

Issue 2 - 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.

September is Hunger Action Month
See our events calendar and visit nhfoodbank.org/ham for any updates



UPCOMING

Run Your Buns Off 4.2 Miler
September 3, Newfound Lake
runyourbunsoffnh.com

Hunger is the Pitts 5k
September 14, Auburn, NH
totalimagerunning.com

9th Annual Distiller's Showcase
Presented by NH Liquor & Wine Outlets
Sponsored by Tito's Handmade Vodka
November 3, Doubletree by Hilton
Manchester Downtown

For the most up-to-date information, visit: nhfoodbank.org

Food for thought

Hunger Action Month® | FEEDING AMERICA

September is Hunger Action Month™, when Feeding America's nationwide network of food banks unite to urge businesses and individuals to take action in their communities. **Orange is the official color of hunger and Hunger Action Month.** Now more than ever our neighbors are in need.

Check out our events calendar below and for more information, visit: nhfoodbank.org/ham

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? Interested? Contact Jil Murphy at jmurphy@nh-foodbank.org.

CANSTRUCTION

Canstruction is an event in which a structure of an organizations choosing is built using canned or packaged food items. Interested? Contact Jil Murphy at jmurphy@nhfoodbank.org.

13TH ANNUAL WBS-HUB GOLF TOURNAMENT

This annual golf tournament to benefit the New Hampshire Food Bank will be held at Manchester Country Club. 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.

HUNGER ACTION DAY®

Go orange for Hunger Action Day® on September 23 and bring awareness to the issue of hunger in our communities!

MAC OFF COMPETITION

September 23 + 30: Sign up for the 8th annual Mac Off Competition, and see how much Mac & Cheese your team can pack! Interested? Contact Nancy at nmellitt@nhfoodbank.org or 603.669.9725 x 1129.

Stay tuned for more info:

WMUR AND NHIAA SPONSOR NH TACKLES HUNGER

It's time for WMUR's annual "NH Tackles Hunger" food drive to benefit families in your local communities! In eight years, "NH Tackles Hunger" has collected more than 657,000 pounds of food, which equals approximately 547,500 meals for NH families in need. We look forward to joining forces with NH schools once again to make a difference!

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!

Sweet Potato Fries

A Cooking Matters Recipe



Ingredients

- 4 medium sweet potatoes
- 1½ teaspoons paprika
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper
- 1 Tablespoon canola oil
- Non-stick cooking spray

Instructions

- Preheat oven to 450°F.
- Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
- Leaving skin on, cut sweet potatoes into thick French fry strips, about ½-inch wide.
- In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps.
- Add sweet potato strips to the bowl. Toss until they are coated on all sides.
- Coat baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet.
- Bake for 15 minutes. Turn fries over and bake another 10-15 minutes, or until fries are tender.

Chef's Notes

- For easier cleanup, line the baking sheet with a layer of aluminum foil. Coat with non-stick cooking spray before placing the sweet potatoes on the sheet.
- For milder flavor, dust the potatoes with 1½ teaspoons of curry powder and ¾ teaspoon of salt in place of the cayenne seasoning.
- For the crispiest fries, be sure sweet potatoes do not lie on top of each other on the baking sheet. You may need to cook in two batches.
- White baking potatoes can be used in place of all or part of the sweet potatoes.

USDA Awards \$900,000 to the NH Food Bank to Expand our 'NH Feeding NH' Program

We're thrilled to share that the New Hampshire Food Bank has received a \$900,000 grant from the U.S. Department of Agriculture (USDA) to support efforts to provide those in need with access to locally grown fruits, vegetables, meat and dairy.

With this grant through the Local Food Purchase Assistance Cooperative Agreement Program (LFPA), the New Hampshire Food Bank and the New Hampshire Department of Agriculture, Markets and Food (NHDAMF) will work together to expand the Food Bank's 'NH Feeding NH' program, a statewide initiative supporting the purchase of food from New Hampshire farmers to provide food insecure Granite Staters with increased access to nutritious, locally grown fruits, vegetables, dairy, and meat.



"This critical funding enables us to grow our NH Feeding NH program to not only support more local farmers, but also to help nourish communities in need, reduce food waste, and replenish the local economy," said Eileen Liponis, Executive Director, New Hampshire Food Bank. "We are grateful to the USDA and NHDAMF for this grant, which will be instrumental in our ongoing mission to eliminate food insecurity in New Hampshire."

NH Feeding NH is a statewide initiative in partnership with the New Hampshire Food Alliance, New Hampshire Farm Bureau and the Northeast Organic Farming Association of New Hampshire.

