

## 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](mailto: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 - MilkPEP Great American Milk Drive:**

*Purchase and distribution of milk*

**UPS Foundation:**

*COVID-19 mobile food pantries*

**Salem Community Benefit:**

*Food purchase for the Greater Salem area*

**Claremont Savings Bank:**

*Food purchase for the Claremont*

**Feeding America- Living Our Values:**

*Hunger relief efforts*

**Weyerhaeuser Giving Fund:**

*Youth summer feeding in Coos County*

**David & Laura Behenna - Rye Beach, NH:**

*Match donation for summer meals appeal*

**Mike Decristiifaro:**

*Donation in loving memory of his mother Mary Malegieri*

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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.

## Coming Soon...

### WMUR's Spirit of Giving Food Drive

**Dec. 11, 12 & 13**

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! Last year's drive helped to provide more than 1,110,249 meals across the Granite State.

We hope you'll join us in restoring a little bit of the holiday spirit for our neighbors experiencing hunger.



# Food *for* thought

## Hope in the Midst of a Pandemic.

For over 35 years the NH Food Bank has remained committed to providing nutritious meals to those experiencing hunger but right now that need is greater than ever.

Now that we are in the midst of colder days and the holiday season, we can't help but think of the many individuals and families who are not able to fully enjoy this time of year, now more than ever, because of the pandemic. Can you imagine not being able to provide your family with a holiday meal or having to decide whether to heat or eat? For some of our neighbors, this may be the first time they've ever had to ask for help.

*"The other day I looked in the freezer to see what I had to make and there was nothing. I haven't had to ask for help like this since the 80's. We truly appreciate this" – Donna*

We've had the opportunity to meet many of these families and hear their stories over the last several months through our weekly drive-thru mobile food pantries across the state. We've shared in their sorrow and often find ourselves wishing we could do even more.

But through the sorrow we've also seen glimpses of hope; people struggling but still celebrating the little things they are grateful for, individuals trying to donate the only few dollars they have on them, just to pay it forward, neighbors waiting in a long line of cars just to pick up food for someone who can't make it and volunteers driving all across New Hampshire, sometimes more than two hours just to lend a hand.

Sometimes difficult situations have a way of bringing people together. That doesn't change the fact that things are still hard and the need is still great. But it gives us something to keep going. It gives us hope.

To learn more about how you can support our mission and help to provide hope for families experiencing hunger, please visit [www.nhfoodbank.org](http://www.nhfoodbank.org).



# Chicken with Apples & Raisins

## A Cooking Matters Recipe

### Serving Size

Serves 6, 1-2 pieces of chicken and  $\frac{3}{4}$  cup vegetable mixture per serving

### Ingredients

- 1 large onion
- 2 large carrots
- 2 medium apples
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- $\frac{1}{2}$  teaspoon salt, divided
- $\frac{1}{4}$  teaspoon ground black pepper
- 5 pounds bone-in chicken pieces
- 2 Tablespoons canola oil, divided
- 1 (15-ounce) can low-sodium chicken broth
- $\frac{3}{4}$  cup raisins

### Optional Ingredients:

- $\frac{1}{2}$  cup chopped nuts (such as walnuts, almonds, or pecans)
- $\frac{1}{4}$  cup fresh parsley and/or cilantro

### Instructions

1. Peel and dice onion. Rinse, peel, and dice carrots. Rinse and dice apples.
2. If using, chop nuts. Rinse and mince parsley or cilantro.
3. In a small bowl, mix cinnamon, coriander, cumin,  $\frac{1}{4}$  teaspoon salt, and pepper.
4. Pat chicken dry with paper towels. Remove skin. If using whole chicken legs, separate the thigh and drumstick. If using bone-in chicken breasts, cut in half on the diagonal so pieces are almost even. Rub chicken pieces with spice mixture.
5. In a large skillet over medium heat, heat 1 Tablespoon oil. Add onion, carrots, and apples. Cook, stirring occasionally, until starting to brown, about 15 minutes. Transfer to a medium bowl.
6. Add remaining 1 Tablespoon oil to skillet. Brown chicken in 2 batches, 2-4 minutes per side. Return all chicken pieces to skillet and add broth. Bring to a simmer. Cook, turning occasionally, until chicken reaches an internal temperature of 165°F, about 15-25 minutes depending on size of the pieces. Transfer cooked chicken to a clean plate.
7. Add raisins, vegetable mixture, and remaining  $\frac{1}{4}$  teaspoon salt to skillet. Bring to a simmer and cook until liquid is almost gone, 5-10 minutes more. Serve over cooked chicken. If using, top with nuts and herbs.

