INSIDE *the* GATE

FALL 2017

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COVER PHOTO:
Rosabella, Sarai and Annaliese
photographed by Adam Murphy

Dear Friends of Iron Gate —

Studio 45 Architects, TPC Studios + Family Members.

Do you remember the 1980's shampoo commercial where the spokesperson says "I told two friends... and they told two friends... and so on, and so on..." This is known as viral marketing. Everyday, I tell people about the good work that Iron Gate does in our community. I am constantly asking my friends, family and strangers to be a part of Iron Gate and help feed the hungry. There are several ways to get involved; financial support, recycling your paper and plastic grocery bags for our 3 times a week grocery pantry, gathering your friends to serve the daily community meal and keeping our kid's pantry stocked with healthy snacks. However you are connected to Iron Gate, I am grateful you are here and I encourage you to tell two friends about Iron Gate and they will tell two friends, and so on and so on...

With gratitude,

Carrie Vesely Henderson

Carrie Vesely Henderson, CFRE
Executive Director
918-359-9017
chenderson@irongatetulsa.org

SOUTHERN HILLS KITCHEN TAKE OVER

Thank you to Jonathan Moosmiller and the entire Southern Hills Country Club crew for their continued support of Iron Gate! In August, this incredible team returned for another kitchen takeover, donating their time and culinary expertise by cooking the community meal and covering all the volunteer needs for a day. Not only did they treat our guests to a breakfast entrée of biscuits and gravy, eggs, bacon and fruit, they also brought barbecue chicken, green beans, mashed potatoes, cookies and brownies! They served 629 plates of delicious food and left the dining room spick and span before going back to work.

SPECIAL THANKS TO

METRO APPLIANCES & MORE

TulsaPeople

Founding Event Sponsor

Eleven premier Tulsa restaurants and chefs in eleven live kitchens with cooking demonstrations and wine pairings.

Caroline Kitalong, *Iron Gate*
Jonathan Moosmiller, *Southern Hills Country Club*
Devin Levine, *BOK Center*
Jeff Marlow, *Community Food Bank of Eastern Oklahoma*
Ben Alexander, *The Tavern*
Alex Pierce, *Tulsa Country Club*
Libby Beesley, *OK Cookie Momster*
Candace Conley, *The Girl Can Cook*
Miranda Kaiser, *Laffa*
Shannon Smith, *Beads and Basil*
Elizabeth Howe, *US Foods*

THURSDAY, OCTOBER 19, 2017
6:30 - 9:00 p.m.

METRO APPLIANCES & MORE
53RD AND MINGO

Event Attire: Business
Individual Tickets $125 per person, patron opportunities are available
Chef awards, wine pull, auction and more

IRON GATE

501 S. Cincinnati Ave • 918.359.9022
aswope@irongatetulsa.org
Iron Gate is a downtown soup kitchen and grocery pantry that feeds the hungry of Tulsa every day.

To purchase tickets or learn more, visit www.irongatetulsa.org

IRON GATE SUMMER HIGHLIGHTS

St John's Information Systems Grocery Bag Drive

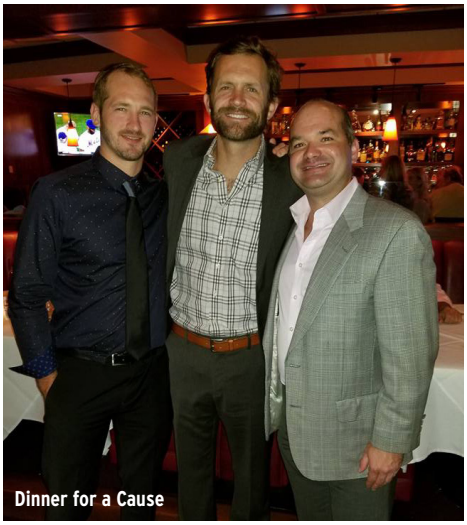
Synod Youth Group

Pioneer Financial Group

Bishop Kelly Summer School Students

Pinot's Palette Art Tasting benefiting Iron Gate

Hurts Donut Company Donation


Dinner for a Cause

Flintco

First Tee

Dinner for a Cause - Chef Anthony Goodman, Mindy Stephens, Gene Mozingo and Carrie Henderson

TangoTab Feed the City

Eide Bailly Summer Intern Packing Party

Tian, Photios (7), **Vasilia** (14), **Yia Yia Freda**, and **Rui Rui** (11) and have been volunteering at Iron Gate once a week in our Kids Pantry for the last two years. Thanks to this three-generation crew, we have enough Kids Packs assembled for the young guests that come through our gates every week.

