

Issue 1 - 2021

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

#### NH Gives - June 8 & 9

*Virtual Fundraising Event*

#### Father's Day Cards -

#### Order by Friday, June 11

Contact Carolyn McLaughlin at  
603-669-9725 ext. 1121

#### 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)

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

# Food *for* thought

## NH Feeding NH

### *another season of giving*

"NH Feeding NH" is back!

Last year, the NH Food Bank, alongside community partners, NH Food Alliance, NH Farm Bureau and NOFA-NH, piloted "NH Feeding NH" to great success! This initiative was designed to support the purchase of NH-grown food to provide our food insecure neighbors with fresh, nutritious foods, while supporting local farms, replenishing the local economy, and helping to reduce food waste.

Modeled after programs in Vermont and Maine, more than 170 farms participated in the pilot, and provided 77 NH Food Bank partner agencies with nearly 40,000 pounds of locally grown produce, meat, and dairy.

This year, we are thrilled to be expanding this program to local farms, providing approximately 125 of our agencies with nourishing food like fresh fruits and vegetables and nutritious dairy and proteins.

#### *How does it work?*

NH Feeding NH connects the NH Food Bank's agencies and local farmers in their area to create partnerships. NH Food Bank secures funding for the partner agencies to purchase fresh produce, fruit, dairy protein and more. Our agencies will then track and report success back to the NH Food Bank so that we may continue to improve and grow this program.

Are you interested in becoming a farm partner? Contact Brendan Cornwell at [bcornwell@nhfoodbank.org](mailto:bcornwell@nhfoodbank.org) for more information.



# Tabbouleh

A Cooking Matters Recipe

Serves 6, 2/3 cup per serving

## Ingredients

- 2 medium lemons
- 1 cup bulgur wheat
- 1½ cups boiling water
- 1 cup fresh parsley
- 3 green onions
- 1 large tomato
- 1 small cucumber
- 2 Tablespoons canola oil
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper
- Pinch ground cayenne pepper or paprika
- Optional Ingredients:
- 4 ounces feta cheese
- ¼ cup mint leaves

## Directions:

### In Advance

1. Rinse and cut lemons in half. In a medium bowl, squeeze juice. Discard seeds.
2. Add bulgur and boiling water to lemon juice. Cover and let rest until bulgur is soft and chewy, about 30 minutes.

### Preparation

3. Rinse parsley, green onions, tomato, cucumber, and mint (if using).
4. Chop parsley and mint (if using).
5. Trim ends off green onions. Thinly slice white and green parts.
6. Remove core from tomato. Dice.
7. Slice cucumber in half lengthwise. Scoop out seeds and discard. Dice cucumber.
8. If using feta, dice now.
9. In a colander, drain excess liquid from bulgur mixture. Return bulgur to bowl.
10. Add parsley, green onions, tomato, cucumber, and remaining ingredients to bowl. Mix well to combine.
11. If using feta and mint leaves, add now. Mix gently before serving.

*For best flavor, let tabbouleh rest in the fridge overnight before serving.*

## And the award goes to...

Business NH Magazine and the NH Association of Chamber of Commerce Executives recently awarded the NH Food Bank with their “Business of the Year: Nonprofit” award, as a part of their Business of the Year Awards 2021.

The NH Food Bank, along with the other winners, was selected from a pool of applicants from across the Granite State. Highlighted in their article, was the Food Bank’s ability to innovate in uncertain times – putting the spotlight on the more than 70 mobile food pantries held throughout the year, starting in March 2020. They also highlighted our partnership with the NH Food Alliance, NH Farm Bureau, and the Northeast Organic Farming Association to launch NH Feeding NH.

In addition to this award, as Nonprofit of the year, the NH Food Bank will receive a generous \$5,000 grant in honor of Walter J. Dunfey from the NH Charitable Foundation to further our mission.