For more information about our Cooking Matters NH program visit, [nhfoodbank.org/programs/recipe-for-success/cooking-matters/](http://nhfoodbank.org/programs/recipe-for-success/cooking-matters/)

# A Glimpse at Hunger Action Month

Thankfully, we were able to safely move forward with the 11th Annual WBS-HUB Harvest Golf Classic raising over \$104,640 for the NH Food Bank. Our sincere thanks to our sponsors, players, volunteers and all those who were a part of making this possible, especially WBS, Hub International.

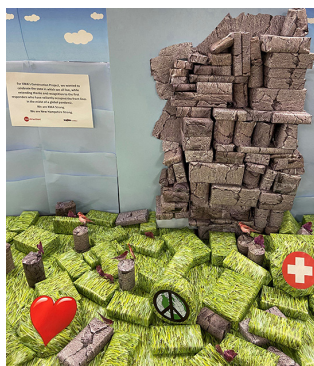


A children's drawing contest prompted the question "What would you grow or raise on your farm to help feed your hungry neighbors?"

Our first ever TAG OFF presented by Bank of America featured a yard sign challenge with the goal of raising awareness and donations!



Thanks to the Lois Roy Dickerman Fund of the New Hampshire Charitable Foundation, Dead River Company, WMUR-TV, the participating schools, students and all those who supported this year's NH Tackles Hunger, we were able to raise over \$81,000 to help support the fight against hunger in local communities across the state.



Congratulations to our Canstruction winners! XMA Corporation was awarded "Best Original Design" for their Man of the Mountain structure and Haas Dental Associates received "People's Choice" for their awesome farm design! Most importantly all of these canned goods were donated to help provide meals to community members.



# Give the Gift of Hope and Joy this Holiday Season!

## *What do you give the person who has everything?*

It's that time of year again! Give the gift of compassion, support and hope to your neighbors experiencing hunger. In New Hampshire, that number is nearly 1 in 7 since the start of the pandemic. 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 **Carolyn** at **603.669.9725 ext. 1121** with your list, have your credit card ready, and leave the rest to us!



## NH FEEDING NH

Our pilot program “NH Feeding NH” in partnership with the NH Food Alliance, NH Farm Bureau and NOFA-NH has been in full swing! Our partner agencies across the state now have greater access to more fresh, local, fruits, vegetables, dairy and more all while helping to support NH Farmers. We hope to secure the funding needed to continue this program in years to come.



*“We served 146 lunches to our wonderful Seniors. They were delighted to receive a fabulous meal to go! The 2 bushels of crisp apples were a hit!” - Stephanie, Plainfield, NH*

## How Can You Help Families in Need this Holiday Season?

### Here's What YOU Can Do!

- **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](http://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, contact our Volunteer Coordinator at 603-669-9725 ext. 1131 or email [volunteercoordinator@nhfoodbank.org](mailto:volunteercoordinator@nhfoodbank.org)
- **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 and to check out our most needed items list, visit [nhfoodbank.org/how-to-help/host-a-food-drive](http://nhfoodbank.org/how-to-help/host-a-food-drive) or call 603.669.9725 ext. 1121
- **Virtual Food Drive:** Consider donating to our virtual food drive at [fooddriveonline.org/nhfoodbank/](http://fooddriveonline.org/nhfoodbank/) or organize your own company virtual food drive! Call 603.669.9725 ext. 1246 for more information and to get started!

*From all of us at the NH Food Bank, we wish you a very safe and happy holiday season!*

