

# Agency Scoop

ARKANSAS

FOOD BANK

MEMBER OF  
FEEDING  
AMERICA

April 2019

*Agency Scoop, Arkansas Foodbank Member Newsletter, is your inside scoop for exclusive dates, information and stories from Arkansas Foodbank members. Distributed monthly, this is our primary contact to distribute information that applies specifically to our members.*

## MOBILE HEALTH UNIT LAUNCHES

The Arkansas Minority Health Commission (AMHC) is excited to announce that it's new, state of the art Mobile Health Unit has arrived and finally hit the road, helping to fulfill its goal of providing screenings in each of Arkansas's 75 counties.



The 38-foot mobile clinic is equipped with two screening rooms that will be used to assess patient's blood pressure, cholesterol, glucose, A1C, BMI, oral health and HIV results. Thanks to an established partnership with the six food banks statewide, the unit will stop at the pantries around the state to render health services during their normal scheduled food distribution hours.

The Mobile Health Unit will be staffed with health specialist and coordinator Beatriz Mondragon, along with a driver, full time nurse and nursing volunteers from the University of Arkansas for Medical Sciences. With two screening rooms available, approximately two to three patients can be seen at one time. The sum of the screenings can take up to 45 minutes with results being available the same day. Patients who receive abnormal results will be provided with a list of resources and low-income based clinics to visit and follow up shortly after to determine whether they have reached out to their primary care physicians. For those who have not prior to the follow-up call, Mondragon will encourage them to do so, work to identify any barriers that could be hindering them from doing so and help them to overcome those obstacles.

Please feel free to contact us at  
501-565-8121 if you have questions.

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Keep up the great work – and  
remember to send us your  
pantry/ agency stories.

You can email Shamim at:  
[sokolloh@arkansasfoodbank.org](mailto:sokolloh@arkansasfoodbank.org)

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## MOBILE HEALTH UNIT LAUNCHES

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To find out where the MHU is headed or to schedule a visit you can visit:  
[www.arminorityhealth.com/initiatives/mobile-health-unit](http://www.arminorityhealth.com/initiatives/mobile-health-unit)

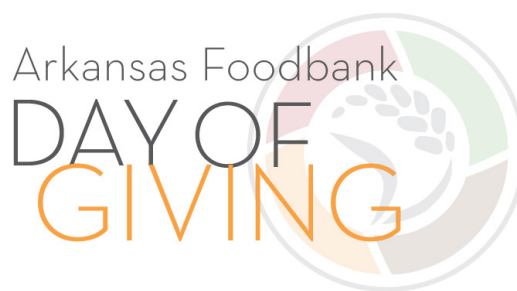
DATE	TIME	LOCATION
April 17th	8 am – 11 am	Carlisle First United Methodist Church
April 23th	8:30 am – 11:30 am	Cabot Church of Christ
April 27th	8 am – 12 pm	Beebe Christian Outreach Center
April 29th	8 am – 12 pm	Batesville Help & Hope

## DAY OF GIVING UPDATE

The first Day of Giving campaign on April 11th was a huge success!

The grand total received from donors in the community and our generous match sponsors was **\$28,605!** That's **143,025 meals raised in just 24hours!**

Thank you all for sharing and spreading the word.



### 2019 WARREN DELIVERY SCHEDULE

**April 2, 9, 16, 23, 30 | May 7, 14, 21, 28**

**June 4, 11, 18, 25 | July 9, 16, 23, 30 | August 6, 13, 20, 27**

**September 3, 10, 17, 24 | October 1, 8, 15, 22, 29**

**November 5, 12, 19 | December 3, 10, 17**

## USDA/TEFAP Program - Reminder

For our agencies that receive and distribute USDA/ TEFAP Commodities please remember your **reports are due on or before the 5th** of each month. This deadline is critical as the Arkansas Foodbank has to also turn in a TEFAP report to DHS and we need your data to complete this and stay in compliance.

Thank you for your cooperation,

*Rebecca*

### FOODBANK UNIVERSITY – Upcoming sessions

Below are the sessions coming up next month. Refreshments will be served at all Foodbank University workshops. See you there!

To RSVP for our Arkansas Foodbank University session(s) please contact Shamim at [sokolloh@arkansasfoodbank.org](mailto:sokolloh@arkansasfoodbank.org) or 501-569-4342.

DATE	TIME	TOPIC	LOCATION
May 15th	9 am – 12 pm	USDA Civil Rights & Volunteer Recruiting	Arkansas Foodbank 4301 W. 65th Street Little Rock, AR 7220
May 21st	9 am – 10 am	Nutrition Education	Jefferson County Extension 500 S Idaho Street Pine Bluff, AR 71601
May 23rd	10 am – 12 pm	Financial Literacy with Simmons Bank	Simmons Bank 800 North Arkansas Ave Russellville, AR 72801
June 12th	10 am – 12 pm	Nutrition Education	Faulkner County Extension 844 Faulkner Street Conway, AR 72034



## Hearty Cabbage Soup

Makes 9 Servings



### Ingredients

- Cooking spray
- 2 carrots, diced
- 2 celery stalks, diced
- 1 onion, diced
- ½ cabbage, roughly chopped
- ½ pound lean turkey breakfast sausage, crumbled
- 40 ounces fat-free, low-sodium chicken broth
- 14.5 ounce can diced tomatoes
- 15.5 ounce can Great Northern beans, rinsed and drained
- ¼ teaspoon ground black pepper
- ½ teaspoon dried oregano

### How to prepare

1. Spray a large soup pot with cooking spray. Add celery, onion, and carrots. Sauté over medium-high heat for 3 minutes or until onions are clear. Remove from pan and set aside.
2. Add turkey sausage and cook until brown, about 6-7 minutes. Return sautéed vegetables to pan and mix.
3. Add remaining ingredients and bring to a boil. Reduce heat and simmer for 30 minutes.

## FOODBANK CLOSING

In observance of Memorial Day Weekend *we will be closed on Monday, May 27th* 2019. No orders will be available for pick-up or delivery on the 27th. We will re-open on Tuesday, May 28th.



[arkansasfoodbank.org](http://arkansasfoodbank.org)

