiting Pete's Pantry. In February of 2022, the pantry served 70 students and staff. By July, nearly 150 people shopped at the pantry. As classes began in August, Pete's Pantry served 95 students in one week.

"We were shocked when we first opened," Condley said. "We stocked quick snacks, but they want to cook, our guests were going crazy over produce like onions. We've now shifted to have more things that students can cook with, that's been really fun to see. They want to eat better."

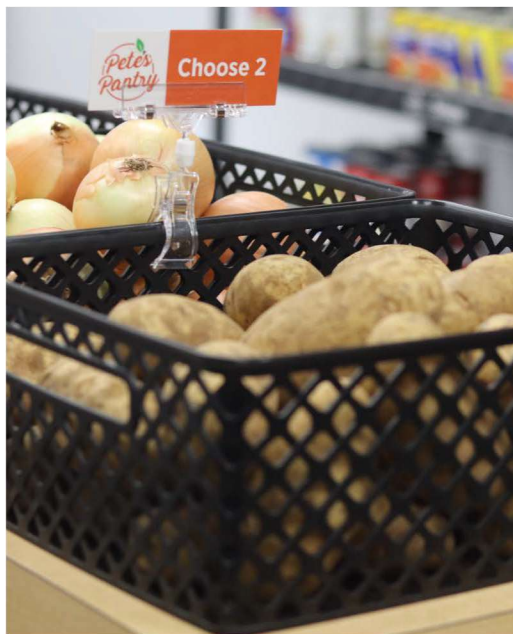


Nearly 50% of students at more than 100 postsecondary schools couldn't afford to eat a balanced meal and 35% of students were skipping meals entirely.

-Temple University Survey







Thinking back to the first days of the pantry, Condley remembers one student in particular. The student was apprehensive to visit the pantry but shopped after meeting with staff who learned that the student lived off campus and had been spending all her money on gas and rent, leaving no money for food. With her family unable to help her, the student turned to Pete's Pantry. The student continues to utilize Pete's Pantry and even brought her out-of-state family by to meet staff when they were in for a visit.

"You can't see food insecurity on someone. It's not something that's always obvious," Condley said. "To see this student overcome her apprehension was wonderful. The more students we can get in and encourage others to come by, the more we can feed well."

Pete's Pantry is open two days a week with plans to expand to a third day. For several years, the Regional Food Bank has addressed hunger on college campuses by partnering with public institutions to support on-campus pantries that are available to not only students but staff. There are currently 16 campus pantries.

## Increasing Access to Food on College Campuses

If you're an Oklahoma student seeking post-secondary education, you may be faced with more than tuition, fees and books.

During 2022, to help combat food insecurity on Oklahoma campuses, the Advocacy team led by Bailey Perkins Wright, state advocacy and public policy director for the Oklahoma Food Banks, worked to shine the light on the issue during the 2022 legislative session. Leading the effort was Rep. Daniel Pae, who as a University of Oklahoma student had helped to launch a food pantry on the Norman campus. The advocacy efforts paid off with the passage of the Hunger-free Campus Act which makes available \$200,000 in state appropriations for a pilot program.

Pae expects that the targeted approach of the pilot program will allow the state to gain more insight on campus hunger, explore more strategies to mitigate food insecurity and ultimately help boost post-secondary completion rates for Oklahoma students. The program will offer matching grants to two four-year universities, two regional colleges and universities and four two-year community institutions in urban, suburban and rural areas of the state. Participating schools must be public institutions.

"Between tuition and fees and often low-paying jobs or little time for work as they juggle busy class schedules, college students often have plenty on their plates except food," Pae said. "Our goal is to support strategies that combat hunger on college campuses, including outreach to students to provide available resources that will help alleviate food insecurity."

"It is essential to not only fuel minds in the classroom but to also fuel bodies as our post-secondary students prepare to meet the workforce needs of our state," said Stacy Dykstra, chief executive officer of the Regional Food Bank. "This pilot program can illustrate how matching investments in meeting basic needs can yield strong returns not only on retention and graduation rates, but also for the future of Oklahoma."



*A resident at the Classen Senior Center in downtown Oklahoma City selects several Senior Servings meals during a visit to the on-site pantry.*

## Senior Pantries Improve Access

The COVID-19 pandemic forced the Regional Food Bank to rethink many of its programs. In the case of the Senior Pantry Program, the pandemic resulted in innovations that now provide more food and access to Oklahoma seniors.

Oklahoma consistently ranks among the top 10 states in the nation for food insecurity among seniors. As a result, more and more seniors turn to the Regional Food Bank for help each year.

The Regional Food Bank operated the Senior Mobile Market Program for 15 years prior to the pandemic. Employees would set up tables outside of Oklahoma City Housing Authority (OCHA) senior sites and offer prepacked bags of canned goods, bagged produce, bread and frozen protein. Mason Weaver, special health projects manager at the Regional Food Bank, says the program worked well enough but left seniors subjected to the Oklahoma weather.

In February 2020, the first serious pandemic reports began rolling in. With seniors at an increased health risk to COVID-19, the Regional Food Bank had to make a change to ensure seniors would have access to nutritious food.

"Our Senior Mobile programs had to rapidly shift to a box distribution solution that we could drop and go. I assured our senior housing partners that it would be for a few months until everything went back to normal," Weaver said. "That clearly has not been the case, but the shift put us on track to radically change how we view and run our senior housing food access programs."

Weaver and his team began brainstorming ideas on how to better provide to the seniors they serve. By summer 2020, it became apparent that there was no going back to the old model for some time and the Regional Food Bank met with OCHA to present new ideas on how to provide needed food to seniors.

