

Behind the Scenes

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



Facebook



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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:

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

Grants

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

Wells Fargo Foundation

Youth Summer Feeding

The Fuller Foundation

Food purchase for youth serving agencies in the Seacoast area

Feeding America- Joy In Childhood Foundation

Summer Feeding in Coos County & through agencies

Bank of America Foundation, Inc.

2018 Mac Off Competition

Doe Family Foundation

New truck lease, 4 Mobile Food Pantries & Culinary Job Training.

The Finlay Foundation

Youth summer feeding in Coos County

Feeding America Ending Hunger

Community of Practice - Job Training Cohort

Saul O. Sidore Memorial Foundation

Youth Summer Feeding in Coos County

Ledyard National Bank

Food purchase for upper valley

The Samuel P. Pardoe Foundation

Cooking Matters® at Prescott Farm

Lincoln Financial Foundation

Cheese purchase & Dairy distribution in NH

Feeding America- Citizens Bank

Vehicle lease & Nothing Campaign Spring 2019

Feeding America- Darden Restaurants

General Operating Grant

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

September Hunger Action Month™ Jump into Action Today!



Why Get Involved?

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.

Every September we are blown away by all of the community support and togetherness we see during Hunger Action Month. 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 lasting impact on our mission.

We invite you once again to join us this September to raise awareness and help fight hunger in NH. We have all sorts of fun activities in store throughout the month! Don't forget September 13 is Hunger Action Day! So, grab all of the orange clothing you own and make sure to share your "Go Orange" outfits with us on Facebook, Twitter, and Instagram; tag NH Food Bank using #HungerActionMonth!

Special Thanks!

Thank you to Mayor Joyce Craig, the Manchester City Hall Clock Tower will be lit orange during September to shine a light on hunger in New Hampshire.

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

Pinneapple Carrot Muffins

A Cooking Matters Recipe
Serves 12, 1 muffin per serving

Ingredients

- 1 medium carrot
- 1 cup canned crushed pineapple with juice
- 5 Tablespoons canola oil
- ¼ cup cold water
- 1 Tablespoon white distilled vinegar
- 1 ½ cups all-purpose flour
- ¾ cup light brown sugar, packed
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt, pinch ground nutmeg, pumpkin pie spice, or apple pie spice
- Non-stick cooking spray

Optional Ingredients:

- ½ cup chopped walnuts (or ½ cup raisins)

Instructions

1. Preheat oven to 350°F.
2. Rinse and peel carrot. Shred with a grater. Measure out ¾ cup shredded carrot.
3. In a medium bowl, add pineapple with juice, oil, water, vinegar, and shredded carrot. Mix with a fork to combine.
4. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, salt, and nutmeg. Blend well with a fork to break up any lumps.
5. Add wet ingredients to dry ingredients. Mix until just combined.
6. If using walnuts or raisins, gently stir in now.
7. Coat muffin pan with non-stick cooking spray. Fill each muffin cup about ¾ full with batter. Bake on middle rack of oven until muffin tops are golden brown and a toothpick inserted comes out clean, about 20–25 minutes.

Ford Motor Company Fund Launches First Peanut Butter Drive in New Hampshire

On June 19th, for the first time ever in New Hampshire, Ford Motor Company and Ford Fund kicked off the “Focus on Child Hunger” peanut butter drive to benefit the New Hampshire Food Bank.

The Purpose?

To shed a light on the growing issue of child hunger in the Granite State. Summertime in particular can be one of the most difficult times of year for children and their families when it comes to accessing food.

“This is an exciting and timely opportunity for the New Hampshire Food Bank, as summer can be a difficult time of year for many of the children and families we serve through our network of more than 425 partner agencies,” said Eileen Liponis, executive director of the New Hampshire Food Bank. “Many children and families rely on free-and-reduced school meals during the school year, and without that option in the summer, it can be challenging to ensure children get the nutrition they need. Peanut butter is a terrific source of protein that children enjoy. We are tremendously grateful to Ford Motor Company Fund for bringing this effort to New Hampshire.”



Granite Staters jumped into action donating peanut butter at different drop off locations and online. The goal was to fill as many Ford F-150 pickup trucks with peanut butter as possible! The end result? 4,495lbs of donated peanut butter — crowning New Hampshire the state with the most peanut butter collected to date. Most importantly, that number will provide 3,677 protein packed meals to children in need.

At the Peanut Butter Drive launch event, Ford Fund and Grappone Ford also announced an additional donation of a new \$70,000 refrigerated transit van to the New Hampshire Food Bank to support its efforts to deliver more fresh produce to families in need.

Thanks also to Dead River Company, Northeast Delta Dental, Ken Cail, WTPL 107.7 The Pulse, Nazzzy, 98.3 LNH- NH's Big Variety, Grappone Automotive Group and many others for their involvement and support of this campaign!

Concord & Manchester Police Departments Team Up with NH Food Bank for Third Annual Stuff a Cruiser Food Drive

This year Manchester Police Department is teaming up with Concord Police Department and NHFB for the third annual "Stuff a Cruiser" Food Drive! We hope you join us in the fight to end hunger. The Food Drive will benefit four of our partner agencies in Concord and Manchester: New Horizons, The Friendly Kitchen, Salvation Army, and Friends of Forgotten Children

Last year's food drive collected 1,895lbs of donated food items providing 1,579 meals for those in need!



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

- September 7:** Market Basket, 460 Elm St. 10am-2pm (Manchester)
- September 21:** Shaws, 20 Fort Eddy Road 1pm-6pm (Concord)
- September 23:** Market Basket, 108 Fort Eddy Road 9am-1pm (Concord)
- September 29:** Hannaford, 73 Fort Eddy Road 9am-1pm (Concord)

Hunger Action Month™ Save the Date!

SEPTEMBER 1-30, 2018

Canstruction

Canstruction is an event in which a structure of an organizations choosing is built using canned or packaged food items. Structures will be judged the week of 9/24/18. Once completed, all canned and packaged foods are donated to the food bank for distribution to those in need.

SEPTEMBER 1-30, 2018

Hunger Is

Shaws and the New Hampshire Food Bank are teaming up this September! When you visit participating Shaws Supermarkets and make a donation to the *Hunger Is* campaign at checkout, the funds will be donated to the New Hampshire Food Bank to help expand the weekend breakfast and lunch programs for kids.

SEPTEMBER 13, 2018

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

SEPTEMBER 14 & 28, 2018

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

SEPTEMBER 23, 2018

CGI Hunger Chase: "Miles 4 Meals" Walk/Run
CGI Business Solutions in partnership with Total Image Running, is hosting the final race of the 3-race series to benefit the New Hampshire Food Bank. Sunday, Sept. 23, 2018 at Derryfield Country Club.

SEPTEMBER 15, 2018

SNHU Give a Little, Feed a Lot Food Drive

Food drive in Manchester's north end.

Rain date: September 16, 2018

SEPTEMBER 17, 2018

9th Annual WBS Harvest Golf Tournament - All funds raised during this event benefit NH Food Bank.

Kick Off September 7, 2018 & Ongoing WMUR and NHIAA Sponsor NH Tackles

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

If you have any questions please email Lisa Smith Dean at lsdean@nhfoodbank.org or call 603.669.9725 ext. 1121