

Behind the Scenes

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



Facebook



Twitter



Instagram



LinkedIn



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

Grants

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

Feeding America - Walmart Fight Hunger Spark Change Campaign:

Raise awareness of the issue of hunger locally and across the US & engage the public in working with FA member food banks to address hunger locally.

People's United Community Foundation:

General operations support

Anthem Blue Cross and Blue Shield Foundation:

COVID-19 - Emergency Food Program

Feeding America - Nathonwide:

General operations support

Feeding America - Subaru Loves to Help:

General operations support

The Fuller Foundation:

Food purchase / unrestricted COVID-19

Feeding America - Target:

Improved product handling, general operations, Coronavirus relief

Feeding America - Morgan Stanley:

Strengthen child hunger program and agency capacity to offer more choices during COVID 19 response.

Hypertherm Hope Foundation:

Food Purchase - Upper Valley youth distribution

Feeding America - Citizens Bank:

Two truck leases

Franklin Savings Bank Fund for Community Advancement of the New Hampshire Charitable Foundation:

Food Purchase within the Franklin Savings Bank Service area

Feeding America - Darden Foundation:

General operations support

Cogswell Benevolent Trust:

Alleviate hardships of NH Families - COVID-19

AT & T Foundation:

COVID-19 Food Purchase

New Hampshire Charitable Foundation:

Agency Support Capacity Building

Walmart Store #1698 - Hooksett, #1749 -

Somersworth, #1753 - Derry, #1762 - Seabrook,

#1796 - Amherst, #1930 - Plaistow, #1975 -

Claremont, #2055 - Concord, #2057 - Rindge, #2130

- Portsmouth, #2138 - West Lebanon, #2140 - North

Conway, #2330 - Rochester, #2369 - Tilton, #2398 -

Newington, #2634 - Gorham, #2639 - Gilford, #2681

- Littleton, #2758 - Plymouth, #3535 - Epping,

#4389 - Woodsville:

Hunger relief

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.



With so many of our fundraising events postponed or cancelled this year due to the Pandemic, we look forward to being able to hold our annual golf tournament - one of our largest fundraisers! We're only a couple weeks away, but there's still time to get involved! **Email Nancy Mellitt at nmellitt@nhfoodbank.org to learn more!**

Virtual Food Drive

Want a safe and easy way to donate food to those in need? Check out our virtual food drive! The NH Food Bank has the ability to stretch your dollars even further. For every \$1 we can provide approximately TWO MEALS! To donate head to: www.nhfoodbank.org/how-to-help/virtual-food-drive/

Food for thought

Hunger Action Month | FEEDING AMERICA

September 1-30 is Hunger Action Month, when the Feeding America nationwide network of food banks unite to urge businesses and individuals to take action in their communities. Orange is the official color of hunger and Hunger Action Month™. This year our neighbors need us more than ever. Join our fight!

EVENTS CALENDAR

SEPTEMBER 1-30, 2020

TAG OFF presented by Bank of America

New this year! Sign up for the 1st ever TAG OFF Competition! Participants will receive a NH Food Bank yard sign and t-shirt to tag the lawns of coworkers, friends and families! Once you've been tagged, take a photo wearing your TAG OFF t-shirt with the yard sign and post to social media using #TagOutHunger #HungerActionMonth. Make sure to tag the NH Food Bank - option to donate \$5+ at www.nhfoodbank.org/ham or a canned good. You have 48 hours to tag the next person!

SEPTEMBER 1-30, 2020

Chefs on the Rise

Supporting the mission of the New Hampshire Food Bank, a program of Catholic Charities NH, Chefs from around the state will individually hike and use social media to help raise awareness of hunger in NH. Sponsorship opportunities are available! For more information, visit www.nhfoodbank.org/cotr/

SEPTEMBER 1-30, 2020

Children's Drawing Contest

Draw a picture that answers the following question: **What would you grow or raise on your farm to help feed your hungry friends and family?** All entries must be submitted by 9/25/20. Mail to NH Food Bank 700 East Industrial Park Drive Manchester, NH 03109. Age categories are 5 and under, 6-9, 10-14+. A small prize will be given to the winner of each category!

For more information email Carolyn at: cmclaughlin@nhfoodbank.org or call 603-669-9725 ext 1121

SEPTEMBER 1-28, 2020

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 9/28/20. Once completed, all canned and packaged foods are donated to local NH Food Bank partner agencies for distribution to those in need.

SEPTEMBER 10, 2020

Hunger Action Day®

To celebrate Hunger Action Day® on September 10 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 14, 2020

11th Annual WBS-HUB Golf Tournament

This annual golf tournament to benefit the NH Food Bank will be held at Manchester Country Club with scheduled tee times. All funds raised at the golf outing will support the New Hampshire Food Bank's efforts to expand food distribution and innovative educational programs to reach those who need it most.

