

## 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 and individuals for their generous support through grants to the New Hampshire Food Bank:*

**Dunkin' Joy in Childhood Foundation (Northeast Chapter):**  
Food purchase & distribution

**Cogswell Benevolent Trust:**  
Thanksgiving turkeys

**Denny & Roz Houston:**  
Food purchase for Hampton area

**George A. Ramlose Foundation:**  
Mobile food pantry program

**Albertsons Companies Foundation - Nourishing Neighbors:**  
Food purchase to help feed local families in need

**Kennebunk Savings Bank:**  
Food purchase for Dover, Hampton, Newmarket & Portsmouth areas

**Feeding America:**  
COVID-19 relief phase 3

**Rogers Family Foundation:**  
Hunger relief Southeastern, NH

**Michael A. Decristofaro:**  
Donation in loving memory of his mother Mary Malegieri

**Edwin S. Webster Foundation**  
Unrestricted

**State Farm Good Neighbor Citizenship:**  
Culinary job training

**Feeding America - Albertsons Companies Foundation:**  
Children's breakfast food for 23 communities

**Adelard A. and Valeda Lea Roy Foundation:**  
Breakfast food purchase for Carroll, Coos and Grafton counties

**Big Lots Foundation:**  
Food purchase for child focused partner agencies in 16 communities where there are Big Lots stores

**Feeding America - Wells Fargo:**  
General operations

**Feeding America - Red Nose Day:**  
Child hunger

**TJX Foundation:**  
Food purchase

**Kaley Foundation, Bank of America, N.A., Trustee:**  
Food purchase for the town of Milford

# Food *for* thought

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.

## SAVE THE DATE

### Events Benefiting NH Food Bank

#### Jersey Mike's Month of Giving! - 3/1/21 - 3/31/21

Stop by any Jersey Mike's locations in NH all month long to learn how you can support the NH Food Bank!

#### Citizens Bank Shamrock Half Marathon, Relay & Shuffle

Veterans Park Manchester, NH  
 details on pg 3.

#### Cheers for Charity Raffle - Enter by April 1, 2021

Raffle tickets on sale through April 1, 2021. Details on pg. 3

#### 12th WBS-HUB Annual Harvest Golf Classic - 9/13/21

Manchester Country Club  
 Bedford, NH.

#### \*Mobile Food Pantries - ongoing

Join us as a volunteer at one of our mobile food pantry distributions and see the direct impact your support makes. For more information, please reach out to our Volunteer Coordinator:

[volunteercoordinator@nhfoodbank.org](mailto:volunteercoordinator@nhfoodbank.org)

## 2020, the Unexpected Year

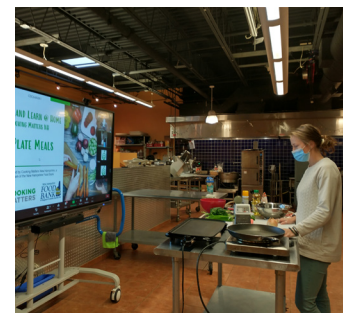
### *and our resilient community*

No one could have predicted the unexpected challenges that this past year would bring or how much of an impact it would have on the lives of so many of our neighbors. It was not long before the NH Food Bank and its more than 400 partner agencies began to respond to a greater need than ever before. A testament to the fact that hunger can affect anyone at any time, even your neighbors.

Many individuals are experiencing food insecurity for the very first time and have been faced with difficult choices like, paying their rent or buying groceries, turning on the heat or providing their children with dinner. Choices that no one should ever have to make.

As unexpected as this year was, the New Hampshire Food Bank was ready to meet the challenge all thanks to solutions made possible by the resilient support of our community. We will never truly be able to convey how grateful our organization is for every generous act of kindness or dollar donated towards helping our neighbors. We'd like to share a quick look at the many ways in which your support made an incredible difference this year.

Thanks to the dedication of our donors, volunteers, partner agencies and staff, the New Hampshire Food Bank's operations continued to navigate uncharted waters without any major interruption. Food distribution totaled more than 17.7 million pounds, providing approximately 14,913,220 meals to individuals and families experiencing hunger across the entire state. This was a 24% increase from 2019 and the most food ever distributed by our organization. (Continued on page 2)



# Broccoli Soup

A Cooking Matters Recipe

Serves 8, 1 1/2 cups per serving

## Ingredients:

- 1 large onion
- 1 large potato
- 1 medium carrot
- 2 large broccoli crowns
- 1 medium stalk celery
- 1 clove garlic
- 1½ teaspoons canola oil
- 1 whole bay leaf
- 1 cup low-fat milk
- 2 (14½-ounce) cans low-sodium chicken broth
- 1 ounce low-fat cheddar cheese
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper

## Directions:

1. Rinse and peel onion, potato, and carrot. Rinse broccoli and celery. Peel garlic.
2. Dice onion and celery. Slice potato and carrots into thin slices. Cut broccoli florets away from the stem. Slice stems thinly. Mince garlic.
3. Grate cheese.
4. In a large pot over medium-high heat, heat oil. Add celery and onion. Cook until soft and lightly golden brown, about 6–8 minutes. Add garlic and stir. Cook about 30 seconds more.
5. Add potato, carrot, broccoli stems, bay leaf, milk, and broth to pot. Bring to a boil. Reduce heat and simmer until veggies are soft, about 15 minutes. Add broccoli florets in the last 10 minutes.
6. Remove and discard bay leaf. In a blender, puree about half the soup. Return blended soup to pot.
7. Add cheese, salt, and pepper. Simmer to melt the cheese, 2–3 minutes.

