



THE FRONT BURNER

A Thurston County Food Bank Publication



The Stamp Out Hunger® Food Drive is May 13th!

Did you know? The annual Letter Carriers' Stamp Out Hunger® Food Drive is the largest one-day food drive in the nation. We invite you to participate with TCFB in this fun and rewarding event — **Saturday, May 13, 2023!**

How can you help? TCFB is recruiting groups and individual volunteers for [two important roles](#), at [3 locations](#), with [3 shifts](#):

Sweepers: Adults age 18+ drive on mail routes with a neighborhood map to collect food donations. Each vehicle must have two or more volunteers. If you have a car or truck, a friend, and can lift 25 pounds... you can be a 'Sweeper'!

Food Sorters: At each of the sites below, sorters help to unload, sort, pack and build pallets of food donations.

Both Jobs at These 3 Locations:

- Lacey P.O.
- Downtown Olympia P.O.
- Our Tumwater Warehouse

Shifts:
 10:30 am–1 pm
 12:30–3:30 pm
 3–5:30 pm

For more info & to volunteer at your preferred location, contact:

Olympia: ocsvolunteers@thurstoncountyfoodbank.org

Lacey: lcscvolunteers@thurstoncountyfoodbank.org

Tumwater: wdcvolunteers@thurstoncountyfoodbank.org



Thank You to our 2023 Board of Directors

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Thank You!!

Did you know TCFB has a Nutrition Education Program?

TCFB's Nutrition Education Program works to help make the healthy choice the easy choice for our clients, by breaking down barriers to nutritious food. This includes facilitating positive environments — like our open shopping model that displays farm-fresh produce as top priority — paired with easy-to-follow, nutritious recipes. We advocate for policies that place fresh produce as top priority for all of our shopping models. Additionally, we perform nutrition outreach at our satellites and food pantries to encourage the adoption of further policies that make the healthy choice the easy choice.



by Holly Franco

Nutrition Education Cooking Demonstrator

Spring Roll in a Bowl!

A great way to welcome Spring would be to have a special Spring meal that encourages us to be grateful for the changing of the seasons. I've included this recipe for *Spring Roll in a Bowl* for those of us who love simple, one-pot meals. Wrapping Spring Rolls for the entire family can be fun, but this dish simplifies things for busy days. The recipe blends our staple winter vegetables of cabbage and carrots, that got us through this winter, with our Spring Onions and garlic. The combination encourages us to be grateful for both what we have in plenty, and the start of the newly emerging Spring harvest.

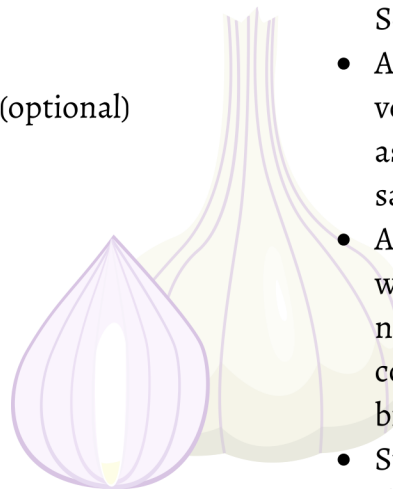
Enjoy alone or over rice. Bon appetit! 😊

Ingredients

- 1 tbsp coconut or avocado oil
- 1 head of cabbage, sliced into strips
- 3 large carrots, grated
- 2 garlic cloves, minced
- 1/3 cup soy sauce or coconut aminos
- 1 tbsp sesame oil
- 1 lb ground beef, turkey, or chicken (can sub shrimp, grilled chicken, tofu, etc.)
- 5 green onions, chopped
- Salt + pepper, to taste
- Dash of red pepper flakes (optional)

Instructions

- Heat a large skillet (make sure it's big enough for the whole head of cabbage!) over medium heat and add avocado oil.
- Once hot, add cabbage and stir to coat in oil.
- Stir in carrots, and allow to cook for about 5 minutes, until veggies are slightly softened. Stir frequently.
- Add garlic, soy sauce, sesame oil, and stir. Season generously with salt and pepper.
- Allow to cook, stirring occasionally, until veggies are soft. Remove from pan and set aside in a large bowl (try to leave any leftover sauce/oils behind to flavor your protein).
- Add ground meat to the same pan, season with salt and pepper, and allow to cook until no longer pink. If using another protein, cook however you like (you may need to add a bit of oil to the pan if protein is sticking).
- Strain the meat, then add to the bowl with the veggies. **Stir, add green onions, enjoy!**



News and Happenings

Our Lacey Farm Stand Reopens April 15!



- Come shop!
- Come volunteer!
- Delicious fresh produce
- Yummy recipes
- Doesn't count as a monthly visit

Saturday, April 15 & 29 • 11 am–1 pm

Farm Stand open dates are posted on our website and social media.

We need volunteers at all sites!



Volunteer for TCFB:

Olympia's Food Pantry:

M,W,F: 7:45-12, 11:45-4
ocscvolunteers@thurstoncountyfoodbank.org

Lacey's Food Pantry:

T,Th: 9-12:30, 12-3
2nd Wed 3-7pm
lscsvolunteers@

thurstoncountyfoodbank.org

Farm Stand: Sat 10:00-1:30

farmstand@thurstoncountyfoodbank.org

Tumwater Warehouse:

T,W,Th: 9-12, 1-4
wdcvolunteers@thurstoncountyfoodbank.org

Satellites, Mobiles, Home

Deliveries:

satellite@thurstoncountyfoodbank.org

Kiwanis Gardens:

mackenziem@thurstoncountyfoodbank.org

Gleaning Program:

gleaning@thurstoncountyfoodbank.org

Apply at: thurstoncountyfoodbank.org/volunteer/

Join Our Team TCFB's Trudgers!

Thurston's

HUNGER WALK



Sunday, May 7 at 3:00 pm

Huntamer Park

100% of your donation benefits Thurston County Food Bank & The Community Kitchen!

more info at ThurstonHungerWalk.com

GIVE what you can. **WALK** if you want.

New TCFB Website Coming!

A lovely and functional website is forthcoming, thanks to the expertise of Olympic Web Design, a generous technology donation from OlyFed, and TCFB's Website Development Team! We will be soliciting folks to help test the user experience soon — with the goal that it be user-friendly and informative from the client, volunteer, and donor perspectives.

Stay tuned!

TCFB will be closed:

Thursday, April 20

Monday, May 29

Monday, June 19

Need information about our food and non-food services? Interested in volunteering or making a donation? Visit our website at thurstoncountyfoodbank.org or contact us at 360-352-8597.