"The pitch was, what if the food pantry was actually inside your building?" Weaver said. "The pantry would only be for residents, open on an OCHA schedule, managed by the Regional Food Bank, staffed by vetted and trained volunteers."



OCHA was on board and, with the help of a senior hunger grant from Feeding America, the Regional Food Bank began work on a pilot senior pantry. Weaver and OCHA chose to pilot the program at the Jeltz-McGuire combined senior site. The location was chosen for several reasons: the site has a population of more than 200 seniors between the two combined buildings, space was available on the first floor of McGuire Plaza and is in a historically underserved population on the northeast side of Oklahoma City. The Regional Food Bank's first senior pantry, officially named the McGuire and Jeltz Food Connection, opened in May 2021.

Senior Pantry Program sites are open to all OCHA residents of the building where the pantry is located. Residents are automatically pre-qualified to visit the pantry simply because they meet the income requirement to live in the building. The Regional Food Bank is able to primarily stock the shelves of the pantries with USDA product as well as donations from food drives and donated produce and dairy.

"Most clients who fill their carts now get 50 to 60 pounds of food from our senior pantries, versus the 15 to 20 pounds they were receiving in our old mobile market system," Weaver said. "I hear from a lot of residents that what they receive from us, along with the daily meals, is enough food for them each month."

Instead of a single drop-off time, residents now have increased hours and days to access the pantry and an increased selection of produce, dairy, dry goods and bread. The senior pantries also feature coolers with frozen, easy to prepare meals from the Regional Food Bank's Senior Servings Program.

"Our regulars who come every month need us far more than we knew. These seniors often have little access to food beyond the week-day lunches the senior center kitchens provide," Weaver said.

After the success of the pilot pantry, the Regional Food Bank opened its second Senior Pantry Program location at Classen Senior Center in December 2021. A third location, at Andrews Square Senior Center is set to open in November 2022.

"The harsh reality of working with low-income seniors is that for the vast majority, things aren't going to improve. Their financial situations are either fixed, via Supplemental Security Income or social security, or they work low wage jobs without much hope of advancement," Weaver said. "Many of our residents have serious long-term health problems, both mental and physical, and public housing is the reason they remain sheltered."

The pantries mean more than increased access to a wider variety of food. June, a long-time resident of Classen Senior Center, enjoys the community aspect of the new pantries.

"Oh, it means so much. The groceries are so nice and fresh. We get a different variety every month," June said. "We get to meet each other and talk with each other and get to know each other better. There's so many of us here and we want to give each other a chance."

Over the next decade, the Regional Food Bank plans to place an on-site food pantry at all 10 OCHA senior living centers, giving direct residential food access to over 1,300 low-income seniors.

"The cost of living is so high it's so hard to get food in this world," June said. "We are so thankful for this help."



*Norman Regional Hospital's Kris Lane and Kristin O'Neal in the facility's Food Pharmacy.*

## Creating a Food Pharmacy at Norman Regional Hospital

A partnership between the Regional Food Bank and the Norman Regional Hospital to create an on-site food pantry at the main hospital has contributed to a reduction in readmissions. Dubbed the Food Pharmacy, the pantry has also connected food insecure patients to long-term food resources.

“Our partnership with the Regional Food Bank has been the driving force behind Norman Regional’s ability and success to address food insecurity for the patients in our acute hospitals, emergency departments and clinics,” said Kristin O’Neal, administrator for post-acute transitions and community engagement. “Without the supply of the emergency food boxes and the funding for the freezer to offer frozen individual meals, the Food Pharmacy would not have expanded to the extent that we see today.”

Since opening in January 2021, the Food Pharmacy has helped more than 600 patients and counting. Patients are screened for food insecurity and provided food on-site. The Regional Food Bank provides healthy food options either via a pantry box, frozen meals or shelf-stable items. Patients are also provided bilingual information on SNAP application assistance, how to find a nearby food pantry and nutrition education materials.

“Providing food meets the immediate need by providing access to healthy foods on-site while the patient is visiting the clinic,” said Keeley White, director of community health programs for the Regional Food Bank. “It also provides sustainable access to food resources through connections to SNAP and community food pantries.”

Three additional Norman Regional Hospital clinics now also have on-site Food Pharmacies with plans to expand to additional clinics.



“The Food Pharmacy has been life changing for so many individuals,” O’Neal said. “Offering the food at discharge or post ER or clinic visit has helped to build a rapport with patients that led to the discussion of additional barriers to our care coordination teams and helped patients realize that our team was honestly concerned about their situation and wanted to help.”

“The food opened conversations to further discuss transportation issues or medication expenses, for example,” she added. “Our team was then able to assist with interventions helping with the other social determinants identified.”

The Food Pharmacy was named Most Innovative Program at a recent American Case Management Association national conference.

“As we work together towards hunger prevention, Norman Regional Hospital continues to be a valued and high performing healthcare partner of the Regional Food Bank,” White said. “We are so grateful to have wonderful partners like Norman Regional that understand the importance of addressing food insecurity in order to improve health outcomes and make Oklahoma a state where no one goes hungry.”



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- Kristin O’Neal, Norman Regional Hospital

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# Giving a Second Chance through New Culinary Training

The Regional Food Bank’s production kitchen, Hope’s Kitchen, is an integral part of the organization’s fight against hunger. The kitchen produces hundreds of thousands of meals every year for the Regional Food Bank’s Food for Kids and Food for Seniors programs. Since it opened in 2016, it has long been a goal to utilize the kitchen to its full potential to offer culinary training and skills.

