

Issue 1 - 2022

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.

NH Gives

June 7-8

24 Hour Online Fundraiser

NH Magazine's 2022 Best of NH Party

June 18

Canterbury Shaker Village
Canterbury, NH

British Cars of NH Show of Dreams 2022

July 23

Alvirne Hills House Field
Hudson, NH

National Night Out

August 2

Rollins Park, Concord, NH

6th Annual Fulcrum Charity Golf Classic benefiting NH Food Bank

Monday, August 29

Wentworth by the Sea
Country Club, Rye, NH

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

Steel Chef Challenge photos courtesy of Vinny Marino of Ethos & Able Creative

Food *for* thought

Steel Chef Makes Its Return!

On Monday, March 28, the NH Food Bank's annual Steel Chef Challenge fundraising event returned to the Armory Ballroom at the Doubletree by Hilton Manchester Downtown. Food Network celebrity chef Michael Symon served again as host this year to help raise awareness and funds for our friends and neighbors experiencing hunger throughout our state.



Chef Symon with one of the Challenge's proteins - lobster!

Now in its sixth year, the evening featured a timed cooking competition in front of a live audience of 700, who enjoyed a three-course meal designed by our celebrity host. This year's competitors, John Bouley of RiverMead in Peterborough; Jordan Scott of Machina Kitchen & Artbar in Keene; Tina Verville of The Bedford Village Inn in Bedford; and Keith Wilson of Dunk's Mushrooms in Brentwood competed to impress our judges with their creativity!

As the competition kicked off, this year's protein choices (lobster, beef tenderloin and Tuckaway Butchery sausage) came straight off one of our food bank trucks and were wheeled to the stage where the audience and Chef Symon chose two proteins (lobster and sausage). Chef Symon then asked the crowd to weigh in on what secret ingredients would keep the chefs on their toes!



L-R: Chef Symon, 2020 Steel Chef Winner - Brendan Vesey & 2022 Winner - John Bouley

Each competitor prepared incredible dishes for our panel of judges, WMUR's Erin Fehlau and Chefs George Bezanson and Bobby Marcotte. In the end, John Bouley was crowned this year's Steel Chef Winner and was presented with the coveted engraved knife trophy!

We are so thankful to everyone who came out and spent an evening with us supporting our mission.

This event would not have been possible without the generosity and hard work of our previous competitors, judges, volunteers, and sponsors - *thank you!*



L-R: Chefs Keith Wilson, Tina Verville and Jordan Scott

NEW HAMPSHIRE FOOD BANK | 700 EAST INDUSTRIAL PARK DRIVE | MANCHESTER, NH 03109

Purple Vegetable Pancakes

A Cooking Matters Recipe



Ingredients

- 1 medium zucchini
- 1 medium beet
- 1 medium carrot
- 2 green onions
- 3 leaves of kale, chard, or beet greens
- 3 large eggs
- 2 Tablespoons reduced-sodium soy sauce
- 1 teaspoon low-sodium baking powder
- 4 ½ teaspoons canola oil, divided
- 2/3 cup whole wheat flour

Instructions

- Rinse and grate the zucchini. Rinse, peel, and grate the beet and carrot.
- Rinse and thinly slice green onions.
- Rinse greens and remove thick stems. Stack leaves together, roll into a thick tube, and slice thinly.
- In a large bowl, beat eggs with a fork. Stir in vegetables.
- Add soy sauce, baking powder, and 1 1/2 teaspoons of the oil. Stir until well mixed. Stir in the flour until just combined to make the batter.
- In a large skillet over medium heat, heat 1 teaspoon of the oil. Scoop about 2 tablespoons batter and add to pan to make one pancake. You should be able to fit about 4 pancakes in the pan at a time. Cook until browned on both sides, 2 to 3 minutes per side. Remove pancakes.
- Repeat step 8 twice more to make 2 more batches.
- Serve pancakes warm with the sauce*.

*For Pineapple Dipping Sauce Recipe and more, visit:
<https://cookingmatters.org/recipes/purple-vegetable-pancakes/>

Thank you to our 6th Annual Steel Chef Challenge Sponsors



NH Food Bank's Culinary Job Training Program is ACFEF Approved

Exciting news! Our Recipe for Success Culinary Job Training Program has become the first New Hampshire culinary job training program to receive approval from the American Culinary Federation Education Foundation (ACFEF), and the eighth program in the country to be granted this distinction.



Learn more: <https://nhfoodbank.org/acfef-approval/>

Fidelity Investments Associates Come Together for NH Food Bank

We are truly grateful for the support of Associates at Merrimack's Fidelity Investments who recently contributed \$48,176 to the New Hampshire Food Bank through a month-long virtual food drive! The drive will provide the equivalent of 96,352 meals to support our friends and neighbors throughout NH who do not know where their next meal is coming from.

In addition to this donation, Fidelity donated 500 crates of fresh produce to support those in need. We are truly thankful to Fidelity and its associates for their generosity and continued support and partnership.

Want stay in the know on all things NH Food Bank?
Visit: <https://nhfoodbank.org/in-the-know/latest-news/>

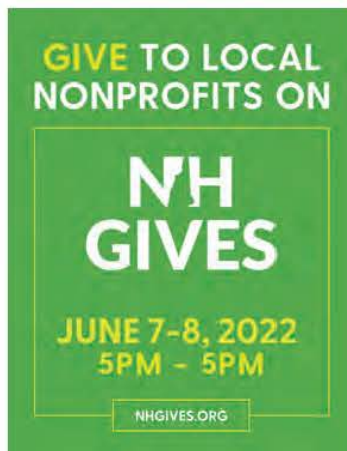
NH Gives is June 7 - 8!

The countdown to NH Gives is on!

NH Gives - a statewide, 24-hour online fundraising event designed to build community and support the efforts of NH nonprofits.

This NH Gives, we hope you will consider supporting our NH Feeding NH program, an initiative designed to support the purchase of NH grown food to feed our food insecure neighbors with nutritious locally grown produce, fruit, dairy, protein and more throughout NH communities, something we believe every Granite Stater should have access to.

Visit <https://nhfoodbank.org/nhgives> to learn more and get ready to give on June 7 and 8!



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.

For more information contact, Lisa Smith Dean at 603-669-9725 x 1121 or ldean@nhfoodbank.org.



NH Magazine's 2022 Best of NH Party

The 2022 Best of NH Party returns on June 18 and we're fortunate to be its nonprofit partner!

Make plans to join us for an outdoor evening of food, drink, art, culture and entertainment.

Ticket sales end June 10 or when sold out!!

Visit: <https://www.nhmagazine.com/best-of-nh/>



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Behind the Scenes

Be sure to keep up with the New Hampshire Food Bank on the following social media platforms:



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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:

Catholic Charities USA - Walmart Foundation
SNAP Outreach

State Farm Good Neighbor Grant
Recipe for Success Culinary Job Training Program

Greater Lakes Region Children's Auction
Food purchase for child-focused agencies in the Lakes Region

Dunkin Joy in Childhood Foundation
Food purchase in Berlin

New Hampshire Electric Cooperative Foundation
Two mobile food pantries

Dead River Company
Two mobile food pantries and truck lease

Kaley Foundation, Bank of America, N.A., Trustee
To help low-income Milford families receive nutritional support

Hannaford
Medically Tailored Meals Pilot

WellSense Health Plan
Two mobile food pantries