

March 2022

Food Bank Closings

Friday March 15th– Good Friday

Quotable

Not everything
 that is faced can
 be changed,
 but nothing can
 be changed until
 it is faced.

James Baldwin

QSR Winners

Congratulations to the 4th Quarter 2021 QSR winners! Each winning agency has received a \$25 credit on their account.

1. Got Lunch Jaffrey-Rindge
2. CAPSC Outreach-Dover
3. Manchester Church of God Food Pantry

To be eligible to win next quarter, be sure to submit your report on time (when next issued in April) and use the current form.

Application Renewals

As mentioned in the February bulletin, the Agency Renewal Applications will be issued this month. This takes place every 2 years and is required of all programs. An email will go out this month with all of the details that you will need including all forms that are to be completed and returned by the due date.

A Note From Agency Relations

For the past few months the NH Food Bank's fax machine has been out of service. We have now upgraded the system and are once again able to receive faxes. The fax number has not changed, and our team can be reached via fax at 603-669-0270.

~Jocelyn, Kristie, Stacey, Alyssa, Christy & Natalie

Food Safety Reminders

The feeling of Spring Cleaning is in the air! We wanted to send you some friendly reminders about Food Safety at your program and what is to be expected when our Coordinators are performing your annual inspection. Please let us know if you have any questions about any of these points.

- Food is to be stored 6 inches off the ground on non-porous shelving (metal, plastic, painted wood, contact paper, etc.).
- Food is to be stored in areas that are regularly monitored and inspected by NH Food Bank staff (i.e. not in an infrequently used out-building).
- All food is to be stored and distributed at your site as listed on your NHFB application. Food cannot be stored at a private residence or an off-site location that we are not aware of.
- All food storage and prep areas are to be kept clean and tidy.
- Food may not be repackaged, and all food must be distributed in its original packaging with ingredients clearly labelled.
- After unpackaging food and shelving it, remove cardboard from the storage area immediately.
- Food is regularly rotated (first in, first out) and no more is stocked than is needed.
- Refrigerators are clean and have visible thermometers. Temperature logs are updated weekly and show that they maintain the appropriate temperatures.
- Refrigerators should be kept at or below 40 degrees Fahrenheit. Freezers should be kept at or below 0 degrees Fahrenheit.
- Food is stored in a secure area (i.e. locked if the rest of the building is open to the public and the space is unsupervised).
- No current pest control issues and appropriate steps are taken if any pest control issues arise.
- All chemicals must be stored away from food in a designated area that does not store any food at any time.
- At least one staff member or active volunteer has taken our safe food handling class and instructs other staff and volunteers to follow the instructions given during that class. Additional staff or volunteers can take the class if they would like to.
- ServeSafe training is recommended, but not required, for agencies that prepare food (soup kitchens, etc.).

March Is National Nutrition Month

Celebrate a variety of cultural cuisines and flavors during National Nutrition Month! We understand that nourishment is not one size fits all, and want to appreciate the many ways food can be enjoyed at home and around the world. Our Cooking Matters team aims to inspire everyone to enjoy foods that are delicious, nutritious and foster a healthy relationship with cooking.

- Aim to include 3 out of the 5 food groups when creating a meal. The 5 food groups include: fruits, vegetables, grains, proteins, and dairy.
- Plan your meals and snacks! Yes, this is advice you may hear often, but planning your meals and snacks ahead of time is a brilliant way to incorporate new and old dishes while saving money!
- Prepare foods at home. Cooking your meals at home is a great way to control your own nutrition and spend time with your family. Homemade meals are cost effective, delicious, and a great way to make memories. If you're ever in need of inspiration check out cookingmatters.org for some excellent recipes!

The Cooking Matters team will be posting new recipes from around the world and some healthful tips every week! Interested in hosting a Cooking Matters educational program for your agency or have any questions about Nutrition Month? You can reach the Cooking Matters team at CookingMatters@nhfoodbank.org.

Monthly Spotlight



The NH Food Bank is excited to introduce our new Executive Chef, Bradley Labarre. Chef Bradley is the new lead chef for our Recipe For Success Culinary Job Training Program. He graduated from Culinary School in 2000 and has worked with some of the country's top chefs. He comes to the NH Food Bank with years of experience in fund raising, development, culinary certification, and non-profit volunteering. We are very excited to have Chef Bradley join the NHFB, and look forward to seeing how his experience and knowledge will grow the program and team.

Each day the Recipe For Success Culinary Job Training Program (RFS) trains individuals to prepare for work in the culinary field. The RFS program prepares thousands of meals each month which are available for purchase by eligible agencies. The skills that students receive from our professional chefs are of the highest quality and create relationships and lessons to be used in all aspects of life. If you know of someone who might benefit from enrolling in our free, eight week RFS program, please reach out Jennifer at jennox@nhfoodbank.org.



700 EAST INDUSTRIAL PARK DRIVE
MANCHESTER, NH 03109

What's Cookin'

March 2022

Current Resident or

NONPROFIT ORG
US POSTAGE
PAID
MANCHESTER, NH
PERMIT NO. 37



Safe Food Handling

All Agencies are required to have at least one representative attend a Safe Food Handling Class. If you or someone at your program would like to attend, contact jcheney@nhfoodbank.org

Upcoming Classes

Online "Zoom" session:

For Food Pantries:

Tuesday, March 3rd @3pm

For Soup Kitchens & Prepared Meals:

Wednesday, March 9th @9am

WELCOME

New Agencies

Compass Classical Academy
Franklin

Bethany Chapel Food Pantry
Manchester

Seabrook Adventure Zone
Seabrook

New Shopper Orientation

If you or someone at your program would like to attend, please contact Jocelyn at jcheney@nhfoodbank.org.

Upcoming Classes

Online "Zoom" session:

Wednesday, March 16th @10am

Tuesday, April 12th @ 10am