In 2020, in the midst of the COVID-19 pandemic, the Regional Food Bank connected with fellow nonprofit The Employment and Education Ministry (TEEM) to discuss a partnership between the two organizations. TEEM works to break cycles of incarceration through education and personal development and offers job training programs. Lynde Gleason, reentry site supervisor at TEEM, said the partnership was a win-win for each organization.

"The partnership empowers TEEM to use the state-of-the-art facility at the Regional Food Bank to offer individuals an opportunity to gain tangible job skills and give back to the community by filling a need of fighting food insecurity," Gleason said.

After months of planning, in July 2021 the organizations kicked off the first culinary arts training class, comprised of incarcerated individuals through the Oklahoma Department of Corrections. The eight-week course teaches individuals valuable preparation skills in the kitchen and each class member undergoes training for their ServSafe certification, helping to give them a tangible skill when seeking employment after incarceration. The course is led by Harlan Hubbard, who became involved after volunteering to teach an earlier culinary course at TEEM.

"We teach basic culinary skills, the same type of training that a student would learn at a state vocational tech school," Hubbard said. "We also incorporate life skills training in the classroom. Hopefully preparing students to make the transition back into life smoother."

Throughout the course, culinary training program students help prepare meals for the Regional Food Bank’s Food for Seniors Programs as well as meals and snacks for the Summer Feeding Program and the Kids Café Program. Attendees also help prepare meals for meetings and events at the Regional Food Bank. The culinary training program was instrumental in helping



the Regional Food Bank kick off the Senior Servings Program, which provides easy to prepare frozen meals to seniors with limited mobility.

Hubbard believes the life skills and kitchen skills taught during the course are equally as important.

"By providing students with training and skills that will enable them to obtain and keep employment they have a greater chance of becoming productive persons in our community," Hubbard said.

"Participants also have a chance to break the habits and cycles of incarceration in their life and their family members' lives."

Since July 2021, more than 44 students have completed the culinary training program. Of those students who have since been released from incarceration, several have jobs in the culinary field.

"The culinary program goes beyond certificates and hands-on training. They learn life skills. They see the kitchen as a metaphor for life," Gleason said. "Many of the students understand what it feels like to be food insecure and have a heart to see their community improved. They understand the significance of the work being produced from that kitchen and are thankful for the opportunity to be a part of it."

Both Gleason and Hubbard credit each organization involved for the success of the program.





*A student helps to package a Senior Servings meal in Hope's Kitchen.*

"Programs like this create a collaboration that sparks synergy that produces deeper and better outcomes. The culinary training that exists because of the partnership with the Regional Food Bank and TEEM allow individuals involved in the criminal legal system to obtain culinary credentials and give back to the community by participating in food distribution initiatives," Gleason said. "The result is a win-win in meeting tangible needs with the community while instilling the value of volunteerism."

At the end of the program, students are celebrated with a graduation program at the Regional Food Bank where they prepare the meal for attendees, which is made up of the family of the students and representatives from each organization.

"Each organization is able to contribute unique resources and the result is exponential," Gleason said. "This collaboration underscores the value of teamwork and represents our community at its best."

“

By providing students with training and skills that will enable them to obtain and keep employment they have a greater chance of becoming productive persons in our community,

- Harlan Hubbard, The Employment and Education Ministry (TEEM)

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# New Woodward Hub Brings More Frequent Deliveries, Fresh Produce to Northwest Oklahoma



*Mike Stone, the Regional Food Bank CDL driver based out of the Woodward hub, makes a delivery to Opportunities Inc., a partner in Watonga.*

The Regional Food Bank's service area stretches across 53 counties, spanning central and western Oklahoma from the borders of Kansas and Texas. A large service area can present challenges when it comes to frequency of deliveries, especially providing access to fresh produce.

By April 2022, the Operations team found a solution by opening a distribution hub in Woodward. A 53-foot refrigerated trailer along with a full-time CDL driver are now based out of the Hope Center Food & Resource Center, a community-based partner. Now, with a driver and trailer able to start daily deliveries from Woodward instead of Oklahoma City, the Regional Food Bank is able to more effectively serve the northwest region of the state (see map). The frequency of deliveries also means there is more room on the trailer to carry fresh produce to smaller partner agencies.

"When we realized the distance barriers were negatively impacting our ability to serve, especially in the panhandle, I

knew we had to act and get more nutritious, fresh produce out to those outlying communities," said Caleb Dixon, chief operations officer. "We are seeing a 300% increase in the amount of fresh produce distributed by the smaller agencies, some getting produce deliveries for the first time."

Dixon said that there are plans to develop more hubs within the service area in the near future.

For Carla Flynn, deputy director of Opportunities Inc. in Watonga, the additional deliveries mean more nutritious food for the neighbors the nonprofit serves.

"Our clients are all low income so by supplementing food from our pantry they are able to use their money for medicine and other necessities," she explained. "Our seniors especially can get nutritious fruit and vegetables now that they are being offered. We are so appreciative."



