



Behind the Scenes

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



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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:

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Grants

Thank you to the following organizations for their generous support through grants to the New Hampshire Food Bank:

The RBC Foundation

Recipe for Success - Culinary Job Training program.

Saul O. Sidore Memorial Foundation

Youth summer feeding programs in Coos County.

Kaley Foundation, Bank of America, N.A., Trustee

Food distribution in Milford.

The Fuller Foundation

Food purchase & distribution for Seacoast NH Teens Initiative.

Doe Family Foundation

New truck lease, a Mobile Food Pantry & Culinary Job Training.

Share Our Strength - No Kid Hungry 2017

Summer youth feeding programs

Allen Foundation Inc.

Cooking Matters Nutrition & Cooking Education

Feeding America - Morgan Stanley

Increased produce capacity.

Feeding America - Great American Milk Drive

Samuel P. Pardoe Foundation

Cooking Matters at Prescott Farm

Claremont Saving Bank Foundation

Children's Community Lunch - Claremont 2017

Bank of America Foundation, Inc.

2017 Mac Off Competition

Lincoln Financial Foundation

Dairy distribution in NH

Feeding America - Darden Restaurants

Vehicle insurance.

Walmart Store #1796

Food purchase in Hillsborough County.

Walmart Store #4389

Food purchase in Grafton County.

Gertrude Couch Trust

Food purchase for Concord youth programs.

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 *this September*

- Plan a food drive for your school, office or neighborhood.
- Turn your social media pages orange in September!
- Post your Hunger Action Month™ support on Facebook, Twitter and Instagram, using #HungerActionMonth. Be sure to tag us in your posts!
- Volunteer! Reach out to our Volunteer Coordinator at 603.669.9725 ext. 1131 to find out what opportunities are available. You can also volunteer at your local food pantry or soup kitchen.
- Instead of buying lunch,
- organize a company-wide brown bag lunch and donate your lunch money to the NH Food Bank!

Food *for* thought

Go Orange with Us this September for Hunger Action Month™



September is Hunger Action Month™, when Feeding America's nationwide network of food banks unite and Go Orange (orange is the official color of hunger and Hunger Action Month™), to urge individuals and businesses to take action in the fight against hunger in their communities.

Our goal is to mobilize the public to act on behalf of the men, women and children who are food insecure in the Granite State, and create a movement that has a real and lasting impact on our mission to help end hunger in NH.

We have a lot of fun activities happening throughout the month and hope you'll join us in raising awareness for the fight against hunger here in the Granite State and across the U.S.

Hunger Action Day is September 14!

You don't have to wait for Halloween to break out your best pumpkin-hued outfits and accessories! Go orange with us on September 14 for Hunger Action Day and raise awareness for those struggling with food insecurity in our state! Be sure to share your Go Orange outfits with us on Facebook, Twitter and Instagram; tag NH Food Bank and use #HungerActionMonth!

More fun Hunger Action Month activities that benefit the NH Food Bank can be found inside!

Veggie Wraps

*A Cooking Matters Recipe
Serves 4, 3 pinwheels each*

Ingredients

- 4 large radishes
- 1 small carrot
- 1 cup salad greens
- 3 sprigs fresh herbs (parsley, dill, cilantro, or combination)
- 1 lemon
- 2 ounces low-fat Swiss or cheddar cheese
- 1 large, ripe avocado
- ¼ cup nonfat plain yogurt
- 3 (8-inch) whole wheat flour tortillas

Optional Ingredients:

