

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.

Happening now...

Nov. 27 - Dec. 10 NH Public Radio's December Fund Drive

For every \$100 donated to NHPR, they will donate 10 meals to the NH Food Bank.

Coming soon...

Dec. 8, 9 & 10

WMUR's Spirit of Giving Food Drive

Keep an eye on WMUR, as well as the NH Food Bank's website and social channels for more information about WMUR's annual Spirit of Giving Food Drive!

Spring 2018

The NH Food Bank's 3rd Annual Steel Chef Challenge

The NH Food Bank's 3rd annual Steel Chef Challenge is slated for Spring 2018! Keep an eye on our website, as well as our social media channels for more details!

Food *for* thought

A Recipe for Success: Kimmy Lavoie of Bar One in Milford

Kimmy Lavoie always had an interest in cooking but never had the chance to go to culinary school. She'd worked in restaurants for years, but wanted something that could turn into a career with a reliable paycheck.

Down on her luck, Kimmy discovered NH Food Bank's Recipe for Success Culinary Job Training program, and decided to take the leap and enrolled in our 8-week culinary program. The Food Bank's Culinary Job Training program's goal is to help individuals suffering financial hardship gain the skills and experience necessary to seek employment in the food service industry.



The skills, guidance and lessons Kimmy learned during her training in the Recipe for Success Culinary Training kitchen prepared her for an entirely new career! After graduating, Kimmy trained in the kitchen of the restaurant she'd been working in – working her way up from the salad station to the sauté station. Eventually, she landed her latest role as Executive Chef at Bar One in Milford, NH – which she helped open.

"It's certainly been a wild ride since my humble beginnings as a trainee at the Food Bank," said Kimmy. "There are so many important things that I learned in the Recipe for Success program that I've carried with me throughout my career. I would have never lasted a day in any restaurant without having first learned such valuable skills in the program."

Since Bar One's opening, Kimmy has been featured in numerous publications and food programs, scoring a "Best Chef 2017" title from the *Hippo Press*, and most recently, Bar One received a number of "Best of Nashua" awards from *The Telegraph*, including "Best Chef" and "Best New Restaurant."

Recently, Kimmy found herself back in our Kitchen, along with the team from Bar One – this time as a volunteer! They helped our chefs and current culinary job training students prep and cook meals that are delivered to our partner agencies across the state as a part of our Hot Meals program.

Congratulations on all of your success, Kimmy! Interested in learning more about the NH Food Bank's Recipe for Success Culinary Job Training Program, visit: nhfoodbank.org/programs/recipe-for-success

Fall Fruit Compote

A Cooking Matters Recipe

Serving Size

Serves 8, 1 cup per serving

Ingredients

- 3 medium pears
- 2 medium apples
- 1 cup seedless grapes
- 1 cup raisins
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1¼ cups apple juice or cider
- ¼ cup water
- 2 Tablespoons cornstarch

Instructions

1. Rinse pears, apples & grapes. Do not peel fruit.
2. Remove core from pears & apples. Cut fruit into 1-inch pieces.
3. In a medium pot, add pears, apples, grapes, raisins, cinnamon & nutmeg.
4. Add apple juice and water to pot to barely cover the fruit.
5. Bring fruit and juice to a boil. Reduce heat and simmer for 10–15 minutes. Remove from heat.
6. In a colander, strain the fruit over a small bowl, reserving the liquid.
7. Return the liquid to the pot. Add cornstarch. Cook on low to thicken slightly. Remove from stove and let cool.
8. Pour thickened juice mixture over fruit and stir. Cool and serve right away. Or, store in an air-tight container for up to 1 week.

For more recipes, visit: cookingmatters.org

Creativity for a Cause!

Check out this year's Canstruction structures!

This year, 14 teams participated in our annual September Hunger Action Month Canstruction competition!

Each team strategized and built some incredible structures using canned goods and non-perishable foods that, in total, brought in 8,506 pounds of food for our friends and neighbors here in NH who are food insecure.