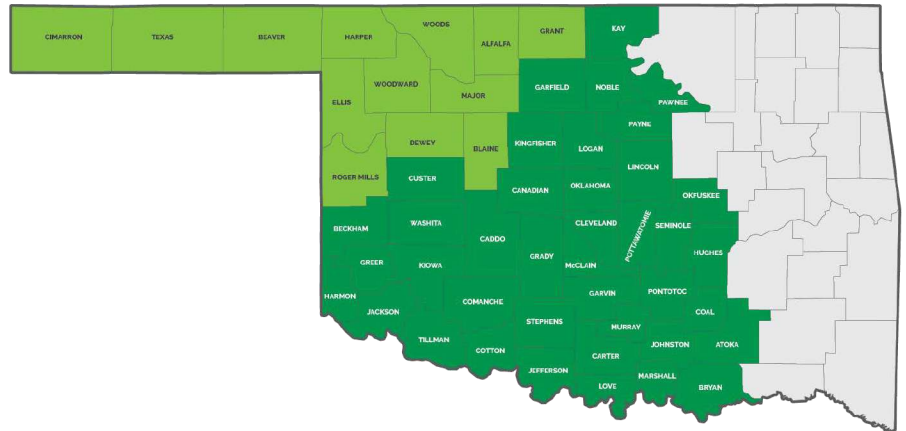
Mike Stone, the CDL driver based in Woodward, first became aware of the severity of food insecurity in his community when he started to volunteer at the Hope Center.

“It didn’t all click with me until I saw the challenges firsthand,” he said. “Now that I deliver to almost 20 pantries, I can see how many people are in need of food in this part of the state.”

Mike says his favorite part of making the deliveries is the personal connections he’s made with the people who work and volunteer at the pantries.

“I’ve got new friends now all over the northwest region,” Mike said. “They are doing a great job of taking the food that I bring to them and getting it distributed.”

**Woodward Hub Service Area**



The Woodward hub serves partners in 14 counties in northern Oklahoma (light green).

## Stamp Out Hunger Food Drive Returns

After a two-year hiatus due to the pandemic, residents in central and western Oklahoma once again filled bags with shelf-stable food for the National Association of Letter Carriers’ Stamp Out Hunger Food Drive.

In partnership with the National Letter Carriers Association and the U.S. Postal Service, the Regional Food Bank coordinated the Stamp Out Hunger food drive and recruited volunteers for the 30th annual event held on May 14, 2022. Oklahomans were asked to leave a bag of nonperishable food donations by their mailbox on May 14. Letter carriers in 238 communities across central and western Oklahoma collected the donations and transported them to their local post offices for volunteers to sort.

In the Oklahoma City metro alone, 275 volunteers helped sort donations at 20 post office sites. At the final tally, more than 610,000 pounds of food were donated and over \$32,000 in financial contributions were raised during the event.





*IDEA Committee - Front: Regina Lane, Westlee Owens, Linda Eakers, Chelsea Casso, Jerry Foster.  
Back: Jhonhenri Lee, Tina Duree, Kenzie Fanning, Stacy Dykstra, Not in photo: Taylor Sanchez Guzman.*

## IDEA Becomes a Reality

Regina Lane joined the Regional Food Bank staff in March 2022 as the organization's first inclusion, diversity, equity and access (IDEA) officer. In her role, Lane is creating, leading and evaluating programs to ensure employees have an inclusive work environment.

"Prioritizing inclusion, diversity, equity and access is very important to our organization as we continue helping our neighbors who are food insecure while also addressing how to prevent hunger in our service area," said Stacy Dykstra, chief executive officer. "Elevating this work to the officer level has ensured it is always part of the conversation. It will continue to positively influence our culture and guide engagement with our neighbors, partners, volunteers and donors."

The Regional Food Bank created a staff IDEA committee in 2020. Committee members consulted with other food banks who had IDEA programs and were instrumental in making the case for the organization to have an IDEA officer. The committee worked together to create the job description and participated in the interview process.

"I think it was crucial that the need for this position was staff driven," Dykstra said. "The engagement of the IDEA committee was key in ensuring the Regional Food Bank hired the right person to meet our needs."

Prior to joining the Regional Food Bank, Lane was the director of service learning at Heritage Hall, a position she held since 2017. In her role as the IDEA officer, Lane leads the staff IDEA committee and works closely with the human resources department to ensure that the Regional Food Bank is developing as an organization in these foundational initiatives. She said that in order to best serve a diverse Oklahoma community, the Regional Food Bank must acknowledge its own individual biases while also practicing internal awareness and growth.

"Work should be a safe place to cultivate our shared core values of innovation, vitality and stewardship," Lane added. "With the combined effort of our human resources team and the targeted energy of our IDEA committee, the Regional Food Bank will make our workplace safe and inviting for all and assist our vision of an Oklahoma where no one goes hungry."



# Offering a Living Wage is Important First Step

In 2021, as the Regional Food Bank began its big picture work toward the organization's vision of an Oklahoma where no one goes hungry, leadership knew internal changes were needed. At that time, the pay-rate for several employees was forcing them to seek food assistance each month.

"We had to look inside and acknowledge that our employees weren't being compensated in a way that made it feasible for them to make ends meet in their own household," said Stephanie Mendenhall, chief financial officer.

On Jan. 1, 2022, the Regional Food Bank implemented a living wage policy for its employees with no employee earning less than \$18.47 per hour. The increase in base pay for all employees was the result of months of consultation, collaboration and research, taking into consideration many factors including the organization's region and the existing generous benefit package. Providing a living wage means offering an income that allows employees to afford basic needs like shelter, food and other necessities.

In addition to raising the base salary, the Regional Food Bank worked with a local human capital consultant to review salary ranges and develop transparent and equitable pay ranges for each position in the organization, measured against available market data.

"The consultant came in and learned who we were as an organization, they learned about the positions, what they did, how they contribute to our mission and really determined the value of each of those roles," Mendenhall said. "They helped us create a pay structure that is going to be functional and helpful in making certain that we are paying a living market rate to all our staff so that they are always able to show up at their best"

The two changes were key to ensuring an equitable work environment at the organization. An additional step was also implemented when the organization adopted the practice of posting salary ranges with every job listing. Each position also has pay bands to inform employees how and if they can increase their salary.

