



INSIDE *the* GATE



FALL 2021



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Dear Friends of Iron Gate —

You know when you've told the same story so many times, you feel certain everyone has heard it? I sometimes feel that when talking about Iron Gate. Our mission is simple, we feed the hungry and homeless of Tulsa every day. But just like our guests have a million stories, Iron Gate behind-the-scenes has a million stories as well.

One of Iron Gate's stories is how we get food for our grocery pantry. As you would likely guess, we get food by purchasing it and via donations. We appreciate all of the food that comes from food drives from businesses, neighborhoods, schools, civic groups, churches, individuals and our Amazon prime wish list. Southern Hills Country Club staff's "Noodle November" has my vote for best named food drive. However, most of our food comes by way of the Community Food Bank of Eastern Oklahoma. Iron Gate purchases food through the co-op program, which I equate to shopping at a warehouse club. We order pantry items by the case at a discounted rate. We are also able to shop on-site and on-line at the food bank, this is a rotating selection of produce, protein and an array of items. Some days the selection can range from jars of peanut butter, boxes of corn flakes, produce, protein to canned diced tomatoes. It is an ever changing assortment of goods. We also do grocery store pick-ups. Iron Gate is assigned grocery stores under the umbrella of the food bank. The Iron Gate operations teams picks up groceries from 6 different stores (soon to be 9), some are every day and others are 3 times a week. Overall, the team makes 26 pick-ups in a week (soon to be 32)- each week averages about 6,000 pounds of groceries. These groceries are then sorted by the pantry team and prepared for our pantry guests. This means organizing dry goods, culling produce, freezing proteins to extend usability and categorizing assorted other food items. Then begins the task of bagging/boxing these items and making sure it gets right back out to our guests. (Iron Gate received over 670,000 pounds of donated food in 2020!) All of this behind-the-scenes work allowed us to distribute groceries to 16,503 families in 2021 as of July.

Which leads us to pantry. Some days, "it" just hits you hard. "It" being distributing groceries with dignity and respect and realizing the magnitude of impact Iron Gate is having on people's life. It was a hot day; I was checking people in for pantry. A car rolls down the window, and a twenty-something man, softly says his name, I find him on the list and confirm he has two children - he nods and then through muffled sobs, says to me "thank you so much, you have no idea, you have no idea". It is interactions like this that remind me why what we do is so important. While most of our pantry guests are appreciative to receive groceries, when you have an interaction with a guest and their anxiety, stress and then their relief is palpable, it makes you grateful for what Iron Gate is able to do. I am grateful for YOU, our donors, who GIVE to take CARE of others. Never underestimate the power of your giving to change the life of someone you will never meet.

Carrie Vesely Henderson, CFRE

Executive Director

918-879-1707

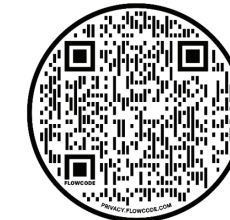
chenderson@irongatetulsa.org

P.S. A special thank you to the Indian Health Care Resource Center for providing on-site vaccination clinics for our guests and staff.



IRON GATE WELCOMES BACK VOLUNTEERS

Over the last 18 months, Iron Gate has continued to serve our guests every day...without our volunteers. The Iron Gate staff stepped up to fill in that gap to feed the hungry and with much anticipation, we are ready to welcome back that volunteer energy. Soon Iron Gate will be welcoming back our volunteers. We are excited to see everyone! If you are interested in serving, please fill out a request on our website www.irongatetulsa.org/volunteer or scan the QR code.



TANGO TAB CELEBRATE 4 YEAR ANNIVERSARY AT IRON GATE

Tango Tab: Feed the City of Tulsa, celebrated their 4 year anniversary at Iron Gate in April 2021. Due to the pandemic, Tango Tab volunteers went from making sandwiches to collecting food items with a drive-thru food drive once a month. They collected 10,973 pounds of food, which provides groceries to 365 households. We are so appreciative of our partnership with Tango Tab. You are the reason we can continue feeding the hungry and homeless of Tulsa every day. Thank you for four years of service to Iron Gate and here's to many more!

FOUNDERS

Keenan Barnard

Rev. John C. Powers

Gene Buzzard (1946-2020)

IRON GATE STAFF

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Kitchen Manager

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INSIDE THE GATE

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IRON GATE WORKS TOGETHER



To-go meals packed to be delivered to the Overflow Shelter.



Grocery bags are filled with these items for Youth at Heart campers.



Outreach Bags loaded up in a truck at Iron Gate to be distributed to homeless across the city.



Lunch Meals



Hotel Meals

WHETHER providing a hot meal or bag of groceries, Iron Gate is proud to partner with multiple agencies to distribute food to the hungry. During the pandemic, Iron Gate provided meals for the Tulsa Overflow Shelter and “Hotel to Housing.” Together with Mental Health Association, the Tulsa Day Center, Salvation Army, and Housing Solutions, we made it possible. Lunch and dinner to-go meals were prepared by our kitchen staff and delivered every day. Iron Gate provided 84,285 meals in total to the

Overflow Shelter and 31,910 lunch meals to those staying in a hotel over a course of 17 months. We're grateful to our supporters for providing the support to make sure those brought in from the streets and into hotels were not only housed but fed.

