

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.

Hunger Action Month September 1-30, 2021

Food or
Medicine?

**FOOD
SHOULDN'T
BE AN**

**IMPOSSIBLE
CHOICE**



Take action at nhfoodbank.org/ham

Hunger Action Month



**NH Liquor Commission's
Eighth Annual Distiller's
Showcase - November 4**
Sponsored by Tito's Handmade Vodka
6:00-8:30pm
*DoubleTree by Hilton Manchester
Downtown*
Manchester, NH

For the most up-to-date event information, make sure to visit: nhfoodbank.org or follow us on Facebook at **New Hampshire Food Bank**

Food for thought

Hunger Action Month® | FEEDING AMERICA

September is Hunger Action Month! This month, the Feeding America network of food banks, nationwide, unites to urge businesses and individuals to take action in their communities!

EVENTS CALENDAR

SEPTEMBER 1-30, 2021

Children's Drawing Contest

Draw a picture that answers the following question: **What would you grow or raise on your farm to help feed your hungry friends and family?** All entries must be submitted by 9/24/21. Mail to NH Food Bank 700 East Industrial Park Drive Manchester, NH 03109. Age categories are 5 and under, 6-9, 10-14+. A small prize will be given to the winner of each category!

SEPTEMBER 1-27, 2021

Canstruction

Canstruction is an event in which a structure of an organization's choosing is built using canned or packaged food items. Structures will be judged the week of 9/28/21. Once completed, all canned and packaged foods are donated to local NH Food Bank partner agencies for distribution to those in need.

SEPTEMBER 4, 2021

Run Your Buns Off 4.2 Miler

The Newfound Area Charitable fund is hosting their 12th Annual Run Your Buns Off 4.2 Miler, benefiting NH Food Bank, on September 4, 2021! This unique, fun-filled 4.2 mile course starts and finishes near the shore of Newfound Lake. Check out their race page for more information and to register! <https://raceroster.com/events/2021/49667/run-your-buns-off-42-miler>

SEPTEMBER 13, 2021

12th Annual WBS-HUB Golf Tournament

This annual golf tournament to benefit the New Hampshire Food Bank will be held at Manchester Country Club with a 10AM shotgun scramble format. All funds raised at the golf outing will support the New Hampshire Food Bank's efforts to expand food distribution and innovative educational programs to reach those who need it most.

STAY INVOLVED THIS SEPTEMBER!

Interested in any of these events? Visit nhfoodbank.org/ham or email Carolyn McLaughlin at cmclaughlin@nhfoodbank.org. Check out our 30 ways in 30 days Hunger Action Month calendar for more ideas!

SEPTEMBER 15, 2021

Hunger is the Pitts 5k

Total Image Running, CGI Business Solutions and the New Hampshire Food Bank are joining forces again this year for the Hunger is the Pitts 5k! In-person starts and finishes at the Auburn Pitts. Virtual option also available. Sign up at: <https://runsignup.com/Race/NH/Auburn/2021HungerisThePitts5K>

SEPTEMBER 17, 2021

Hunger Action Day®

To celebrate Hunger Action Day® on September 17 and bring awareness to the issue of hunger in our communities throughout September, buildings, landmarks and people across the country will go orange. Wear orange, turn your social media profile pictures orange, and encourage others to do the same!

SEPTEMBER 24 + OCTOBER 1, 2021

Mac Off Competition

Sign up for the 7th annual Mac Off Competition, and see how much Mac & Cheese your team can pack! An average adult packs 150 Mac & Cheese meals in 1 hour. All Mac Packs will be distributed to families in need. We will host 5 lines with 10 team members per line at 2 hour intervals from 8:00a - 5:30p.

DATES TO BE DETERMINED

Stuff-a-Cruiser Food Drives

Help Concord Police and the NH Food Bank fight hunger! Stuff a cruiser with food donations, meet your local law enforcement officers, and make a difference in your community!

NH Tackles Hunger

A food drive will be hosted at high school football games in communities across NH. All food donated during this weekend will go to local food pantries.

Orange Oatmeal Pancakes

A Cooking Matters Recipe



Serves 6, 2 (4-inch) cakes per serving

Ingredients

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup quick oats
- 1 Tablespoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¾ cup orange juice
- ½ cup nonfat milk
- 2 Tablespoons canola oil
- Non-stick cooking spray

Directions:

1. In a large bowl, combine flours, oats, baking powder, and salt. Mix well.
2. In another large bowl, crack egg. Beat lightly with a fork.
3. Add orange juice, milk, and canola oil to egg. Mix well.
4. Coat large skillet with non-stick cooking spray. Heat over medium-high heat.
5. Add wet ingredients to dry ingredients. Stir just until dry ingredients are moistened. Do not overmix.
6. Pour ¼ cup batter into hot pan for each pancake. Adjust heat as needed to avoid burning.
7. Flip pancakes when bubbles appear on top of the batter and the edges are slightly browned, about 3-4 minutes. Cook until second side is slightly browned, about 2-3 minutes more.

Wrapping Up NH Eats Local Month

If you follow us on social media, you may have noticed that August was “NH Eats Local Month!”

Throughout the past month, we participated in the NH Eats Local’s celebration of all things grown and produced here in the Granite State. We know just how integral NH food producers are to our communities and state as a whole, and we believe everyone in our state should have access to fresh, nutritious food.



