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Behind the Scenes

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



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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:

Cogswell Benevolent Trust:

Holiday Turkeys

C & S Wholesale Grocers:

Hunger-Free Weekend Program in Monadnock Region

Feeding America- Darden

Restaurants:

General Operations

Feeding America Job Training:

Ending Hunger Community of Practice

Feeding America-Enterprise Rent-A

Car Foundation:

Summer Feeding Program

Feeding America - Ford Motor:

General Operations

Feeding America -

Great American Milk Drive:

Milk Purchase

TD Charitable Foundation:

Food purchase & distribution for Hillsborough, Strafford, Merrimack, & Rockingham Counties

Feeding America - Red Nose Day:

Child Hunger programs

Getz Charitable Trust- Citizens Bank N.A. Trustee:

Industrial scales for NH Food Bank Agencies

NH Electric Co-op Foundation:

Food purchase and distribution, Mobile Food Pantry

Ford Motor Company Fund & Community Services New England:

Refrigerated Vehicle For Hunger Relief

Salem Community Benefit:

Food purchase in the Greater Salem-area

TD Charitable Foundation:

Food purchase, statewide

Weyerhaeuser Foundation:

Food purchase for Coos County

Issue 3 - 2018

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...

Dec. 7, 8 & 9

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!

Coming Soon!



March 11, 2019

VIP Meet-and-Greet	5:00PM
Cocktail Hour	6:00PM
Competition Begins	6:30PM
Dinner Served	7:15PM
Steel Chef Winner Named	8:45PM

Food *for* thought

Special Ingredients: NH Food Bank, Steel Chef Challenge, Alex Guarnaschelli!

serving size: 1 in 9 men, women, and children who are food insecure in NH



Thanks to our early bird sponsors!

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 WXRV 92.5 The River

You won't want to miss Alex Guarnaschelli as she makes her way back to the Granite State March 11, 2019 to host the New Hampshire Food Bank's 4th annual Steel Chef Challenge!

Chef Alex Guarnaschelli was named Head of Twitter's Food Council, and is a recurring judge on several Food Network primetime series such as Chopped, Beat Bobby Flay, Cooks vs. Cons and Bakers vs. Fakers. In 2018, Food Network launched Alex's digital series Fix Me a Plate.

The DoubleTree by Hilton Manchester Downtown Armory Ballroom will be transformed into a grand dining room for guests to enjoy a night of fine dining and New Hampshire's ultimate live cooking showdown between four NH top chefs. The best part? The night benefits the 1 in 9 men, women, and children in New Hampshire who are facing food insecurity.

Are you a professional chef who has what it takes to be the next Steel Chef winner?

Apply today! www.nhwines.com/steelchef2019.aspx

TICKETS ON SALE NOW!

To purchase tickets please visit: www.nhfoodbank.org/2019-steel-chef-challenge/ or give us a call at 603-669-9725 ext. 1121!

SPONSORSHIP OPPORTUNITIES AVAILABLE!

Contact Nancy Mellitt, Director of Development at 603-669-9725 ext. 1129 or email nmellitt@nhfoodbank.org

Holiday Roasted Butternut Squash

A Cooking Matters Recipe

Serving Size

Serves 6, 3/4 cup per serving

Ingredients

- 2 pounds butternut squash
- ¼ cup walnuts
- 2 tablespoons canola oil
- 1 teaspoon dried sage
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon butter or canola oil
- ¼ cup dried cranberries
- 1 ½ tablespoons maple syrup

Instructions

1. Preheat oven to 375°F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into ¾-inch, even-sized cubes.
3. Coarsely chop walnuts. Set aside.
4. In a large bowl, add squash. Toss with oil, sage, salt and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

For more recipes, visit:
cookingmatters.org

CMC & NHFB Launch First-in State Preventative Food Pantry

Catholic Medical Center (CMC), in partnership with the New Hampshire Food Bank, a program of Catholic Charities NH, and the Parish of the Transfiguration Food Pantry, has launched a transformative, first-in-the-state program. The Preventative Food Pantry helps patients with chronic medical conditions obtain wholesome foods and nutrition counseling in an effort to improve their overall health.

“There is a paradigm shift that’s been brewing for years, recognizing food as medicine,” says Dr. William Goodman, CMC’s Chief Medical Officer. “Access to healthy foods is a major social determinant of health. This program can be a turning point in the lives of our patients.”

CMC social workers and nutritionists will work to identify patients who have conditions such as hypertension, diabetes, and obesity, and who suffer from food insecurity. Those patients will receive a prescription for the Food Pantry, which they can visit twice a month to collect a box of healthy food that complies with their diet restrictions. Patients will also check in with volunteer nurses who will track key indicators of health, including weight, blood pressure, and A1C levels.

“Imagine knowing what’s in front of you isn’t healthy, but it’s all you have to eat,” says Eileen Liponis, Executive Director of the New Hampshire Food Bank. She notes that 1 in 9 New Hampshire residents, including 11 percent of children, are food insecure. “We hope this is the first of many programs like it across the state.”

The New Hampshire Food Bank will supply the food to the Parish of the Transfiguration Food Pantry, which will receive the prescription for each patient directly from CMC. A grant from the Bishop’s Charitable Assistance Fund helped get the program going, funding the purchase of a new commercial grade refrigerator and freezer to store vitamin-rich, fresh foods.



Give the Gift of Hope this Holiday Season!

What do you give the person who has everything?

Give the gift of compassion, support and hope. Approximately 1 in 9 men, women and 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!



New Hampshire Food Bank's First "Fresh Food Pantry"

New Hampshire Food Bank piloted a "Fresh Food Pantry" each Wednesday, beginning August 15th through October 31st. Fresh produce, dairy, shelf stable items, and pastry products were set up and distributed to individuals and families in need.

By 3pm each Wednesday afternoon people were lining up outside NHFB doors. More than 190,000 pounds of food was distributed during the Fresh Food Pantry pilot.

With such a great response, the Fresh Food Pantry will return in the spring of 2019.

When asked what they thought of the Fresh Food Pantry, one individual replied, *"I have a family of 3, am disabled, and don't qualify for food stamps. Between rent, lights, and all other bills it is hard to take care of my family. This place is a blessing".*



How Can You Help Families in Need this Holiday Season?

1 in 9 men, women, and 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.

Here's What YOU Can Do!

- **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 603.669.9725 ext. 1121.
- **Make a monetary gift:** For every dollar donated to the NH Food Bank, we can provide approximately 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 Recruitment and Support VISTA 603-669-9725 ext. 1242