For one Regional Food Bank employee, the living wage policy means her family can worry less about having enough money to make ends meet each month.



As a nonprofit, we take the responsibility of stewarding every donated dollar very seriously and know that our partners trust us to ensure we maximize their investment," Dykstra said. "Ensuring our employees can meet their basic needs puts us one step closer to ending hunger and poverty in Oklahoma.

- Stacy Dykstra, CEO Regional Food Bank



"The living wage adjustment has significantly impacted my family," said Westlee, who joined the Regional Food Bank more than three years ago. "This change will keep employees like myself from needing food assistance and keep us focused on Oklahomans who do need it."

CEO Stacy Dykstra said she hopes the organization's action will encourage other employers to adopt similar policies.

"As a nonprofit, we take the responsibility of stewarding every donated dollar very seriously and know that our partners trust us to ensure we maximize their investment," Dykstra said. "Ensuring our employees can meet their basic needs puts us one step closer to ending hunger and poverty in Oklahoma."

# Ashlee and Aamir Mahmood: The Belief in Paying it Forward

Prior to April 2022, Ashlee and Aamir Mahmood were familiar with the Regional Food Bank through food drives at work and through social groups. That all changed when Aamir was invited to the Hope's Harvest luncheon, an annual event that invites attendees to consider making a multi-year financial commitment as Partners in Hope.

Hope's Harvest provided an opportunity for Aamir, chairman of Microport CRM USA, to learn more about the Regional Food Bank and decide to have his family get involved in a deeper way.

"Everyone needs food to survive, food is something we should all have readily available to nurture our bodies," Mahmood said. "Sadly, hunger is a global pandemic and is here locally as well."

It was a specific event during Hope's Harvest that served as a goosebump moment for Aamir.

"My mother raised us with the understanding that being able to feed someone is one of the greatest blessings," Mahmood said. "When a speaker began to talk about his mother, it triggered an immediate need for us to step in, as though my mom was tapping me on my shoulder."

Mahmood describes his mother as one of the most selfless people on earth.

"She raised my siblings and myself as a stay-at-home mother and always had meals prepared for us to enjoy. If there was ever a friend, family member, neighbor, people working at the house, they were always welcome at our table for any meal," Mahmood said.

Mahmood remembers a specific instance of his mother putting this belief into practice.

"There was a crew of people painting our home. They could smell her cooking and gave her compliments," Mahmood said. "The next thing I knew they were all at the dinner table for a week or so!"



Ashlee and Aamir Mahmood

Above all, Mahmood remembers his mother always going out of her way to purchase food for others, especially children.

"That instilled the belief in me that giving more than taking, is my goal. Ashlee and I do what we can to ensure we give back to the community, especially children, in any facet. They are our future and deserve every opportunity to become contributors to society," Mahmood said.

As Aamir and his wife Ashlee raise their son, Remington, they hope to pass along their belief of paying it forward.

"It's your turn to pay it forward and bless those around you. Doing so will instill the belief in humanity in the individuals who are in need, it will ensure they know there are others out there that care for their well-being. In the end it provides them hope for a better future which in turn will provide a better future for our community."





## Full Plate Society

Thank you to the following who have notified the Regional Food Bank that it is a beneficiary of a planned gift.

Casey Bates	Breck Ferrell Trust	Tony and Marian Moon
Mr. Rodney W. Bivens and Ms. Dawn Burroughs	Cassie Gilman	Sharon Neuwald
Ms. Doneisha Brawner	David W. Gorham	John Oje
Melissa and Kelsey Condley	Ray and Irene Haefele	Gloria Ortiz
Jamie D. Davis	Meghan Jordan	Richard and Velma Paul
Marta Demarest and Daniel Fernandez	Bethel Killebrew	Michael and May Reilley
Vickie Downing-Boyd	Damon and Kathleen King	Julie and Randall Scroggins
Kyle Essmiller	Jessica Kyle	Steve and Brenda Taylor

For more information on how you can include the Regional Food Bank in your estate plans, contact Cassie Gilman at [cgilman@rfbo.org](mailto:cgilman@rfbo.org) or call 405-600-3155.

## Free Will Service Available

To assist with charitable giving, the Regional Food Bank provides FreeWill, a free online service that makes estate planning easy and accessible to many. The service allows users to draft a will for free with an added focus on charitable giving.



“Estate gifts not only provide important tax savings but can also serve as a way for a donor to make an impactful gift,” said Cassie Gilman, chief development officer for the Regional Food Bank. “By offering FreeWill, we hope to make the idea of an impactful lifetime gift a reality for donors.”

Learn more about the free service at [rfbo.org/planned-giving](https://rfbo.org/planned-giving).

# Food Donors

Nearly 90 percent of the Regional Food Bank's food inventory is donated. In 2022, food donors donated over \$53 million worth of food and product.