Thank you to Business NH Magazine, the NH Association of Chamber of Commerce Executives for the honor, and to YOU – for your incredible support. Without you, we would not be able to do what we do!



## Sponsor Spotlight: Bank of New Hampshire

Bank of New Hampshire and the NH Food Bank have teamed up to take on hunger throughout the state. Bank of New Hampshire is generously sponsoring a mobile food pantry each week, in various locations throughout the state, through April 2022.

In addition to their generous monetary support of these efforts, Bank of New Hampshire employees will also serve as volunteers throughout the year.

We are so grateful to Bank of New Hampshire for their partnership, which will allow the Food Bank to further its reach in communities across the Granite State.





# NH Gives: June 8 & 9

NH Gives – a statewide 24-hour online fundraising event is back!

Kicking off on June 8 at 5pm and ending on June 9 at 5pm, NH Gives is designed to build community and support the efforts of non-profits throughout New Hampshire.

In 2020, we were blown away by the incredible generosity of Granite Staters.

Keep an eye on all of our social media pages for ways to give this year!



## Looking to volunteer?

Volunteers are an integral part of the NH Food Bank's efforts to help our friends and neighbors experiencing hunger. We are currently looking for volunteers to help out in our Production Garden and with our Mobile Food Pantries and Fresh Rescue program.

In our garden, volunteers help with tasks like planting, weeding, harvesting, and preparing the fields. Please note, these tasks are performed outdoors and volunteers should be prepared for physical activity in whatever weather conditions are expected for the day.



At our mobile food pantries, volunteers help food bank staff distribute meals to families by loading cars with food in boxes, weighing up to 30-35 pounds. They also help direct the flow of traffic, and collect required data from families.

As a part of our Fresh Rescue program, we receive a variety of frozen proteins daily that needs to be sorted. Volunteers involved in this program inspect and sort the product so it can be distributed to our agencies. This tasks requires some bending, lifting, and standing.

Interested in becoming a volunteer? Contact Ashley at 603.669.9725 ext. 1131 or email [volunteercoordinator@nhfoodbank.org](mailto:volunteercoordinator@nhfoodbank.org).

## Father's Day Cards



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

For a minimum donation of \$25, we will send a personalized Father's Day card directly to them or if you prefer, we can send the card to you to personalize. Order by Friday, June 11.

For more information contact Carolyn McLaughlin at 603-669-9725 ext. 1121 or [cmclaughlin@nhfoodbank.org](mailto:cmclaughlin@nhfoodbank.org)

## Woman of Influence

Congratulations to our executive director, Eileen Groll-Liponis, for being named one of the 2021 "Women of Influence in the Food Industry" by *The Griffin Report of the Northeast* in their 16th Annual celebration of female professionals.

Eileen was among 79 honorees, who are the leading executives in their fields.

## 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:***

**Catholic Charities USA - Walmart Foundation:** SNAP Outreach

**Alexander Eastman Foundation:** Food Purchase, Greater Derry

**The William Evans Charitable Trust:** Food Purchase

**TD Charitable Foundation:** COVID-19 Emergency Response Plan

**Cogswell Benevolent Trust:** Food Purchase

**Walmart Store # 20157 - Rindge:** Hunger Relief

**The Agnes M. Lindsay Trust:** End Hunger Crisis due to COVID-19

**The Kendal C. and Anna Ham Foundation:** Food Purchase, Mt. Washington Valley & Summer Feeding Program for Youth, Conway

**Feeding America – C&S Wholesale:** Child Hunger to Increase Access to Nutritious Foods

**Bank of New Hampshire:** Sponsoring Weekly Mobile Food Pantries for One Year

**Feeding America – 3M Company:** Food Sourcing

**The Brown Foundation:** Provide food to NH Food Bank partner agencies

**Feeding America – Subaru Loves to Help:** General Operating

**Denny & Roz Houston:** Food Purchase, Hampton Area

**Bank of America - Mac Off**