

The New Hampshire Food Bank, as the only food bank in the state, works through a network of partner agencies, providing food and services to empower people to become more food self-reliant and secure.

How to Help

- Plan a food drive for your school, office or neighborhood.
- Post a photo or tweet how you support Hunger Action Month on Facebook and Twitter and use #HungerActionMonth and #HungerinNH.
- Volunteer at a local food pantry or soup kitchen.
- Organize a company-wide brown bag lunch and donate your lunch money to the Food Bank.
- Write a letter to the editor of your local newspaper about hunger.
- Turn your social media pages orange in September.

Food *for* thought

HUNGER ACTION MONTH™



Go Orange Day - Sept. 8th!

Orange is the official color of hunger and Hunger Action Month. September 8th has been designated "Go Orange Day."

Governor Maggie Hassan has declared September Hunger Action Month in New Hampshire.

September is Hunger Action Month, when the Feeding America nationwide network of food banks unite to urge businesses and individuals to take action in their communities.

The goal of Hunger Action Month is to mobilize the public to act on behalf of the men, women and children who are food insecure in New Hampshire. It is our opportunity to create a movement throughout September that has a real and lasting impact on the New Hampshire Food Bank's mission to help end hunger in New Hampshire.

Together, we can solve hunger.

As individuals, charities, businesses and government, we all have a role to play in getting food and services to those in need. Everyone has the opportunity to get involved by advocating for the Food Bank; volunteering; experiencing what those in need go through; donating; and organizing food and fund drives.

Throughout the month, there will be several events and challenges that you can take part in to help advocate and increase awareness for the New Hampshire Food Bank.

Stay Involved this September

How many meals could your lunch turn into? \$1 = 2 meals. We are looking for companies to join our lunch challenge. If you are interested in signing up please email Lisa Smith Dean at lsdean@nhfoodbank.org or call 603.669.9725 ext. 121.



Get Your Raffle Tickets Today!

WOKQ 97.5 and Service Credit Union have teamed up with the Radisson Manchester and The Spa Within located on the top floor of the Radisson to offer an outstanding raffle prize with 100% of the proceeds benefiting the New Hampshire Food Bank!

One winner will receive a pair of VIP passes to the Service Credit Union Live Free Country Music Festival on Saturday, October 1st at the Northeast Delta Dental Stadium in Manchester PLUS an overnight with breakfast at the Radisson and a couples massage at The Spa Within.

Only 100 VIP raffle tickets at \$100 per ticket will be sold, giving you a great chance to see country stars Lee Brice, Joe Nichols, Parmalee and Tom Dixon and enjoy an overnight, breakfast and relaxing spa treatment!

Hurry to reserve your raffle tickets by contacting

Lisa Dean
lsdean@nhfoodbank.org
669.9725 x121

Kids Making a Difference

Kaitlin's Gift



When does the spirit of charity, helping and community begin to show in people? For Kaitlin, it happened before she graduated from kindergarten.

Kaitlin asked guests attending her kindergarten graduation party to bring donations of food and money to help support the New Hampshire Food Bank. Kaitlin's effort raised enough to provide 515 meals.

Kaitlin's mother contacted the NH Food Bank to find out what types of foods were needed. June, when Kaitlin graduated, is Canned Vegetable Month.

Vegetables are an important staple of a nutritious diet. Canned vegetables provide people with a shelf-stable, long-lasting healthy food that is available year-round.

The NH Food Bank encourages people to donate certain kinds of food during different times of the year, such as peanut butter and jelly in August when children are getting ready to go back to school and canned soups in February when the weather is usually at its coldest.

Kaitlin's graduation party was not only great fun, but a great success. It is one of the many ways you can help the NH Food Bank support the over 400 agencies they partner with throughout the state aid the approximately 1 in 9 individuals who are food insecure.

The guests not only brought a cornucopia of canned vegetables, they donated money and some of Kaitlin's friends even volunteered to hold food drives for their parties.

"I'm so proud of Kaitlin. She learned how important the New Hampshire Food Bank is to our state and she thought of a way to help," Kaitlin's mother said. "I thought she might miss not receiving any gifts, but I never saw her happier than she was when we delivered all the food she collected for the NH Food Bank."

About one in nine people in New Hampshire are food insecure and your support helps change their lives every day. And, as Kaitlin showed, together we can help to solve hunger at any age.