# 2020, the Unexpected Year *(continued)*

With logistical support from the NH National Guard, the NH Food Bank established a drive-thru mobile food pantry model as a safe alternative to distribute food directly to neighbors in need. From March to December 2020, the NH Food Bank hosted 71 mobile food pantry distributions in several cities/towns across the state, directly distributing more than 1.8 million pounds of food to nearly 30,000 households. In a non-crisis year, the NH Food Bank typically holds 12 mobile food pantry's a year. Our organization continues to operate this model in the new year and will for years to come.

The beginning of the pandemic brought on the need for new levels of heightened emergency preparedness. Despite the lack of students and volunteers due to a temporary pause in programming, our Culinary Job Training kitchen persevered and increased our available meal inventory from 7,000 meals a week to approximately 35,000. Over the summer and fall, our team was called upon several times to provide immediate meal replacement for three nursing homes whose staff were ordered to quarantine. These orders covered two meals a day for two weeks at a time. In the absence of students, our staff had the opportunity to re-evaluate and redesign curriculum to create a more comprehensive lesson plan. Everything is now on a digital platform and ready to resume again. With this improved designed delivery and added tools, our Culinary Job Training program has begun the certification process with the American Culinary Federation to become a "Quality Assured" affiliate program which will bring increased professional opportunities for our students and graduates.

Our Cooking Matters NH program transitioned their curriculum to virtual Cooking Matters at Home workshops. 431 participants attended the workshops which included eight sessions, where parents learned how to interpret nutrition labels, healthy cooking techniques, food choices and how to substitute ingredients when faced with picky eaters or insufficient food. Becoming informed shoppers, confident cooks and meal planners not only improves household nutrition and relieves budgets, but also enables the next generation to acquire the nutrition knowledge, skills, and experience needed for a more food secure future.

The NH Food Bank piloted "NH Feeding NH" alongside community partners, NH Food Alliance, NH Farm Bureau and NOFA-NH. This statewide initiative was designed to support the purchase of NH grown food to feed food insecure neighbors nutritious locally grown foods while supporting our local farmers, replenishing the local economy and helping to reduce food waste during COVID-19 and beyond. 170 farms participated in the pilot program providing 77 NH Food Bank partner agencies with a total of nearly 40,000 pounds of nutritious, locally grown produce, meat and dairy. NH Feeding NH is on track to become an established program in 2021.

These are just a few examples of the tremendous strides made to address food insecurity in the last year as a result of your generous support. Thank you for being a part of our mission. We look forward to what we will accomplish together in the new year.



# Cheers for Charity!

Raffle tickets on sale now through April 1, 2021!

With so many of our fundraising events still on hold for safety reasons due to the pandemic, we're excited to share news of The NH Liquor Commission's (NHLC) Cheers for Charity raffle!

The NHLC will raffle 52 of the most coveted and rare wines and spirits in the world with a goal of raising a combined \$500,000 for the New Hampshire Food Bank and Easterseals NH. Entrants can choose which wine or spirit prize package they want to win in the Cheers for Charity!

We hope you'll take advantage of this great opportunity to help support two important New Hampshire organizations.

Only 5,000 raffle tickets are available now through April 1, 2020. Visit the homepage of our website to learn how to enter. [www.nhfoodbank.org](http://www.nhfoodbank.org)



# Citizens Shamrock Half Marathon, Relay and Shuffle!

March 27 - 28th, 2021 | Veteran's Park 889 Elm St. Manchester, NH

Get your Irish on and tackle the Golden Shamrock Challenge! Complete the Citizens Shamrock Half-Marathon (as an individual or on a relay team) and the Citizens Shamrock Shuffle in-person or virtually and you'll earn the coveted "Golden Shamrock" medal all while helping to support the NH Food Bank! For more information or to register visit, [www.millenniumrunning.com/shamrock](http://www.millenniumrunning.com/shamrock)

In accordance with NH/CDC guidelines, face coverings will be required for this event during check-in/registration area, staging zone, corral zone, post race area or when physical distancing cannot be maintained.

Volunteers needed! Please reach out to [volunteercoordinator@nhfoodbank.org](mailto:volunteercoordinator@nhfoodbank.org) for more information.



# Mothers & Fathers Day Cards

Show a mom or dad in your life you care by making a tribute donation to help provide meals to someone in need in their honor for Mother's and Father's Day!

For a minimum donation of \$25, we will send a personalized Mother's or Father's Day card directly to them or if you prefer, we can send the card to you to personalize. For more information contact Carolyn McLaughlin at 603-669-9725 ext. 1121 or [cmclaughlin@nhfoodbank.org](mailto:cmclaughlin@nhfoodbank.org)

# The Difference You Make

*"It has been really challenging since COVID-19 to maintain financial resources and a food supply. This is the most incredible blessing. I am so grateful to the NH Food Bank for going into communities to meet where the need is. You are providing a service to help us stay healthy and to meet the needs of our bodies during such a challenging time. You are keeping us whole." - Carolyn (and Prince)*

