

May 2022

Food Bank Closings

Monday, May 30th– Memorial Day
 Monday, July 4– Independence Day

Quotable

Kindness
 is
 spreading
 sunshine
 into other
 people's
 lives
 regardless
 of the
 weather.



Bundling Food

A great idea to encourage clients to pick less well-known foods or foods you have in abundance is to group them with other items that go well together. For example, you could pair oatmeal with dried fruit, dried beans with a broth and canned vegetables, or pasta with spaghetti sauce. Recipe cards or printed recipe links are great to include as well.

Shepherd's Food Pantry in Windham did this recently when, in an effort to distribute some of the canned white beans they had accumulated. They decided to make "minestrone kits." The kits included one can of diced tomatoes, one can of mixed veggies, one can white beans, and a carton of bone broth. They also included a box of saltine crackers. A couple of weeks later, a regular client said, "I added a little meat and other spices and it was delicious. I'm a soup girl!"



A Note From Agency Relations

The 1st quarter QSR is now due. We understand that the new reporting questions and criteria for the QSR caused some confusion, but we hope that this will be easier for you going forward. 2022 Agency Renewal applications are due by May 15th.

If you see this note, email anyone on our team for a chance to win a credit on your NHFB account.
 ~Jocelyn, Kristie, Stacey, Alyssa, Christy & Natalie

SNAP Benefits & Granite State Market Match

The NH Food Bank has a new SNAP benefits coordinator. Morgan Morani is now working alongside Jennifer Lenox to assist your program and your clients with the questions you may have regarding SNAP eligibility and benefits.

- If your clients have questions about where they can utilize their existing SNAP incentives including Granite State Market Match and Double Up Food Bucks, contact Morgan at (603)669-9725 ext. 1242.
- If your clients have questions about how to apply for SNAP benefits, contact Jennifer at (603)669-9725 ext. 1147.

If your clients receive SNAP(EBT) benefits, they are eligible to double their SNAP dollars by getting 50% off fruits and vegetables when shopping at participating NH farmers' markets, farm stands, CSAs, and NH independent grocers. *Please see the 2-page flyer included with this emailed bulletin.*



At participating farmers' markets, clients will need to:

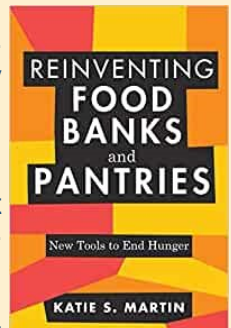
1. Go to the market information booth and say they would like to use their EBT card to purchase SNAP tokens.
2. They will swipe their EBT card for the dollar amount they would like to spend, and will receive \$1 SNAP tokens in that amount and matching \$1 Granite State Market Match tokens or vouchers for the same amount. This means they get back double the amount they charged to their EBT card. They can then shop for eligible foods with the SNAP tokens and for fresh fruits and vegetables with their Granite State Market Match.

At all other sites, customers will need to shop for their items and at the time of purchase ask to use Double Up Food Bucks or Granite State Market Match. Asking this will give them 50% off the fresh fruits and vegetables they are buying. A list of participating sites can be found by going to: www.granitestatemarketmatch.org.

Free Book Available For Food Pantries

The NH Food Bank would like to offer you a copy of a great book that you might find beneficial to your program. Are you interested in learning a new model for charitable food, one where success is measured not by pounds of food distributed but by lives changed?

These new strategies and more can be found in "Reinventing Food Banks and Pantries: New Tools To End Hunger" by Katie Martin. The book goes into depth about hunger, how we talk about hunger, the importance of dignity and choice. It also discusses the shifts within our environmental space, connections to community, the vital role of volunteers, and provides ideas on how to make short term and long term changes to the way we serve our community. As Martin writes, "it takes more than food to end hunger!". Reading this insightful, lively book is a great first step and we are happy to provide a copy to you at no cost.



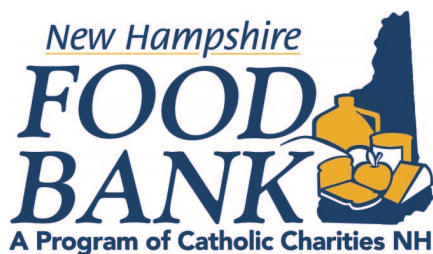
If you would like to receive a free copy of this book, please contact Tara at twestenhiser@nhfoobank.org.

Monthly Spotlight

Recently a NH Food Bank volunteer nominated our own Moriah Webster for WMUR's "Heroes Among Us" and she was chosen as a recipient in April. Moriah has been a valuable part of the NHFB's Recipe For Success Culinary Job Training program for the last five years.

Moriah works as the RFS Culinary Job Training program's Production Chef and oversees students and volunteers. Her positive attitude and encouraging demeanor always bring out the best in students and volunteers as they learn culinary skills and prepare hundreds of meals a week. Moriah says "Sometimes you get a chance in life to do something incredible. Doing what I do makes me feel so good at the end of the day."

We here at the NH Food Bank know how valuable Moriah is to her team and to the NHFB as a whole. If you get the chance, we encourage you to say hello to Moriah and congratulate her on this deserved honor.



700 EAST INDUSTRIAL PARK DRIVE
MANCHESTER, NH 03109



What's Cookin'

May 2022

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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:

Thursday, May 26th @4pm

For Soup Kitchens & Prepared Meals:

Wednesday, May 25th @9am

WELCOME

New Agencies

Great Bay Community College
Portsmouth

UNH Cats' Cupboard
Durham

Mascoma Methodist Church Food Pantry
Enfield

NHFOODBANK.ORG | 603-669-9725

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, May 18th @10am

Thursday, June 9th @ 10am