Volunteers bring their hearts and their hands to their work at the New Hampshire Food Bank. Their efforts are vital to our mission of feeding the hungry in our state. Help make a difference today. Contact Marguerite Malloy - 603.669.9725 x131.

Orange Oatmeal Pancakes

Cooking Matters Recipe



Serves 6, 2 (4-inch) pancakes per serving

½ cup all-purpose flour	1 large egg
½ cup whole wheat flour	¾ cup orange juice
½ cup quick oats	½ cup nonfat milk
1 Tablespoon baking powder	2 Tablespoons canola oil
¼ teaspoon salt	Non-stick cooking spray

1. In a large bowl, combine flours, oats, baking powder, and salt. Mix well.
2. In another large bowl, crack egg. Beat lightly with a fork.
3. Add orange juice, milk, and canola oil to egg. Mix well.
4. Coat large skillet with non-stick cooking spray. Heat over medium-high heat.
5. Add wet ingredients to dry ingredients. Stir just until dry ingredients are moistened. Do not overmix.
6. Pour ¼ cup batter into hot pan for each pancake. Adjust heat as needed to avoid burning.
7. Flip pancakes when bubbles appear on top of the batter and the edges are slightly browned, about 3-4 minutes. Cook until second side is slightly browned, about 2-3 minutes more.

Chef's Notes

- If using an electric griddle instead of a skillet, preheat to 375°F before using.
- Chop and add 3 Tablespoons of your favorite nuts if no one is allergic to them.
- Make a double batch, cool, and then freeze the cooked leftovers. To prevent the pancakes from sticking together, layer waxed paper between each pancake. Place the stack in an airtight container or zip-top plastic bag. Freeze for no more than 6 weeks. Warm pancakes in a microwave or toaster oven for a quick breakfast.

Grants

We would like to thank the following organizations for their generous support through grants to the New Hampshire Food Bank:

Bank of America Foundation
Mac Off event.

Benjamin Couch Trust
Cooking Matters in Concord region.

BJ's Charitable Foundation
Food purchase & distribution.

Claremont Savings Bank Foundation
Youth summer feeding in Claremont.

C & S Wholesale Grocers
Food distribution & agency capacity.

Gertrude Couch Trust
Cooking Matters in Concord region.

Henry E. Niles Foundation
Culinary Job Training.

Hypertherm Hope Foundation
Hunger relief in the Upper Valley region.

Kennebunk Savings Bank
Two Mobile Food Pantries and agency capacity building.

Mascoma Savings Bank
Youth summer feeding in Coos County.

Oleonda Jameson Trust
Cooking Matters in Concord region.

Rogers Family Foundation
Southern NH food distribution.

Seacoast Women's Giving Circle
Agency capacity building by providing coolers and refrigerators.

Share Our Strength
No Kid Hungry - youth summer feeding in Claremont.

Walmart State Giving
Food purchase & distribution.

Behind the Scenes

Be sure to keep up with the New Hampshire Food Bank on the following social media platforms:



Facebook



Twitter



Instagram



Pinterest



LinkedIn



Google +



Youtube

Your comments

Thank you for your continued support. We would love to hear from you! Please email us at nmellitt@nhfoodbank.org or write to:

Nancy Mellitt
New Hampshire Food Bank
700 East Industrial Park Drive
Manchester, NH 03109

September 1-30, 2016

Canstruction® - A structure of an organizations choosing is built using canned or packaged food items.

September 8, 2016

Hunger Action Day® - Wear orange, turn your social media profile pictures orange, and encourage others to do the same!

September 9 & 23, 2016

Mac Off Competition - See how much Mac & Cheese the teams can pack. All Mac Packs will be distributed to families in need.

September 12, 2016

7th Annual WBS Golf Tournament - All funds raised at the golf outing will support the New Hampshire Food Bank's efforts to expand food distribution and innovative educational programs to reach those who need it most.

September 17, 2016

Give a Little, Feed a Lot Food Drive - Food drive in Manchester's north end held by Southern New Hampshire University.

September 22, 2016

Taste of the Nation Manchester - Premier tasting event featuring cuisine from New Hampshire's top chefs and other culinary and libation experts, artisans and vendors.

September 23-24, 2016

WMUR and NHIAA Sponsor NH Tackles Hunger - A food drive will be hosted at high school football games in communities across New Hampshire.

September 25, 2016

Nashua Telegraph Fall Food & Wine Festival - This is a unique tasting event featuring New England wineries, food, artisans and vendors.