

Behind the Scenes

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

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

6th Annual 'Nothing' Campaign Wrapping Up



The counting has just begun as the sixth annual Nothing Campaign, generously supported by Citizens Bank, wraps up. This year's campaign kicked off on April 6th before a crowd at Market Basket in Londonderry. Governor Chris Sununu was among the invited guests and was first in line to buy a Nothing can for the 2018 campaign.



The purchase of each can equals 10 meals – a returned can filled with donations provides approximately 60 meals for our friends and neighbors in need across the state. If you still have your filled Nothing can, you can always drop it off at the New Hampshire Food Bank just like six-year-old Carl did during his school vacation week! We are located at 700 East Industrial Park Drive, Manchester, NH.

Thank you to Citizens Bank for their continued support and generosity. We would also like to thank all New Hampshire Hannaford Supermarkets, Harvest Market, Market Baskets, Shaw's, Sully's Superette in Goffstown and Allentown and Vista Foods in Laconia for their partnership and continued support.

For more information visit nhfoodbank.org/nothing

Food *for* thought

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.

Important Dates

Events Benefiting NH Food Bank

Nothing Campaign Wraps Up

5/31/18

*Participating Grocery Partners
 State-Wide*

The Hunger Chase:

Race Series 6/10, 7/26, 9/23

*Help Kick Hunger to the Curb
 CGI Race series supporting the
 NH Food Bank*

Striking Out Hunger Through 9/30

*Local bowling alleys are teaming up to
 Strike Out Hunger. Bring in 2 canned
 items for a free game, bring in 3 for a
 free game and shoe rental.*

22nd Annual British Car Show

7/28/18

*Alvirne Hills Field House
 Hudson, NH*

9th WBS Annual Harvest Golf Classic

9/17/18

*Manchester Country Club
 Bedford, NH*

Third Annual Steel Chef Challenge A Success!



What an amazing night our third annual Steel Chef Challenge was! The room was bursting with energy as Food Network star and Iron Chef Alex Guarnaschelli took the stage to host this year's competition. Four local chefs, each with differing backgrounds, anxiously waited to learn the ingredients they would use to create their dish.

The Armory at The Manchester Downtown Hotel was packed with supporters of the New Hampshire Food Bank who were excited to see what the chefs would create. Chef Guarnaschelli was introduced by the Most Reverend Peter A. Libasci, Bishop of Manchester, and had the crowd laughing immediately. After introducing the chefs, the crowd roared with laughter after Alex told them "you have already picked the person you hate and you have picked the winner too!"

This year's panel of judges included the legendary Mary Ann Esposito, chef and the host of Ciao Italia with Mary Ann Esposito, along with WMUR-TV morning news anchor and NH Chronicle host, Erin Fehlau and the 2016 Steel Chef Challenge champion and Executive Chef of Tuscan Kitchen in Portsmouth, David Crinieri.

In keeping with the often unknown food donations that the New Hampshire Food Bank receives from our generous community partners, a dramatic mock delivery of proteins came from the back of our truck to the stage. This year's proteins were locally sourced venison, peking duck and haddock and were delivered and unveiled by stage chefs Matt Provencher, Foundry Restaurant and Dan St. Jean, Executive Chef, Common Man Brand Restaurants for Alex to present for the audience to choose. By an overwhelming decision, the audience chose haddock and then Alex decided to add the whole peking duck in the mix! Now came time to decide the secret ingredients. Again, by audience choice, the winners – a chili infused chocolate bar and a Boston cream donut, a tribute to the Boston Marathon. It was now up to the four chefs to turn those ingredients into an award winning dish.

Continued on page 2

Tabbouleh

A Cooking Matters Recipe

Serves 6, 2/3 cup per serving

Ingredients

- 2 medium lemons
- 1 cup bulgur wheat
- 1 1/2 cups boiling water
- 1 cup fresh parsley
- 3 green onions
- 1 large tomato
- 1 small cucumber
- 2 Tbsps canola oil
- 3/4 tsp salt
- 1/4 tsp black pepper
- pinch of ground cayenne pepper
- Optional ingredients
- 4 oz. feta cheese
- 1/4 cup mint leaves

Instructions

1. Rinse and cut lemons in half and squeeze juice into medium bowl.
2. Add bulgur and boiling water to lemon juice. Cover and let rest until bulgur is soft and chewy (about 30 minutes)
3. Rinse parsley, green onions, tomato, cucumber and mint leaves if you are using.
4. Chop parsley and mint.
5. Trim ends off green onions. Thinly slice, using white and green parts.
6. Remove core from tomato. Dice.
7. Slice cucumber in half lengthwise. Scoop out seeds with a spoon and discard. Dice cucumber.
8. If using feta, dice now.
9. In a colander, drain excess liquid from bulgur mixture. Return bulgur to bowl
10. Add parsley, green onions, tomato, cucumber and remaining ingredients to the bowl. Mix well to combine.
11. If using feta and mint leaves, add now. Mix gently before serving.

For tips: <https://cookingmatters.org/recipes/tabbouleh>

Continued

This year's chef competitors included Lee Frank, Chef/Owner of Otis Restaurant, Exeter; Jennifer Hiller, Assistant Executive Chef, Tuckaway Tavern & Butchery, Raymond; Luca Paris, Executive Chef/Owner, Luca's Mediterranean Café, Keene and Kaylon Sweet, Chef, Local Eatery, Laconia.