7-Eleven	Chesapeake Restaurants	Feeding America
AdvancePierre Foods	Chickasaw Nation Foundation	Fields' Pecan Pies
Akin's Natural Foods	Chickasha Meat Company	First Fidelity Bank
Aldi	CLEAResult	FFA of Oklahoma
Allegiance Credit Union	Clements Food Company	Flowers Bakery Company
Altus Air Force Base	Clif Bar, Inc.	Food Saver Warehouse
Amazon	Coca-Cola North American	Fresh Point
American Fidelity Assurance	Food Bank of Eastern Oklahoma	FreyMiller
APMEX.com	ConAgra Brands	Frito Lay
Armour Eckrich Meats	Costco	Frontier Produce Inc.
Associated Wholesale Grocers	Country Mart	Food Pyramid
Association of Arizona Food Banks	Crest Foods	Fort Sill Commissary
Auntie Anne's	Discount Foods	General Mills
Bar S Foods Co.	Dolese Bros. Co.	Green Bay Packaging Inc.
Barilla America	Dollar General	GoPuff
Ben E Keith	Dorada Foods	Head Country, Inc.
Big Lots Durant	Downs Family Christmas Light Ministry	Hiland Dairy
Bunzl Distribution	Dr. Pepper Snapple Group	Homeland
Campbell Soup Company	Evergreen Enterprise	Houston Food Bank
Capital Distributing	FAA	Imperial Vending Co.
Cargill	Family Dollar	INTEGRIS Health
Cash Saver Foods	Faribault Foods	Johnson & Johnson
Central California Food Bank	Farmland	Kansas Food Bank
Cheesecake Factory		Kellogg Company
		Kiowa Locker, LLC



Kraft Foods	Oklahoma Grocers Association	Starbucks
Kum & Go		Stevens Trucking
LA Foods	Oklahoma Refrigerated Service	Swift Transportation
Lamb Weston Holdings, Inc.	Oklahoma Restaurant Association	Sysco Food Service of Oklahoma
LDS Church	Oklahoma State University	Target
Lopez Foods	OnCue	Tanaka Produce
Love's Corporate Office	OSU OKC Farmers Market	Tarrant County Area Food Bank
Mars Pet Care	OU Health Science Center	Tinker Air Force Base Commissary
McLane Foodservice	Pepperidge Farm Inc.	Trader Joe's
MDV Nash Finch	PetSmart Charities	Tropicana
Made In Oklahoma	Post Consumer Brands	Tyson Foods
Mission Tortilla	Post Office Yukon	United Supermarkets
Mondelez International	Prime Trucking	US Foodservice
Mountain King Potatoes	Procter & Gamble	Vance Air Force Base Commissary
Mrs Baird's Bakeries	Pure Prairie Farms	Venture Foods
My BigMama's Kitchen	Ralph's Packing Co.	Vinyard Veggies / Jacks Potato
NALC Union Hall	S.C. Johnson & Son, Inc.	Walmart
National Freight Carriers	Sam's Club	Washita Packing Company
Natural Grocers	Sanderson Farms	Whole Foods
Nestle PetCare	Sav-A-Lot	WinCo
Nestle USA, Inc.	Schwab & Co.	Deck's Food Mart
Niagara Bottling	Select Speciality Hospital	Party City
North Texas Food Bank	Shawnee Milling Company	
OKC Dodgers	Sigma Alimentos USA	
Oklahoma Banana	Smithfield	
Oklahoma Cattlewomen	Sprouts	
Oklahoma City Zoo	St. Mary's Food Bank Alliance	
Oklahoma Farm Bureau		

# Major Donors

Thank you to our donors for fighting hunger in central and western Oklahoma.

## **\$500,000 +**

Feeding America

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## **\$100,000 - \$499,999**

APMEX.com

Duncan Chamber of Commerce and Industry

Bank of America

E.L. and Thelma Gaylord Foundation

The Chickasaw Nation Headquarters

Inasmuch Foundation

Clark Construction

United Healthcare

The Cresap Family Foundation

Walter D. Brown Charitable Trust

Devon Energy

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## **\$50,000 - \$99,999**

9B Energy LLC

Michael R. Lynn

Mark and Beth Brewer

Mr. and Mrs. Paul Martin

Combined Federal Campaign

Masonic Charity Foundation of Oklahoma

Dexalog 12 LLC

Mr. Dale and Mrs. Beth Matherly

Et Cetera Shop

MAZON: A Jewish Response to Hunger

Everi Payments

SONIC Foundation

Heart of the City Campaign

Thanks Oklahoma Foundation

Kirkpatrick Family Fund



## \$25,000 - \$49,999

Anheuser-Busch of Tulsa	Peggy Dooley	Marian and Tony Moon
The Boeing Company	Harold Ginzburg	Moore Public Schools
Lee Ann Burgess	Groendyke Transport	Mike and Patricia Murphy
Mr. John Burruss	Howard Family Charitable Foundation	Mustang Fuel Corporation
Mr. Tom and Mrs. Sonja Capucille	Inspire Brands	Michael R. North
Chesapeake Energy Corporation	The Joullian Foundation	Oklahoma Farm Bureau Foundation for Agriculture
Mr. John Cresap	Albert Lang	Sodexo Stop Hunger Foundation
Crest Discount Foods, Inc. #2	Love Meyer Family Foundation	State Charitable Campaign
Dell Technologies	Marathon Oil Company	Jason Strasser
Dolese Bros. Co.	Terry McGhee	Wheel-A-Rama, Inc.

