

Inside the Gate

WINTER 2022



Feeding the Hungry and Homeless of Tulsa - Every Day



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(1946-2020)

Rev. John C. Powers
(1936-2021)

Dear Friends of Iron Gate,

I know we say it every year, but where did the time go? It's been a busy year at Iron Gate. We re-opened the dining room in May and welcomed grocery guests back to our self-select pantry in December. It is a true joy to interact with our guests again. These past two years have reinforced the axiom, the only constant is change. But, change is what keeps us going forward and seeing what is around the next corner. At Iron Gate, we continue to meet the need. And the way we do this, is thanks to your generosity. This year, you have helped 34,979 families with groceries, 24,103 with kid's packs and served 204,798 meals! That's pretty incredible—all of those numbers are people FED!

As always, I am inspired and impressed by the people who give to us and the people we serve. Lawyers Fighting Hunger hosted another great Thanksgiving grocery pantry – providing funding and manpower to make bags to share with families. From a parking lot full of palletized food to 1,000 bags packed and ready to be delivered in the timespan of less than 2 hours!

I received an email after Thanksgiving from one of our pantry guests, D. She wrote on behalf of her household to express her deepest gratitude. Because of Iron Gate, they were able to have a delicious Thanksgiving dinner and have food left over to get them through the week. D is finishing her last semester in college on scholarship following an escape from an abusive marriage. She is the first in her family to attend college (in her 40s). D said she would not have been able to make it work without the help from Iron Gate and others. D wanted to share her story so that we will know how Iron Gate's help circles back into our community – D said she knows, of course, she is only one of many.

Wow! What an impact. Yes, she is one of many, but, everyone who visits Iron Gate has their own story and we are grateful D shared hers with us. Who knew 44 years ago our Founder's act of kindness would be helping people 44 years later in so many ways. Never underestimate the impact of a good deed and the ripple effect it will have.

As the year comes to an end. I want to again thank you for your commitment to Iron Gate and those in need, because of you we can continue to feed people EVERY DAY! Wishing you peace and happiness in the new year. Welcome 2023!

With Gratitude,



Carrie Vesely Henderson, CFRE

chenderson@irongatetulsa.org | 918-879-1707

Our Gratitude Goes to ...

TRANSFORMATION CHURCH

What a huge surprise! Iron Gate received a donation of \$50,000 from Transformation Church. Thank you for the support and generosity of the congregation and Pastor Mike Todd for believing in our mission. You are helping hundreds of families in Tulsa receive hot meals and groceries every day.



ARCOSA SERVES AND GIVES

A special thank you to our new friends at Arcosa Wind Towers. Together as a company they collected 200 pounds of canned goods, served our community meal, and presented Iron Gate a donation to help feed the hungry and homeless of Tulsa. Thank you Arcosa for helping fight hunger in your community.



Holland Hall 3rd graders

HOLLAND HALL

Christmas cheer, carols, and giving back to the hungry of Tulsa. That is what Holland Hall 1st Graders, 3rd Graders and 5th Graders did for Iron Gate this holiday season. First graders entertained our guests during our community meal with Christmas carols, and donated cereal for our food pantry. Third and fifth graders collected, packed and donated over 1,000 Kid's Packs. Thank you Holland Hall students for helping spread some joy to the hungry and homeless of Tulsa this holiday season.

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INSIDE THE GATE

Carissa Gutierrez

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THANKS FOR KEEPING US COOKING!

Iron Gate's annual Cooking for a Cause, partnered with TulsaPeople, was on Thursday, October 6th at The Vista at 21 Rooftop. This tasty party featured 14 Tulsa chefs cooking up some of their favorite dishes.



THANK YOU TO OUR PATRONS

BIG CHEESE

The Anne and Henry Zarrow Foundation

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Thanks to you, Iron Gate raised \$214, 571 this year! We're so grateful for all of our supporters who are helping to keep us cooking for the hungry and homeless of Tulsa.



Lawyers Helping Provide Turkey Dinners

IRON GATE AND LAWYERS FIGHTING HUNGER TEAMED UP FOR THE ANNUAL TURKEY DISTRIBUTION.

Lawyers Fighting Hunger, led by Hugh Robert, raises money to provide a turkey along with a variety of sides to Tulsans in need for Thanksgiving. This year, 1,000 households were able to have a holiday meal thanks to the generosity of every individual with Lawyers Fighting Hunger.

Thank you for your continued partnership and for making sure families can enjoy a Thanksgiving meal!

NATIVE AMERICAN DAY

Celebrating Native American Heritage



Iron Gate celebrated Native American Month with a special day of Indian Tacos and Grape Dumplings. Native American volunteers started at six in the morning with homemade fry bread and dough for the Grape Dumplings. The kitchen was filled with volunteers who helped prepare 800 servings for our community meal. Along with this delicious meal, guests got to enjoy the playing of drums, a Native American tradition.

Thank you to all of the volunteers who made this day possible. Iron Gate is proud to serve our Native American community.



Behind the Scenes

Every day Operations Staff at Iron Gate pick up from grocery stores across the city, in partnership with the Food Bank of Eastern Oklahoma. These pickups include a wide range of food items; like canned goods, deli meats, frozen meals, bread, the list goes on. Our Pantry Team then processes, sorts and packages these items into grocery bags to distribute via our food pantry. This past November we hit an ALL TIME high in the number of pounds from grocery store pickups. What once used to be 8,000 pounds now has turned into 69,000 pounds of food. The demand for food continues to increase with inflation. These grocery store pickups help us meet that demand. A special thank you to our staff and volunteers for their hard work behind the scenes in helping families receive food to put on their tables tonight.



Holiday Food Drives Help Stock Our Pantry

Iron Gate is grateful to individuals, companies, schools and organizations who donated non-perishable food or kid's packs to help families and children in need through our food pantry. Your kindness and generosity provide a sense of relief for those struggling with food insecurity. Thank you for helping your neighbors in need. We cannot do what we do without the support of our community.



A Special THANK YOU

TO THE FOLLOWING
FOOD DRIVE DONORS

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Harvard Avenue Christian Church

Holland Hall
1st, 3rd Graders and 5th Graders

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HAPPY HOLIDAYS

Thank you for helping Iron Gate have
another year of feeding the hungry and
homeless of Tulsa.

From the Iron Gate board, staff,
and the guests we serve.