"People don't understand the scale of hunger in our community and how close it is to home."
–Vasilia

When the family is not serving their community, they stay busy pursing various hobbies. Vasilia is learning to speak Greek and also enjoys reading, playing piano and basketball. Rui Rui is an avid swimmer and biker. Photios loves to build with legos. Tian likes to garden, read autobiographies, teach English, drink coffee and cook. When asked about her free time, Yia Yia Freda responded "well you know, I'm retired, so whatever I want!".

"We have learned that homelessness can define many things but that it does not make someone scary."
– Tian

Iron Gate is so thankful for this group and their continued support of the mission to feed the hungry of Tulsa. They light up our Kids Pantry every week with joy, kindness and dedication to the younger guests of Iron Gate!

If you're interested in learning more about volunteer opportunities at Iron Gate, visit irongatetulsa.org/volunteer

VOLUNTEER SPOTLIGHT

Volunteers are the heart of Iron Gate. Our gate is open every day and, with the help of our volunteers, we feed guests through our Community Meal, Grocery Pantry and Kids Pantry. We're lucky to have a fleet of close to 70 volunteers every week! Allow us to introduce you to the Monday morning Kids Pack assemblers.

KIDS PANTRY WISH LIST

One in four Oklahoma children is at risk of going to bed hungry every night and with schools out for the summer, that number is growing. Help us stock our Kids Pantry by donating any of the following items:

Please no nuts, peanut butter, candy, potato chips or perishables.

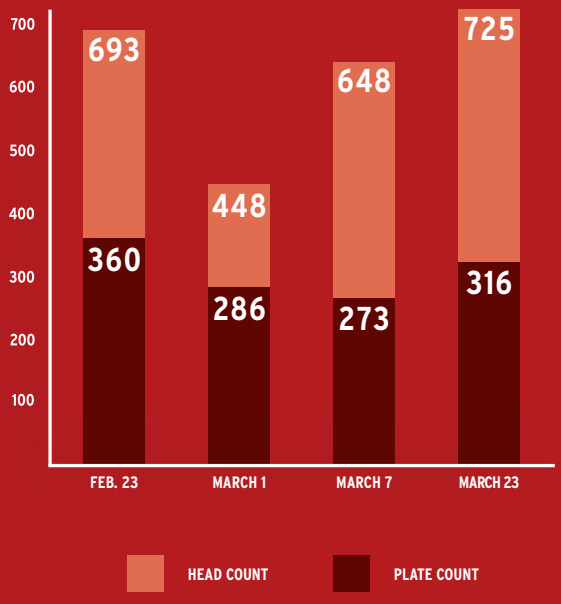
- Shelf-stable milk or 100% juice box
- Protein bars, granola bars
- Pudding cup, fruit cups, apple sauce
- Non-perishable smoothies, yogurt packets
- Packaged crackers
- Dried fruit, raisins
- Fruit snacks
- Hummus packets

The OU-Tulsa Masters of Public Administration's Spring 2017 Capstone group helped Iron Gate develop a process for collecting data on guests at the community meal, analyzing food pantry data and making recommendations for continued collection and analysis. Community meal data was collected over 4 days. Three months of food pantry data was analyzed. For both, the meal and the pantry, the total number of guests was higher near the end of the month, and lower during the beginning of the month when many food subsidy resources are distributed.

Thank you to OU-MPA students Tristen Black, Matt Kirkland, Alvaro Bravo, Brandon Macy, Lynnae Englund and Program Director, Dr. Meg Myers Morgan for this research.

PLATE COUNT VS HEAD COUNT

"Our research showed that the average ratio of guests to plates was 1:2. The graph below shows the total plate count and head count for each of the four data collection days."



FOOD PANTRY INFORMATION

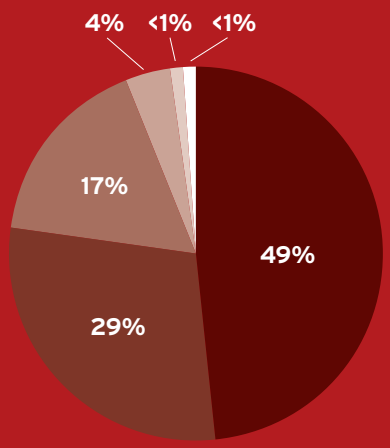
60% MALE 40% FEMALE

65% RENT 25% OTHER/BLANK 10% OWN

47% CAR
27% WALK
20% BUS
6% OTHER/BLANK

COMMUNITY MEAL DEMOGRAPHICS

45 AVERAGE AGE	79% MALE 21% FEMALE



49% WHITE
29% BLACK/AFRICAN AMERICAN
17% NATIVE AMERICAN
4% HISPANIC/LATINO
<1% PACIFIC ISLANDER
<1% MIDDLE EASTERN

Iron Gate
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Tulsa, Oklahoma 74103

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THE FUTURE OF IRON GATE