## \$10,000 - \$24,999

ACTS 2 United Methodist Church	Bowen Foundation	Caption Partners
American Fidelity Foundation	Mr.and Mrs. Shawn Braden	CarMichael Foundation
American Public Life	Brinkley Family Foundation	CertiFit Auto Body Parts
Anait Foundation	Lena and Leslie Broker	CF Industries Nitrogen, LLC
Arvest Bank Operations	Stan Bryant	CITGO Petroleum Corporation
Associated Wholesale Grocers	Joe and Dyanne Bryant	Drs. Todd and JaNae Clapp
Mr. and Mrs. Gary A. Atwood	Mr. and Mrs. James C. Buchanan III	Community Health Foundation of Ponca City
Mr. John Baldischwiler	William and Kristie Buergher	CSAA Insurance Group
Gary and Patricia Bishop	Mr. and Mrs. Thomas C. Burgin	Mr. Daniel and Mrs. Jane Culkin
Bishop McGuinness High School	BuzzRx	J. Kenneth and Sharron Davidson
Susan and David Bize	Cameron Family Foundation	Mr. and Mrs. Richard Dobes
The Blanche Foundation		

# \$10,000 - \$24,999 Cont.

Jeanne K. Dodson	The Kemper Foundation	Paycom Payroll, LLC
Shelly and Mordy Duke	Deidra Kistler	PayPal Charitable Giving Fund
Enid News and Eagle	Dr. Joe C. Leonard	Phillips 66
EOG Resources	Lyric Theatre of Oklahoma	James Plaxico
Farmers Insurance Group	Pauline Dwyer Macklanburg and Robert A. Macklanburg, Jr. Foundation	Presbyterian Health Foundation
Mr. and Mrs. Berton Fleenor		The Priddy Foundation
Nancy Ford	Steven and Kathryn Mansell	Mr. and Mrs. Shawn Richardson
John B. Frick and Deborah K. Watson	Marie Elise Howard Fund	Robert A. Parman Foundation
Nedra Funk	Chris and Mert Martens	Dr. and Mrs. Harrison M. Smith II
Gregg Glass	Mark and Leah Matalik	Schraad Enterprises, LLC
David W. Gorham	Mr. and Mrs. Richard L. Maxon	Stephen M. Seay Foundation
Mr. and Mrs. Mike Griffin	Maxwell Supply Company	Kim and Carol Shoemake
Mark and Anne Harris	Laura McConnell-Corbyn	Drs. Eugen Ivan and Magdalena Sikora
Donna and Stan Harrison	McCune-Katigan Family	Roger and Barbara Simons
HC Construction Holding LLLP	Merkel Family Fund	SSM Health
Health Care Service Corporation	Midwest Housing Equity Group	Stamford Valley Foundation
Thomas Hill	Moore Home Builders Association	William Stewart
Hillcrest Christian Church	Ronna I. Morrisett	Dr. and Mrs. Dennis E. Stover
Homeland Stores, Inc.	Natural Grocers	The Rona Jaffe Foundation
Homes by Taber	New York Life	Leslie L. Thurmond and Amy Thurmond Farha
Jasco Products Company	Okie Express Auto Wash	The Emily and Jason Trice Family Giving Fund
Junior League of Norman	Oklahoma County Bar Association	Mr. and Mrs. George Trotter
John and Kathryn Kapchinske	Oklahoma Pork Council	
Mr. and Mrs. Houston J. Kauffman Jr.	OnCue Marketing, LLC	University of Oklahoma Health Sciences Center



## \$10,000 - \$24,999 Cont.

Verizon Foundation	Mike and Susie Weeks	Jerry Williams
Vose Foundation	Whataburger Restaurants	Williams Farms of Gould, LLC
WatersEdge	Jack and Martha White	Mr. and Mrs. Mark A. Wood
WD Distributing	David and Sharra Williams	Malesa and Garrell Young

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## \$5,000 - \$9,999

Ore Adesina	Dr. Matthew and Mandilyn Caudle	Dr. Jonathan and Barbara Davis
Ashley Adrianse	Cava Mezze Grill, LLC	Don C. and Anne G. Delano
American Endowment Foundation	Chapel Hill United Methodist Church	Dr. Tina Dickerson and Alejandra Sanchez
Association of Physicians of Pakistani Descent of North America	Charitable Adult & Rides Services	Drake Gungoll Foundation
Jimmie Lynn and Billye Austin Foundation	Citizen Potawatomi Nation	Duncan Rotary Club
Ballard Family Fund	Marilyn S. Clement	Dutch Bros LLC
Bank of Oklahoma Foundation	Mark Clinton	Richard and Susan Erwin
Kai Bauwens	Mr. and Mrs. Perry Coffman	Eulberg Properties
BC Clark Jewelers	Angela Cole	James and Christy Everest
Mr. and Mrs. Gary D. Bond	Diane M Cooke	Ferguson Family Foundation
Jerry and Carleen Burger	Cooksey Family Charitable Fund	Bridgit Finley
Gerald and E. Carol Campbell	Mr. and Mrs. Randle Cooper	The First National Bank & Trust Co. of Chickasha
Carlisle FoodService Products	Cotton Electric Charitable Foundation, Inc.	Michael and Justine Fresonke
Mr. Casey and Mrs. Donna Carlton	Randy and Debbie Coy Family Fund	Gable Gotwals Counsel
Carlton Roofing, Inc.	William and Sarah Cromwell	Gabe and Casey Gilliam
	Cyclone Drilling	Robert & Blanche Gordon Family Affiliated Fund