To celebrate local food producers, our Manchester office held an outdoor pancake breakfast, where our culinary team cooked up delicious orange oatmeal pancakes - a Cooking Matters recipe, included in this newsletter, with local maple syrup. Our staff shared just a few of the ways they like to eat local here in NH! Our Cooking Matters team shared delicious and nutritious recipes for seasonal produce like tomatoes and zucchini, and held their “Cooking with the Seasons” virtual cooking class where attendees learn how to shop local, use seasonal produce, eat healthy on a budget and more!

We also shared the experiences of a few of our partner agencies with our “NH Feeding NH” program, which provides funding to participating NH Food Bank partner agencies to purchase local fruits, vegetables, dairy and protein. Here are a just a couple of them:

“Clients get so excited to see fresh food from Meadowstone Farm which is local and very well known in the area. When you have a box of fresh food to offer, people just light up and want to start cooking. It’s gorgeous and tastes so good. People understand fresh food is valuable, and it makes everybody feel good to know they are getting top quality, healthy produce.”
- All Saints Food Pantry, Littleton

“We try to emphasize access to fresh, local food. [NH Feeding NH] has been a really nice opportunity for us to support local farms and markets. It’s great to provide fresh produce anytime, but it’s even more special to connect the local community. We put a lot of emphasis on healthy eating, and it’s a lot easier when you have access to a variety of local foods.”
- Canaan Food Pantry, Canaan

All of our “NH Eats Local Month” content is still available on our social channels, so be sure to check it out on our Facebook, Twitter and Instagram pages!

For more info on “NH Feeding NH” visit: nhfoodbank.org/nhfeedingnh
For more information on “NH Eats Local” visit: nheatslocal.com

Hunger Action Month DRAWING CONTEST

Know a child or teen who loves to draw?

We have the perfect way for them to get involved and get creative during Hunger Action Month! They can draw and submit a picture that answers the following question: **What would you grow or raise on your farm to help feed your hungry friends and family?**

Winning artists will be named in the following categories:

Ages 5 and under, ages 6-9 and ages 10-14+

Visit nhfoodbank.org/ham for contest rules and information or contact Carolyn McLaughlin at cmclaughlin@nhfoodbank.org.

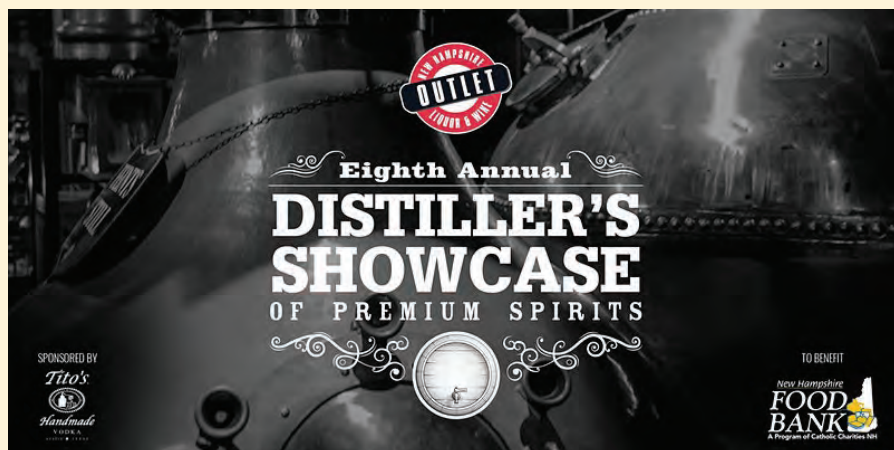


Calling all engineers, architects and anyone with a passion for building to join us for our Canstruction Competition this September as part of Hunger Action Month!

Canstruction is a nationwide program that aims to raise awareness about hunger! Participating teams join teams across the country in building structures using canned or packaged food items to benefit local food banks.

Once completed, the cans you used to build your structure are donated to the NH Food Bank for distribution to those in need here in NH.

For more information, visit nhfoodbank.org/ham or contact Carolyn McLaughlin at cmclaughlin@nhfoodbank.org or 603-669-9725 x 1121.



Join us for the NH Liquor Commission's Eighth Annual Distiller's Showcase, sponsored by Tito's Handmade Vodka. The Distiller's Showcase will take place Thursday, November 4 from 6:00-8:30pm at the DoubleTree by Hilton Manchester Downtown Hotel!

Attendees will enjoy delicious creations from restaurants across the Granite State and sample premium and ultra-premium spirits throughout the evening.

We are thankful to be this year's event beneficiary and are grateful to the NH Liquor Commission for their continued generosity and partnership!

For more information and tickets, visit:
<https://www.distillersshowcase.com/>





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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 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:

BAE Systems: Hunger Relief, COVID-19 Response, Food Purchase

Feeding America - Nationwide: General Operating

Walmart Stores - Plymouth #2758, Epping #3535, Seabrook #1762: Hunger Relief

The Fuller Foundation: COVID-19 Hunger Relief for Seacoast Youth-Serving Agencies

Feeding America - Citizens Bank Fighting Hunger: Truck Leases for Food Distribution

Lincoln Financial Foundation: Dairy Purchase

TD Charitable Foundation: Food Purchase

Normand A. Ramsey Family Foundation: General Operating

Saul O. Sidore Memorial Foundation: Summer Feeding (SFSP) for Coos and Carroll Counties

Doe Family Foundation: Vehicle Lease, Mobile Food Pantries and Culinary Job Training

Feeding America - Albertson Companies Foundation: Kids' Summer Food (Boxes, Gift Cards, SFSP)

Albertson Companies Foundation: Federal Meals Nourishing Neighbors - SNAP