

September 2021

Food Bank Closings

September 6– Labor Day
 October 11– Columbus Day
 November 11– Veteran's Day OPEN

Quotable

You make each day a special day. You know how, by just your being you.

Fred Rogers

QSR Winners

Congratulations to the 2nd quarter 2021 QSR winners! Each winning agency has received a \$25 credit on their account.

- * *Helping Hands - Manchester*
- * *Grace Place Food Pantry - Farmington*
- * *St. John Neumann FP -Merrimack*

To be eligible to win next quarter, be sure to submit your 3rd quarter 2021 QSR on time and use the current form.

Agency Inspections

NH Food Bank's Agency Relations Coordinators are currently getting caught up on agency inspections due to a lapse over the past year (due to staff changes and a halt during the 2020 lockdown). If your program is past due for inspection, this will not affect your program's activity status with the NH Food Bank. Please allow us time to get caught up on agency visits and your region's assigned Coordinator will be in contact with you soon to set up your inspection visit. We appreciate your patience and cooperation.

A Note From Agency Relations

September is Hunger Action Month. This national campaign and initiative is used to bring awareness of hunger across the country.

We are participating once again this year and encourage your program to join in the many ways you can help to bring awareness to your neighbors and region. Enclosed with this emailed bulletin are links and printouts for you view and share as you see fit. Please let us know if you have any questions.

~Jocelyn , Kristie, Stacey, Christy and Natalie

Meal Connect Deadline

Agencies that are partnered with a local store as part of our Fresh Rescue program will need to use the new Meal Connect website by January 1st, 2022 (unless an agreement has been previously made with our team). At this time, about 50% of partnering agencies are using this online reporting system, but we encourage your program to learn more about this reporting website before it does become required. For now, we have been allowing agencies the option of continuing to use paper reporting, but will require this switch over by end of year. Reporting using this website can be done on any computer, tablet or even your smart phone.

Agencies are able to report each pickup that is done individually or as a weekly total. This allows you to submit your received donations in real time and not have to worry about passing in a paper report at the end of the month.

Users have found this website option to be easy to use and also a time saver. Training is just 2 short videos that you can watch when it is best for you. Please reach out to Jocelyn or Kristie for more information about how to use the website and become enrolled for logging in.

Stay Tuned for Turkeys

Thanksgiving Turkey order request forms will be going out soon! Agency Relations will be in touch this month with what this process will look like this year.

Payments and Invoicing

As a reminder from our July bulletin, all payments must be sent to our new mailing address. We are no longer using the mailing address in Lewiston, Maine.

NH Food Bank—Dept. AR

PO Box 5000

Manchester, NH 03108-5000

Please address the envelope to include "Dept. AR". This ensures that your payment is sent to the correct department and processed correctly. If the envelope is not addressed correctly and deposited as a donation or into another department's account, it may take time to have it reprocessed and posted to your account. Please also indicate on the check memo line that it is a payment. The more information you provide for an easy transaction, the better!

As always, please contact Cindi directly for questions about any invoices, payments or changes to your appointment schedule. You can reach Cindi at 603-669-9725 ext. 1110 or at cbest@nhfoodbank.org.

Dietary Options For Clients

We have received inquiries about what food items are diabetic friendly or that support a healthy diet. As items available on Agency Express do change periodically, we work to ensure that there is a variety for you to choose from each time you place an order.

A diabetic friendly diet is one that contains fresh, frozen and canned fruits and vegetables with minimal added sugar or sodium, as well as whole grains, lean proteins, and healthy fats. Whole grains are less processed forms of grains and contain more fiber which helps to slow blood sugar.

Items found on Agency Express labeled as "Foods to Choose Often" are going to be mostly diabetic friendly. These options have limited added sugar, sodium, and saturated fat. Examples that are regularly available are canned and frozen fruits and vegetables, black beans or other varieties of beans, canned chicken and fish, low sodium spaghetti sauce, whole grain pasta, brown rice, and oats. Items that are marked on the manufacturer's label as "low sodium" will be noted on the product descriptions on Agency Express.

If you have specific questions about food for certain diets or the "foods to choose often" category, please reach out to our NHFB Registered Dietitian, Elise Bolster. You can reach Elise at ebolster@nhfoodbank.org or at ext. 1150.

Monthly Spotlight



Several agencies were excited to receive their Albertson's and/or C&S deliveries for their clients.



During the month of August, several NHFB food pantries and children's programs around the state received breakfast and lunch food items as part of grants from Albertson's Companies Inc., and C&S Wholesale Grocers.

Thirty-six NH Food Bank programs received prepacked boxes of breakfast items as well as assorted cereals, shelf-stable milk and juice items as part of the Albertson's grant.

Eight NH Food Bank children's programs in the Keene area received prepacked boxes of breakfast and lunch items as part of the C & S grant.

Eligibility for recipients of these two grants was based on their location and program type.

We are so grateful for these two grant partners that offer such donations annually and feed so many children and families thanks to their support.



A Program of Catholic Charities NH

700 EAST INDUSTRIAL PARK DRIVE
MANCHESTER, NH 03109

What's Cookin'

September 2021

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. Your Program Director/Coordinator must submit a written request, with the names of attendees to: jcheney@nhfoodbank.org

Upcoming Classes

Online "Zoom" session:

For Food Pantries:

Wednesday, October 6th @9am

For Soup Kitchens & Prepared Meals

Thursday, September 16th @9am

WELCOME New Agencies

Manchester School of Technology
Manchester

Kreiva Academy Food Pantry
Manchester

Crisis Center of Central NH
Concord

NHFOODBANK.ORG | 603-669-9725

New Shopper Orientation

Your Program Director/Coordinator must submit in writing, the names of any shoppers to be added or removed for your agency to: jcheney@nhfoodbank.org

Upcoming Classes

Online "Zoom" session:

Wednesday, September 15th @10am

Thursday, October 7th @10am