Special thanks go out to all of our participating teams: Adrenaline Agency in Portsmouth; Brady Sullivan Properties in Manchester; two teams from Freudenberg in Tilton and Northfield; Haas Dental Associates in Derry, Hannaford in the Lilac Mall, Hannaford Rochester #8315; Holy Cross Church in Derry; Hoyle, Tanner & Associates in Manchester; Jacobs Engineering Group in Bedford; MEMIC in Manchester; Rockingham County Nursing Home in Brentwood; Sanborn, Head & Associates in Concord, and VHB in Bedford. **Check out their skills and creativity:**



- Top row (L-R): Freudenberg, Sanborn Head, VHB, Freudenberg
- 2nd row (L-R): Hoyle, Tanner & Associates, Brady Sullivan Properties, Adrenaline Agency, JACOBS Engineering
- 3rd row (L-R): Hannaford Lilac Mall, Holy Cross Church, Hannaford Rochester
- 4th row (L-R): Rockingham County Nursing Home, Haas Dental, MEMIC

Give the Gift of Hope this Holiday Season!

What do you give the person who has everything?

Give the gift of compassion, support and help. Approximately 10% of men and women and 13% of children in NH are food insecure, meaning they do not know when or where their next meal will come from. Please consider making a donation in the name of a friend or family member for the perfect gift.

For a minimum donation of \$25 per card, we will send one to every person on your list — or, if you prefer, we will send the cards to you so that you may deliver them personally. This is a wonderful option for offices or companies looking to thank their employees or clients!

Simplify your gift giving this year. Call **Landis Donaghy** at **603.669.9725 ext. 1244** with your list, have your credit card ready, and leave the rest to us!



The Great Bay Corvette Club Raises \$12,350 to Support the NH Food Bank

Last month, our parking lot looked pretty snazzy when the Great Bay Corvette Club members rolled up in their Vettes! They swung by to present the Food Bank with a donation from their Fourth Annual “Driven to Make a Difference” charity car show which took place in September. Each year, they vote on a beneficiary -- and for the second time since their first car show, they picked the NH Food Bank!

Their donation provided 24,700 meals to our friends and neighbors here in NH who are food insecure! While they were here, members also took a tour of our facility, including stops in our warehouse and our Recipe for Success Culinary Job Training Kitchen.

Thank you to Steve, Lisa and everyone at Great Bay Corvette Club for their continued partnership and generosity!



Grants

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

Alice J. Reen Charitable Trust:
Food purchase for Concord agencies

Benjamin Couch Trust:
Food purchase for Concord Youth programs

C & S Charities, Inc.:
Hunger-Free Weekend program in Keene

Citizen's Bank: *Truck lease*

Citizens Bank Foundation: *2018 Nothing Campaign*

Cogswell Benevolent Trust Company: *Holiday Turkeys*

Feeding America - Ford Motor:
General Operations

Feeding America - Costco: *Food Purchase*

Feeding America - Red Nose Day: *Child Hunger programs*

NH Electric Co-op Foundation:
Food purchase for 33 NHEC Territory agency accounts

Salem Community Benefit: *Food purchase in the Greater Salem-area*

TD Charitable Foundation: *Food purchase, statewide*

Walmart Distribution Center #6030: *Food Purchase and Distribution in Rockingham County*

Walmart Foundation - State Giving: *Food Purchase and 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

How Can You Help Families in Need this Holiday Season?

Approximately 10% of men and women and 13% of children in NH are food insecure - meaning they do not know where their next meal will come from.



As the weather turns colder, people are faced with difficult decisions: Heat or eat; Lights or dinner; Rent or a meal. While many of us may never have to

consider these choices, thousands in NH grapple with these types of difficult decisions. A few meals for a family might be what it takes for them to keep the lights on, heat their home or get important medical care, not just at the holidays, but all year long.

How can you help?

- **Organize a food drive:** By hosting a food drive you can help the NH Food Bank continue to meet the needs of many people in our community. For more information, visit nhfoodbank.org/how-to-help/host-a-food-drive or call Jil Murphy at 603.669.9725 ext. 1246.
- **Make a monetary gift:** For every dollar donated to the NH Food Bank, we can provide two meals to those struggling with hunger here in NH. To donate, you can visit: nhfoodbank.org/donate; mail a check made payable to the NH Food Bank; or give us a call at 603.669.9725.
- **Volunteer:** The efforts of our volunteers are vital to the NH Food Bank's mission of feeding the hungry in our state. For more information about our volunteer opportunities, visit nhfoodbank.org/how-to-help/volunteer or call our volunteer coordinator, Marguerite Malloy, at 603.669.9725 ext. 1131.