During the initiative's first year in 2020, 170 farms in New Hampshire participated in this innovative new program, providing nearly 40,000 pounds of food. In 2021, 117 of our partner agencies purchased more than 86,000 pounds of nutritious, local foods from 202 NH farms.



Through this funding from the USDA, the New Hampshire Food Bank anticipates expanding NH Feeding NH to work with 283 partner agencies statewide, which will provide an estimated 129,470 people experiencing food insecurity with access to locally grown food.

In addition to the USDA grant, the NH Food Bank received more than \$40,000 in donations during NH Gives this June which will go toward the "NH Feeding NH" program. The \$40,000 donation included a \$10,000 NH Gives matching gift from the Hirshberg Family Fund of the New Hampshire Charitable Foundation.

To learn more about this grant, visit:
<https://nhfoodbank.org/usda-nh-feeding-nh-program>

They're Grrreat! Kellogg's & Associated Grocers of New England Team Up to Support the NH Food Bank

Associated Grocers of New England (AGNE) and Kellogg's recently joined forces to fight hunger in New Hampshire. AGNE raised over \$40,000 during its annual charity golf tournament on Wednesday, June 15, at Pembroke Pines Country Club and Kellogg's recently donated 29 pallets of food on behalf of AGNE to support the New Hampshire Food Bank's statewide efforts to eliminate food insecurity.



Over the past 13 years, AGNE's charity golf tournaments have raised more than \$515,000, or the equivalent of 950,000 meals, to fight hunger in the Granite State. The more than 11,000-pound food donation from Kellogg's equates to nearly \$35,000.

We are grateful to AGNE and Kellogg's for their continued, generous support of our mission to help those in need in New Hampshire.

To learn more, visit:
<https://nhfoodbank.org/kelloggs-and-associated-grocers>

Recipe for Success Culinary Job Training: 2022 Graduate – Alyssa

"Cooking always takes me to another place where I can do anything."

Alyssa's relationship with the NH Food Bank started nearly two years before she first set foot in our kitchen as a Recipe for Success Culinary Job Training student. She was first involved with our Cooking Matters NH program in 2020, which inspired her to take the leap to our culinary program in 2022.

In addition to learning new skills, recipe development, menu planning and kitchen management, Alyssa assisted in making meals for a variety of NH Food Bank agencies – like after school programs, senior centers and more. In total, our kitchen produces an estimated 5,000 meals each week - service Alyssa's been inspired to continue, even after graduating, "My dream is to one day own a restaurant and also a food truck that will serve houseless people."

With her newly gained skills, knowledge and experience, Alyssa passed her Servsafe Manager exam in June, and has now started a new position as the head of a kitchen, serving people six days a week. Alyssa leaves the Culinary Job Training program with not only new certifications and hands-on experience, but a professional network ready to support her culinary journey.

For Alyssa's full profile, visit:
nhfoodbank.org/cjt-testimonial-alyssa

Ninth Annual Distiller's Showcase

Sponsored by Tito's Handmade Vodka



Join us on November 3 for New England's largest showcase of premium spirits, featuring more than 700 spirits, local, NH restaurants, and other food and non-alcoholic samplings!

The premier event of the Distiller's Week, the Ninth Annual Distiller's Showcase benefits the NH Food Bank. In 2021, this event raised \$122,000 to fight hunger in NH.

Details: Thursday, November 3, 2022 from 6:00 to 8:30 PM, at the DoubleTree by Hilton Manchester Downtown

For info and tickets, visit:
<https://distillersshowcase.com>



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:

Nordson Corporation Foundation

General operating support

Williams Evans Charitable Trust

Food purchase for Rochester

Cogswell Benevolent Trust

Statewide food purchase

UDSA Local Food Purchase Assistance

*Supporting "NH Feeding NH"
program*

Fuller Foundation

*Food distribution for youth-serv-
ing agencies in the Seacoast
area*

Mascoma Savings Bank Foundation

*Youth summer feeding (SFSP)
in Coos County*

Hypertherm HOPE Foundation

*Food purchased for the Upper
Valley area*

The Brown Foundation, Inc. of Houston.

*Provide food to NH Food Bank
partner agencies*

Kendal C. and Anna Ham

*Food purchase in the Conway
region*

Feeding America - Red Nose Day

Childhood Hunger

Bank of America

Mac Off

Feeding America Protein Purchase Subsidy

Lincoln Financial Foundation

Mobile Food Pantry food boxes

David & Laura Behenna - Rye Beach, NH

*Match donation for Summer
Meals appeal*