SEPTEMBER 17, 2020

Hunger is the Pitts 5k

Total Image Running, CGI Business Solutions and the New Hampshire Food Bank are joining forces again this year for the Hunger is the Pitts 5k! Starts and finishes at the Auburn Pitts sign up at: runsignup.com/Race/NH/Auburn/HungerisThePitts5K

Mango Salsa



A Cooking Matters Recipe

Serves 6, 1/2 cup per serving

Ingredients

- 2 large ripe mangoes
- 1 small cucumber
- 2 medium green onions
- 1 medium jalapeño pepper
- 2 medium limes
- ½ teaspoon salt
- Pinch of cayenne pepper

Optional Ingredients:

- 1 medium bell pepper
- ¼ cup fresh cilantro

Instructions:

1. Rinse mangoes, cucumber, green onions, jalapeño pepper, limes, and bell pepper, if using.
2. Peel mangoes. Cut mango flesh from the pits.
3. Cut cucumber in half lengthwise. Remove seeds. If using bell pepper, cut in half lengthwise. Remove stems and seeds.
4. Dice mangoes, cucumber, and bell pepper, if using. Finely chop green onions.
5. Cut jalapeño pepper in half lengthwise. Remove stems and seeds and dice.
6. If using, rinse and chop cilantro.
7. Cut limes in half. Squeeze juice from each half into a medium bowl. Discard seeds.
8. Add mangoes, cucumber, green onions, jalapeño, salt, and cayenne pepper to bowl with juice. If using, add bell pepper and cilantro. Mix well.
9. Cover and refrigerate for at least one hour before serving.

COVID-19 Update and Thank You.

It has been a long several months since the spread of COVID-19 and Granite Staters continue to feel the impacts. During this time, food insecurity in NH has grown to nearly 1 in 7 men, women and children based on Map the Meal Gap and projections from research conducted by Feeding America. That is approximately 71,000 additional people who do not know where their next meal is coming from and nearly 21-23% are children.

Along with an increase in our meal production and food purchasing, the NH Food Bank has also held more than 20 drive thru mobile food pantries providing food to over 13,117 individuals across the state.

Much of our work over the past few months would not have been possible without the support and swift action taken by the NH National Guard. Since mid-April they have gone above and beyond to assist our staff in making sure that food moved as quickly and safely as possible out of our doors and into the hands of those in need. We will forever be thankful for the service they provided to us.

We also extend our gratitude to the community for coming together in so many ways to help their neighbors in need. Your thoughtful notes, donations and creative ways to help, have made such an impact on not only our work, but our spirits too.

There is still much uncertainty as to what lies ahead and with the holiday season on the horizon, we anticipate this will still be a difficult road ahead for individuals and families who are food insecure. Our efforts will continue to adapt, change and improve in order to best fit the need.



Photos courtesy of the NH National Guard



The NH Food Bank in partnership with the NH Food Alliance, NH Farm Bureau and NOFA-NH are proud to announce the pilot launch of “NH Feeding NH” a statewide initiative designed to support the purchase of NH grown food to feed our food insecure neighbors with nutritious locally grown produce, dairy and meat throughout NH communities during COVID-19 and beyond, something we believe every Granite Stater should have access to.

While unemployment continues to rise, many restaurants, schools and farmers markets are closed across the state, which also means many of our farms have lost their outlet to sell their product. This program, modeled after our neighbors in Vermont and Maine, will not only support our local farmers, but will also help nourish communities in need, reduce food waste and replenish our local economy.

The NH Food Bank has more than 400 partner agencies across the state of NH including food pantries, homeless shelters, soup kitchens, children’s programs, senior centers and more. NH Feeding NH will connect these agencies and local farmers in their area to create partnerships and provide funding to purchase more fresh, local, fruits, vegetables, dairy and more. Our agencies will then track and report success back to the NH Food Bank so that we may continue to improve and grow this program in future years. **For more information visit, www.nhfoodbank.org/nhfeedingnh**

NH Tackles Hunger

WMUR’s Annual “NH Tackles Hunger” food drive to benefit families in your local communities is going virtual this year to keep everyone as safe and healthy as possible. For the last seven years, 58 high schools in NH with varsity football teams have participated. This year, all 89 high schools in New Hampshire have the option to join in.

Although we will not be collecting food as we traditionally have, you can make an even bigger impact by donating online throughout the month of September! In seven years, “NH Tackles Hunger” has collected 455,000 pounds of food which equals 380,000 meals for NH families. Right now, the need is greater than ever. We look forward to joining forces with NH schools to make a difference.

To make a donation head to:
www.nhfoodbank.org/nh-tackles-hunger/



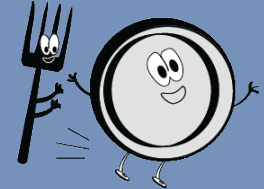
Although we cannot physically be together for this year’s Chef on the Rise, we still have the opportunity to make a BIG impact and show the community what a bunch of Chefs can do OUTSIDE of the kitchen to help end hunger

So, grab a friend (and a mask) and take a hike - all September long! For more information contact Jayson McCarter at jmccarter@nhfoodbank.org.

Thank you to our sponsors:



NH Food Bank's
TAG OUT HUNGER



Despite the challenges of today we have been determined to find new ways to raise awareness and fight hunger for our neighbors in need. In place of our annual Mac Off competition, we introduce you to the NH Food Bank’s first ever TAG OFF generously presented by Bank of America! Each participating individual/team will receive a NH Food Bank yard sign to tag the lawn of their coworkers, family and friends! Participants will also receive their very own TAG OFF t-shirt! If you or your business is interested in joining our Tag Off, please contact Abby Sprackland at asprackland@nhfoodbank.org or call 603.669.9725 ext. 1246.