



700 EAST INDUSTRIAL PARK DRIVE
MANCHESTER, NH 03109

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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

We would like to recognize the following organizations for their generous support through grant funding to the New Hampshire Food Bank:

Nationwide - Feeding America: *General operating grant.*

Citizens Bank - Feeding America: *Vehicle lease year 6 and Nothing Campaign.*

Kaley Foundation, Bank of America, N.A. Trustee - *Food purchase in Milford, NH.*

Darden Foundation - Feeding America: *General operating grant.*

Doe Family Foundation: *Truck lease, 3 mobile food pantries, and culinary job training.*

New Hampshire Children's Health Foundation: *Summer meals for kids in Coos and Carroll counties.*

Catholic Charities USA: *Support of the Nudge program with our partner agencies.*

Bank of America Foundation: *Mac Off event 2019*

Hypertherm Hope: *Thanksgiving turkeys for upper valley area.*

NH Charitable Foundation - The Tillotson Fund: *North Country Food Security Coordinator.*

The Kendal C. and Anna Ham Charitable Foundation: *Food purchase for distribution in Mt. Washington Valley.*

Lincoln Financial Foundation: *Cheese purchase.*

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.



Food *for* thought

September is Hunger Action Month

Check out these events taking action to fight hunger!

SEPTEMBER 12, 2019

Hunger Action Day®

To celebrate Hunger Action Day® on September 12 and bring awareness to the issue of hunger in our communities throughout September, buildings, landmarks and people across the country will go orange. Wear orange, turn your social media profile pictures orange, and encourage others to do the same!

SEPTEMBER 20 & 27, 2019

Mac Off Competition

Celebrating the 6th annual Mac Off Competition, presented by Bank of America. An average adult packs 150 Mac & Cheese meals in 1 hour. All Mac Packs will be distributed to families in need. We will host 5 lines with 10 team members during various shifts on both days.

SEPTEMBER 14, 2019 SNHU Give a Little Feed a Lot Food Drive

Food drive in Manchester's north end.

Rain date: September 15, 2019.

SEPTEMBER 16, 2019

10th Annual WBS O HUB Golf Tournament

This annual golf tournament to benefit the New Hampshire Food Bank will be held at Manchester Country Club with an 11:00 am shotgun scramble format. All funds raised at the golf outing will support the New Hampshire Food Bank's efforts.

SEPTEMBER 19, 2019

HUNGER IS THE PITTS 5K

Hosted by CGI Business Solutions with Total Image Running. Starts and finishes at the Auburn Pitts, Auburn, NH. Beer to those 21+, food, bonfire, band, race swag. Event begins at 6:20 pm. Proceeds to benefit the NH Food Bank. Please bring a nonperishable food donation.

SEPTEMBER 21, 2019

Great Bay Corvette Club 6th Annual Driven to Make a Difference

Great Bay Corvette Club presents "the 6th Annual Driven to Make a Difference Charity All Car Show."

SEPTEMBER 23, 2019

Chefs on the Rise – 9:00 am at Mt. Major

Supporting the mission of the NH Food Bank Chefs from around the state will come together to network in nature, and work together to discuss ideas to end food insecurity in New Hampshire.

Dates TBD:

WMUR & NHIAA Tackles Hunger

A food drive will be hosted at high school football games in communities across NH. All food donated during this weekend will go to local food pantries.

Questions about these events?

Contact our Director of Development 603-669-9725 ext 1129.

Italian Stuffed Peppers

A Cooking Matters Recipe

Serves 6, 1 stuffed pepper half per serving

Ingredients

3 large bell peppers plus
1/2 small bell pepper (any color)
8 ounces mushrooms
1 small onion
1 clove garlic
3 ounces part-skim mozzarella cheese
12 ounces 93% lean ground turkey
1 (14-ounce) can diced tomatoes, no salt added
1 (8-ounce) can tomato sauce, no salt added
1/2 cup instant brown rice
1 teaspoon dried parsley leaves or thyme
1 teaspoon dried oregano leaves
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon crushed red pepper
1/4 cup water
Nonstick cooking spray

