

## 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](mailto:nmellitt@nhfoodbank.org) or write to:

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

## Much Ado About NOTHING, in Partnership with Citizens Bank!

On April 11, we launched our 5th annual Nothing Campaign, in partnership with Citizens Bank. We set out with one major milestone in mind... to hit ONE MILLION meals provided since we started Nothing in 2013!

And, guess what? **YOU DID IT...** and then some! Thanks to your support and generosity we surpassed our goal – providing hundreds of thousands of meals this year, alone! Those meals make such a big difference in the lives of our friends and neighbors in NH who are food insecure. Be sure to keep an eye on our Facebook and Twitter feeds for the most recent info about campaign totals!



Do you have your filled Nothing Can at home? Don't worry – you can still bring it into the Food Bank, located at 700 East Industrial Park Drive, Manchester, NH!

Special thanks go out to Citizens Bank for their sponsorship of the Nothing Campaign for the fifth consecutive year, and for their continued support and generosity! An additional thank you to Hannaford Supermarket, Harvest Market, Market Basket, Shaw's Supermarket, Sully's Superette in Goffstown and Vista Foods in Laconia for their support and partnership!

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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.

## Save the Date

*Events Benefiting NH Food Bank*

**6/21/17**

### Taste of the Nation

*Strawberry Banke Museum  
Portsmouth, NH*

**7/22/17**

### British Car Show

*21st Annual Show of Dreams  
Alvirne Hills Field House  
Hudson, NH*

**9/15/17 & 9/22/17**

### Mac Off Competition

*NH Food Bank  
Manchester, NH*

**9/16/2017**

### Great Bay Corvette Club

*4th Annual Driven to Make a  
Difference Charity Car Show  
9am-3pm - 72 Pease Blvd  
Newington, NH*

**9/18/2017**

### WBS Harvest Golf Classic

*Manchester Country Club  
Bedford, NH*

# Food *for* thought

## The 8th Annual WBS Harvest Golf Classic Takes Place September 18!

Registration is open for the 8th annual WBS Harvest Golf Classic, taking place at the Manchester Country Club in Bedford, NH on September 18.

The outing includes breakfast, lunch and dinner, goody bags, a player gift, contest holes with prizes, silent auction items, raffle items, awards recognition celebration, prizes awarded to the top 4 teams – and more!

Last year, the tournament raised more than \$88,000 for our neighbors in need here in NH!

To register, contact Lisa Smith Dean at [lsdean@nhfoodbank.org](mailto:lsdean@nhfoodbank.org) or 603.669.9725 ext. 121, or visit [nhfoodbank.org/golf](http://nhfoodbank.org/golf) for more information. The deadline to submit registration forms is September 8.



### Sponsorship Opportunities Are Available!

This tournament continues to grow and sponsorship is a great way to promote your business – we have many types of opportunities available! Contact Lisa Smith Dean for more information.

**Get Dad the gift of giving back this Father's Day!** See inside for details.



# Lentil and Mango Salad

A Cooking Matters Recipe

## Serving Size:

Serves 5, 1 cup per serving

## Ingredients:

- 1 cup dried brown lentils
- 1 medium mango or apple
- 1 medium red bell pepper
- 1 large lemon
- ¼ cup canola oil
- ½ tsp cumin
- ½ tsp salt
- ¼ tsp ground black pepper
- ½ cup minced fresh parsley and/or cilantro (optional)
- ½ cup chopped walnuts or toasted coconut (optional)

## Instructions:

### In Advance

1. In a large pot, add lentils. Cover with water by 2 inches. Bring to a boil over high heat. Reduce heat to a simmer. Cook until tender, about 20 minutes. Drain.

### Preparation

1. Rinse, peel, and dice mango. Rinse and dice bell pepper.
2. Rinse lemon & cut in half. In a small bowl, squeeze juice. Discard seeds.
3. If using, rinse and chop cilantro. Chop walnuts or toasted coconut.
4. In a large bowl, use a fork to whisk together lemon juice, oil, cumin, salt, & pepper. Add cooked lentils, mango, & bell pepper. Mix well. If using, stir in herbs & nuts or coconut.