## \$5,000 - \$9,999 Cont.

Great White Bites dba Jersey  
Mike's Subs

George Guinn

Phuong Ha and Truc Nguyen

Mr. and Mrs. Kyle B. Hadwiger

Raymond and Irene Haeefe

Drs. Julie and Karl Hansen

Dr. William Hawk

Cindy Holman

Nancy and Otto Holthe

Joe Hooper

Howsco Oilfield Supply

Christina and Paul Israel

Jan and Mike Bradstreet  
Foundation

Ms. Keith

Debbie and R. Bruce Kerr

Robert S & Grayce B. Kerr  
Foundation

Mr. Christopher Koiner

Jason Laughery

Rhea and Fred Lee

Life Church

Hon. James Linehan and Dr.  
Susan Linehan

Live Nation Worldwide

Lopez Dorado Foods

Aamir Mahmood

Jo Lynn Manar

Bernice V. Martin

Herb and Marynm Martin

Jaime and Cheryl McAlpine

Mr. and Mrs. D. Keith McFall

Krista McKay

The Meinders Foundation

Megan Meyer

Microsoft Matching Gifts  
Program

Northern Trust Charitable Giving  
Program

Mr. and Mrs. Paul Odom

OEC Foundation

OGE Energy Corp. Foundation

Oklahoma Natural Gas

Janet M. Parks

Bill and Jeanette Penhall

Farron D. Perry

Michael Phelps

Prosperity Bank

Mr. and Mrs. Gregory Puckett

Rainbolt Family Foundation

Rent-A-Center

Dr. and Mrs. Arlan Richardson

Dr. Douglas and Kelli Riddle

Beth Roberson

Keron M. Sachen

Keri and David Salas

Phylliese Sawyer

Annette and Roger Schultz

Dr. Elliott Schwartz

Simple Generosity

Charles and Nikki Singer

Charles and Nikki Singer  
Foundation

Stephen and Linda Slawson

Southwest Homebuilders  
Association

Sovereign Paladin, LLC

Mr. and Mrs. John Stachowiak

Joseph Strubhart

Paula Tate

Terra Verde Discovery School

Teresa L. Thom

David and Judith Thompson

Rick and Becki Trepagnier

United Surgical Partners  
International

Mr. and Mrs. Bruce Van Huisen

Victory Christian Church



\$5,000 - \$9,999 Cont.

Nina Wadley	Mrs. Kim K. Wilkerson	Mr. and Mrs. Doug J. Wohletz
Charles and Angela Walton	Ronnie Williams	Marvin Woody and Patricia St. Clair
Aaron M. Weitzenhoffer Foundation	M. V. Williams Foundation	Yes Communities
Dan and Carmalieta Wells	Mr. and Mrs. Richard Williamson	
Vince and Marti White	Barbara and W. Brett Willis	

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# Regional Food Bank of Oklahoma Board of Directors

## Officers

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Lopez Dorado Foods

**Phi Nguyen, Treasurer**  
Downtown OKC Partnership

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**Danny Barth**  
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**Judy Goforth-Parker**  
Chickasaw Nation

**Michael Hart**  
Dillingham Insurance

**Jose Ibarra**  
Supermercados Morelos

**Brandon Long**  
McAfee & Taft

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Institute for Quality  
Communities

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**Patti-Neuhold-Ravikumar**  
University of Central  
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Industries

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**Marissa Walker**  
American Fidelity

**Gary Woods**  
Janssen Pharmaceuticals

**Scott Wright**  
Love's Travel Stops

**Shane Wharton**  
Love's Travel Stops

**Johnny Whitfield**  
OG&E

**Apollo Woods**  
OKC Black Eats LLC

# Regional Food Bank of Oklahoma Foundation Board of Directors

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Caption Partners LLC

**Bonnie Kennedy, Vice Chair**  
University of Oklahoma Foundation

**Alyson Young-Gilbert, Secretary & Treasurer**  
Oklahoma Electrical Supply

## Board Members

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Chesapeake Energy Corporation

**Errol Mitchell**  
Retired

**Brandon O'Gara**  
Echo Energy

**Vince White**  
Community Leader

**Austin Willett**  
Bank7

**Rainey Williams**  
Marco Capital Group

Officers and board members listed above served July 1, 2021 to June 30, 2022.

# Fiscal Year 2022 Financial Summary

## Income

**\$82,345,847**



Donated Food & Product  
**\$53,039,858**



Reimbursement for Purchased Food  
**\$1,059,017**



USDA Donated Product  
**\$13,351,054**



Investment Income  
**\$909,365**



Contributions  
**\$12,180,340**



Other Income  
**-\$549,951**



Shared Expense Revenue  
**\$2,356,164**

You can visit [rfbo.org/financials-and-annual-reports](https://rfbo.org/financials-and-annual-reports) for the digital version of this annual report and audited financials for Fiscal Year 2022 and past years.

## Expenses

**\$88,939,124\***



Program & Distribution  
**\$85,127,286**



Administration & Fundraising  
**\$3,811,838**

\*We are committed to using our resources as necessary to address hunger in our service area.

Fiscal year financial summary from July 1, 2021 to June 30, 2022.



# Fiscal Year 2022 By the Numbers

## 5,000



The Regional Food Bank's SNAP Outreach team helped more than 5,000 Oklahoma households submit SNAP applications. Of those applications approved, the average monthly benefit exceeded \$275.

## 10.7 Million



More than 20% (10.7 million pounds) of all food distributed was fresh produce.

## 19

**HEALTHY PANTRY**

19 Partners certified as Healthy Pantries. Learn more about healthy pantries, visit [rfbo.org/healthypantry](https://rfbo.org/healthypantry).

## 12.7 Million



Retail Recovery Program rescues 12.7 million pounds of food.

## 1.2 Million

Protein Processing Center processed more than 1.2 million pounds of bulk protein into consumer-size packages.

You can find the 2022 Annual Report digital version that includes our Major Donors and Food Donors lists at [rfbo.org/annualreport](https://rfbo.org/annualreport).

### LOCATIONS

Regional Food Bank of Oklahoma  
3355 S. Purdue Ave.  
Oklahoma City, OK 73179

Regional Food Bank  
Food and Resource Center  
2635 N. Shields Blvd.  
Moore, OK 73160

### CONTACT

405-972-1111  
[info@rfbo.org](mailto:info@rfbo.org)

[rfbo.org](https://rfbo.org)



## 2022 ANNUAL REPORT