IRON GATE is partnering with multiple agencies to distribute food every week. We're working with two homeless outreach teams from Housing Solutions and Mental Health Association, who go out into

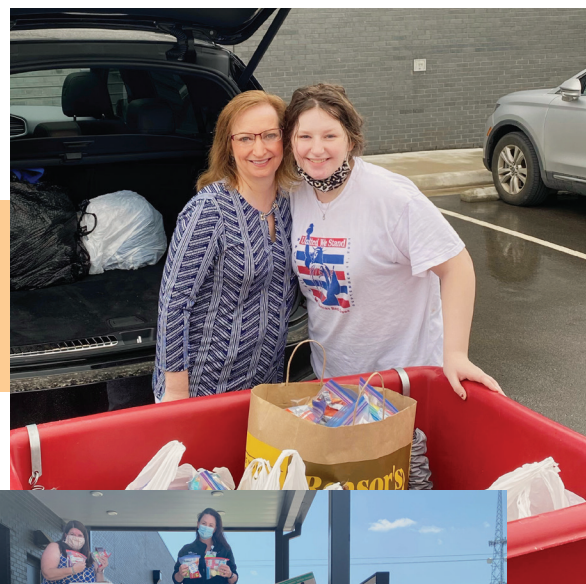
the community to deliver food to homeless guests living in encampments. We provide them with 375 bags of non-perishable food every week to help make this happen. This year we have partnered with two new agencies, Angels Against Trafficking and Youth at Heart. Angels Against Trafficking receive bags of groceries for their thirty-five clients. Youth at Heart, a program for Tulsa's underserved youth, received 150 kid's packs and 50 bags of groceries for their students to take home this summer. Iron

Gate has also partnered with agencies like Domestic Violence Intervention Services to provide groceries to their clients when needed. When there was a need for food, Iron Gate staff was prepared to help provide food for these service organizations. Iron Gate knows the power of partnerships. Together we are making sure the most vulnerable are being fed. And we're committed to working with these amazing organizations to continue this important work.



GENEROUS KID'S PACKS DONORS

Every child who comes to our community meal or food pantry receives a kid's pack to take home. Iron Gate distributes about 1,290 kid's packs every month. We could not be more appreciative of every kid's pack donor this summer. An influx of donations came in from our supporters: Oxley Foundation, Hillcrest Medical Center, BOK Financial, Littlefield Agency, and Paige Waters. Thank you for your generosity and support. You are the reason we can continue to provide kid's packs to every child who comes to the gate.



DONOR CELEBRATES BIRTHDAY BY GIVING BACK TO THE HUNGRY

Birthdays are typically spent celebrating another year of life, but for Hazel, she wanted to give back to the hungry of Tulsa. She requested food donations in place of presents and collected 350 pounds of food, as well as 135 Kid's Packs. We are so appreciative that you chose to help feed the hungry and homeless on your special day. Thank you for your kindness and generosity Hazel.



BISHOP KELLEY HIGH SCHOOL STUDENTS GIVE BACK

Bishop Kelley High School students rallied together over a course of five weeks to donate food to the hungry. As a part of their spring community service project, they chose Iron Gate to give back to. The amount of food collected every week was astonishing. Every Friday Iron Gate staff met the students to load up the food in a truck. From canned food to boxed crackers and much more, students collected a total of 3,686 pounds of food. They helped provide groceries to 245 families. Thank you Bishop Kelley students for your support and for helping feed your hungry neighbors.



CHAPMAN LEARNING CENTER CEREAL DRIVE DONATION

It's not every day we have it, but cereal is a special treat for Iron Gate pantry guests to receive. Students from the Chapman Child Learning Center made sure our pantry guests could receive this item. For two weeks in June, students hosted a cereal food drive. They went above and beyond collecting 481 boxes of cereal, which will go to 481 households. Thank you for thinking of others and helping provide food to families in need.



GIRL SCOUT TROOP 442 DONATE BIRTHDAY BAGS

In honor of Girl Scouts of the USA celebrating their birthday, created on March 12, 1912, Girl Scout Troop 442 honored their founder Juliette Low by creating birthday bags for the guests at Iron Gate. They gathered together to pack 20 birthday bags that consisted of cake mix and icing, party decorations, invitations, and a box of girl scout cookies of course! Iron Gate appreciates you spreading the love to the hungry and homeless of Tulsa.





Iron Gate
501 West Archer
Tulsa, Oklahoma 74103

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Cooking for a Cause

The Tastiest Way to Help Feed the Hungry

Iron Gate invites you to the 15th Annual Cooking for a Cause

Iron Gate on Archer
Thursday, October 7th 2021
6:30pm

For sponsorship
opportunities or tickets,
visit www.irongatetulsa.org
or scan the QR Code.