Twenty minutes was on the clock and the chefs got to work. As the competition began, guests enjoyed a menu created by Chef Guarnaschelli, starting with Spring Lobster salad, followed by seared beef tenderloin with braised short ribs and a beet béarnaise sauce. To satisfy any sweet tooth, classic tiramisu was served with a splash of New Hampshire's own Fabrizia Limoncello.

The judges had a tough decision to make after tasting the four dishes created by each of our chef competitors. The 2018 Steel Chef Challenge victory knife was presented by last year's winner, Tony Bomba, the Common Man Family of Restaurants to this year's Steel Chef winner, Chef Lee Frank of Otis Restaurant.



The chefs were done competing but the competitive atmosphere in the room heated up again when professional auctioneer, Paul McInnis, began the live auction. From Red Sox tickets with an unbeatable view of Fenway Park, a Boston Bruins basket with a signed game jersey from Patrice Bergeron right before the Stanley Cup Playoffs, to a flight and stay at Ocean Key Resort & Spa, Key West, FL and a dinner party for 10. Now, some priceless items added to the auction by Chef Guarnaschelli herself, including a personal knife she has used on Iron Chef and an Iron Chef one-of-a-kind t-shirt created by Guy Fieri that she wears under her chef jacket when competing on the Food Network's Iron Chef.

The audience got a glimpse into the lives of those who are directly impacted by their donations. Many thanks to Comcast for producing the video and traveling to Colebrook to capture a recent Mobile Food Pantry sponsored by Harvard Pilgrim Health Care Foundation and North Country Healthcare. The video captured the story of our friends and neighbors in need and just how appreciative they are for the help they receive. Thank you to all who donated to our Fund-a-Meal campaign.

Each year, this event gets more refined and draws a bigger crowd! We can't thank our founding sponsor, Comcast enough for their continued support, along with the dozens of sponsors, donors, and volunteers who help make this event such a success!

Grants

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

Cogswell Benevolent Trust:
Food Purchase

Dead River Company
3-Year Truck Lease

Feeding America - Nationwide
General Operating Grant

Frank E. Kaley Foundation:
Food Purchase- Milford

Hypertherm HOPE Foundation:
Children's Community Lunch
-Claremont

NH Electric Co-op Foundation:
Support for Agency Accounts
& 1 Mobile Food Pantry

**People's United
Community Foundation:**
Food Purchase - Statewide

Beef and Veal in the Classroom

The New Hampshire Food Bank hosted a special seminar and dinner in March demonstrating beef cutting and cooking techniques for more than 50 people, including 40 local high school and college students. As part of its Recipe for Success Culinary Job Training Program, the New Hampshire Food Bank hosted "Beef and Veal in the Classroom," a program of the Northeast Beef Promotion Initiative and funded by The Beef Checkoff.



The Beef and Veal in the Classroom program provides support for the use of fresh beef and/or veal in culinary schools located through the Northeast region. The goal of this grant program is to assist culinary programs with enhancement of students' knowledge of beef cutting, cooking, nutrition and safety.

During the event the students watched as Executive Chef Matt Provencher from The Foundry Restaurant in Manchester and Chef Kevin Halligan from Local Eatery in Laconia cut down the half cow into steaks, roasts and ground beef. The students also learned about raising beef humanely and beef cookery from Jayson McCarter, chef instructor at the New Hampshire Food Bank, and Carole Soule, owner of Miles Smith Farm in Loudon, which raises grass-fed beef in a natural and kind environment. Thanks to the Professional Chefs of New Hampshire, a chapter of the American Culinary Federation, for providing dinner.

For more information about Beef and Veal in the Classroom, visit: <http://www.nebpi.org/beef-and-veal-in-the-classroom.aspx>

Making A Difference



We are pleased to introduce you to this very special young lady, Meghan! Since 2017, 12 year old Meghan has been baking cookies and selling her cookies to raise money for a different non-profit each month.

We were very fortunate that Meghan chose the NH Food Bank as her non-profit charity for the month of March. Her efforts will provide 370 meals for our neighbors in need. We can't thank you enough, Meghan! Her mother says she has a huge heart for her community and she strives to change the world! Meghan you are truly an inspiration to all of us.

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

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

For a \$25 donation, we will send a personalized Father's Day card the week before the holiday. If you prefer, we can send the card directly to you, to personalize and send to the dads in your life.

Father's Day is Sunday, June 17. Cards will be mailed on Monday, June 11, unless otherwise requested.

To order your Father's Day cards, please contact Landis Donaghy at 603.669.9725, ext 1244 or ldonaghy@nhfoodbank.org.

9th Annual WBS Harvest Golf Classic September 17, 2018

This year's golf tournament will be held Monday, September 17 at the Manchester Country Club. Team registrations and sponsorship opportunities are available with all funds raised directly supporting the NH Food Bank's efforts to expand food distribution and innovative educational programs to reach those who need it most.

For more info, contact Nancy Mellitt at nmellitt@nhfoodbank.org or 603.669.9725.