### Chef's Notes

*This salad will keep in the refrigerator for up to 3 days. Add more lemon juice to kick the flavor back up after sitting.*

# Calling All Engineers, Architects and Anyone with a Passion for Building!

***Sign up your organization to compete in Canstruction during September's Hunger Action Month!***

Are you an engineer? Architect? Do you work in construction? Are you the leader of a Scout Troop? Do you just have a passion for building or are you a "pro" at putting together Lego builds with your kids?

***Put those skills to use for a good cause!***

Sign your organization up to be a part of the NH Food Bank's annual Canstruction competition which takes place during Hunger Action Month in September!



During Canstruction, participating organizations plan, design and build creative structures out of canned or packaged food!

Each structure is judged and prizes are awarded in categories like: Best Meal, Best Use of Labels, Structural Ingenuity, Jurors' Favorite, Honorable Mention, People's Choice, and Most Food Used.



Once completed, the cans are donated to the Food Bank for distribution to those in need. Last year, 5,441 pounds of food was donated to the NH Food Bank as a result of Canstruction – that's 4,534 meals!

### Interested?

To register your organization or find out more about Canstruction, contact Lisa Smith Dean at 603.669.9725 ext. 121 or [lsdean@nhfoodbank.org](mailto:lsdean@nhfoodbank.org).



# Make Father's Day Special with a Donation in Honor of Your Dad

Father's Day is June 18! This year, show Dad how much you care by making a tribute donation in his honor for Father's Day.

For a \$25 donation to the New Hampshire Food Bank, we will send a personalized Father's Day card to the dads in your life!

Cards will be mailed on Monday, June 12, unless otherwise requested.

To order your Father's Day cards, please contact Landis Donaghy at 603.669.9725, ext. 244 or [ldonaghy@nhfoodbank.org](mailto:ldonaghy@nhfoodbank.org).



## Secure Your Team's Spot for the Fourth Annual Mac Off Competition, Presented by Bank of America!

**Competition days will be held September 15 and 22**

Sign up for the NH Food Bank's fourth annual Mac Off Competition, presented by Bank of America, and see how much Mac & Cheese your team can pack – all for a good cause!

During this fun and fast-paced event, held at the NH Food Bank in Manchester, teams from organizations throughout NH engage in a little friendly competition to see whose assembly skills reign supreme!

An average adult can pack 150 mac and cheese meals in an hour. Last year, our two Mac Off competitions produced more than 113,000 meals for the thousands of men, women and children in NH who are food insecure. All packaged meals will be distributed to families in need.

For more information or to register your team, contact Lisa Smith Dean at 603.669.9725 ext. 121 or [lsdean@nhfoodbank.org](mailto:lsdean@nhfoodbank.org).



## Grants

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

**Feeding America Albertson's/EIF:** Hunger Is – Children's Breakfast Food

**The Blanche Walsh Charity Trust:** Recipe for Success Culinary Job Training Program

**Newman's Own Foundation:** Food Purchase for Hunger Relief in NH

**State Farm "Good Neighbor" Grant:** Recipe for Success Culinary Job Training Program

**Harvey D. & Christina R. Hill Charitable Trust:** Youth Summer Feeding in the Claremont Region

**Feeding America – Nationwide:** General Operating Expenses

**Hypertherm Hope Foundation:** Food Purchase and Distribution in the Upper Valley Region

**Lincoln Financial Foundation:** Recipe for Success Culinary Job Training

**Seacoast Women's Giving Fund:** Food Purchase in the Seacoast Region

**Cogswell Benevolent Trust:** Thanksgiving Turkey Purchase

**Weyerhaeuser Foundation:** Food Purchase in Coos County

**Madelaine G. von Weber Trust:** Food Purchase, Statewide