Instructions

1. Preheat oven to 350°F.
2. Rinse peppers and mushrooms. Cut large peppers in half lengthwise and remove seeds. Finely chop bell pepper half. Finely chop mushrooms.
3. Peel onion and garlic. Finely chop onion and mince garlic.
4. Grate cheese. Set aside.
5. In a large skillet over medium heat, cook turkey, finely chopped bell pepper, mushrooms, onion and garlic, crumbling turkey with a wooden spoon or spatula, until the turkey is browned, 10 to 15 minutes.
6. In a colander, drain off liquid and return to the pan. Stir in tomatoes, tomato sauce, rice, parsley or thyme, oregano, salt and pepper. Bring to a simmer, cover and cook, stirring occasionally, until rice is tender, about 15 minutes.
7. Put 1/4 cup water in a 9x13-inch baking dish. Place the pepper halves, cut side up, in the baking dish. Divide turkey mixture among the pepper halves. Sprinkle each pepper half with 2 tablespoons cheese.
8. Spray a sheet of foil with nonstick cooking spray and cover baking dish with the foil, sprayed side down. Bake until peppers are tender-crisp, about 30 minutes.

Now That's a (Peanut Butter) Wrap!

The 2nd annual "Ford Focus on Child Hunger" peanut butter drive was a great success! 6,502 pounds and counting of high protein, kid friendly peanut butter and peanut butter substitutes were collected for the more than 12% of children in New Hampshire who are food insecure. Summer can be a very challenging time of year for those who rely on free or reduced breakfast and lunch during the school year. We are truly grateful to Ford Motor Company and Ford Motor Company Fund for recognizing that need and helping to make sure we fill that gap.

Also a part of the launch this year was the unveiling of a new refrigerated transit van generously donated to the NH Food Bank by New England Ford Dealers. This transit van is being used to deliver thousands of meals weekly to the Boys & Girls Clubs of New Hampshire.

A heartfelt thanks to Grappone Ford in Bow, NH and all Grappone Automotive locations, Hampton Ford, McFarland Ford Exeter, Autofair Ford in Manchester, Monadnock Ford and Dead River Oil Company in Manchester for collecting donations throughout this drive.

Another special thanks to Governor Chris Sununu for helping us launch this event and to SunButter, who after learning of our campaign through social media, generously donated 239 cases of sunflower butter to ensure those with nut allergies will also receive nutritious protein to get them through their day.



Fresh Food Pantry

Last month, after thoughtful consideration, we officially “revamped” our Fresh Food Pantry distribution model. Our Fresh Food Pantry now travels every other Wednesday to different locations throughout the state.

The goal for this new distribution model is to further stretch our reach in areas of need in the Granite

State. In the past two months, we have traveled to Providence Baptist Church Epping, NH, The Salvation Army, Rochester, NH, Greenfield Food Pantry, Greenfield, NH and Mid-State Health Center, Bristol, NH feeding thousands of individuals and families.

This would not be possible without the generous grant support from Harvard Pilgrim Healthcare's Healthy Food Fund. Their support of this program from it's inception throughout the remodel has truly been appreciated. We look forward to our journey of reaching even more in need through this distribution.

For updates on when and where our next Fresh Food Pantry will be please check our website and social media daily!



Chefs On The Rise

An opportunity to step outside of your kitchen and enjoy beautiful scenery alongside other hardworking chefs from across the Granite State! A chance to learn more about the NH Food Bank's mission while collectively brainstorming ways “the people that feed

people” can help “those who are hungry”. A unique experience to hear from Chef Jeff Bacon about making mental wellness a top priority not just in your life but also in the lives of those you employ and serve. A time to unwind, network, and have fun with some awesome movers and shakers. What is better than that?

How do you get involved? Sign up and raise money! Get your friends, family and patrons on board to back your efforts and make a difference. Email jmccarter@nhfoodbank.org for more information and to reserve your spot on the list. Show up to climb up! Spread the word and get all of your chef friends to sign up too (maybe even turn it into a friendly little competition).



How to Help this Septemeber

- Plan a food drive for your school, office or neighborhood
- Post your HAM support on Facebook, Twitter, and Instagram, using #HungerActionMonth and make sure to tag the NH Food Bank!
- Volunteer! Reach out to our Volunteer Coordinaotr 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.



THANK YOU!

Thanks to all who generously donated to our NH Gives, a 24 hour online campaign earlier this summer! With your help we were able to raise \$1,884 to provide approximately 3,768 meals for those in need throughout NH.