- 5 ounces thinly sliced roasted turkey

Instructions

1. Scrub and rinse radishes & carrots. Rinse greens. Pat dry.
2. Use a vegetable peeler to peel radishes & carrots into long, thin strips.
3. Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces.
4. Rinse lemon. Zest using the small holes of a box grater. Cut in half and remove seeds.
5. Grate cheese.
6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell.
7. In a bowl, use a fork to mash avocado. Stir in yogurt.
8. Squeeze a little lemon juice onto avocado mixture. Add herbs & a pinch of lemon zest. Stir.
9. Warm 1 tortilla in the microwave for 30 seconds, or longer as needed.
10. Place the warm tortilla on a cutting board. Spread 1/8 avocado mixture over center of tortilla. Layer with 1/8 greens, 1/8 grated veggies, and 1/8 cheese. If using turkey, add 1/8 turkey now. Squeeze more lemon juice over the mixture.
11. Roll tortilla & toppings into a log shape. Use a knife to slice wrap into four "pinwheels."

Morgan Stanley Provides \$25,000 Grant to the NH Food Bank to Expand Fresh Produce Program

Thank you to the Morgan Stanley Foundation for their generous grant to support NH Food Bank's fresh produce program. The funds will be used to increase the New Hampshire Food Bank's ability to access, transport, and store fresh produce and to provide fruits and vegetables to local residents.



Recently we were fortunate enough to see this grant in action, as Giving Hands Food Pantry in Hooksett received a brand new, industrial-sized cooler, 1 of 8 being delivered to our partner agencies in NH to better support the distribution of fresh produce, thanks to Morgan Stanley's grant!

As you can see, it was a tight squeeze, but the pros from NH Restaurant Equipment made it look easy – maneuvering hallways and door frames to slide it into place.

Jennifer, who runs Giving Hands, was so excited for the additional space to store wholesome and nutritious produce for their clients – she couldn't wait to set it up!



In addition to Morgan Stanley's support, these fridges will be soon full of fresh, local produce for our friends and neighbors here in NH thanks to support from local organizations, like NH Gleans and others.

Concord Police Department and NH Food Bank Team Up for Second Annual Stuff a Cruiser Food Drive

Join the Concord Police Department and the NH Food Bank to fight hunger and stuff a cruiser during the second annual Stuff a Cruiser Food Drive in Concord. Once again, the food drive benefits three of our partner agencies in Concord: The Friendly Kitchen, Friends of Forgotten Children and The Salvation Army of Concord.

Last year's food drive collected more than 5,000 meals for those struggling to put food on the table in the Concord-area!

This year, Stuff a Cruiser food drives will take place in Concord on the following dates:

- **September 8:** Shaw's, Fort Eddy Plaza from 3 p.m.-7 p.m.
- **September 10:** Market Basket, Fort Eddy Road, from 9 a.m. - 1 p.m.
- **September 16:** Hannaford, Fort Eddy Road, from 9 a.m. - 1 p.m.

For more info, visit: nhfoodbank.org/stuff-a-cruiser



Hunger Action Month™ - Save the Date!

SEPTEMBER 1-30

Canstruction - A structure of an organization's choosing is built using canned or packaged food items.

SEPTEMBER 8, 10 & 16

Concord Police Department Stuff a

Cruiser Food Drive - Join CPD and NHFB to stuff a cruiser with food donations all to benefit local NHFB partner agencies!

SEPTEMBER 14, 2017

Hunger Action Day® - Go Orange - wear orange, turn your social profiles orange and encourage others to do the same!

SEPTEMBER 15 & 22

Mac Off Competitions, sponsored by Bank of America - See how much mac & cheese teams can pack for NH families in need!



SEPTEMBER 16, 2017

SNHU Give a Little, Feed a Lot Food Drive - Food drive in Manchester's North End, held by Southern NH University

SEPTEMBER 16, 2017

Great Bay Corvette Club's Annual Driven to Make a Difference Car Show - This vehicle showcase at Sig Sauer in Newington, benefiting NH Food Bank.

SEPTEMBER 18, 2017

8th Annual WBS Golf Tournament - All funds raised during this event benefit NH Food Bank.

SEPTEMBER 22 & 23

WMUR and NHIAA Sponsor NH Tackles

Hunger - Food drives will be held at high school football games in communities throughout NH