


# NEW HAMPSHIRE FOOD BANK

2021 REPORT TO THE COMMUNITY

*New Hampshire*  
**FOOD  
BANK**   
A Program of Catholic Charities NH

 CATHOLIC  
CHARITIES  
NEW HAMPSHIRE

 FEEDING  
AMERICA





# MISSION

The Mission of the New Hampshire Food Bank is to feed hungry people by soliciting and effectively distributing grocery products and perishable foods, and offering innovative programs through a statewide network of approved agencies; by advocating for systemic change; and by educating the public about the nature of, and solutions to, problems of hunger in New Hampshire.



# WHAT WE DO

The New Hampshire Food Bank, a program of Catholic Charities New Hampshire, serves as the only food bank in the state, working to provide nutritious food and resources to the hundreds of thousands of New Hampshire residents that are food insecure. The Food Bank supplies millions of pounds of food annually to more than 400 partner agencies, including food pantries, homeless shelters, soup kitchens, children's programs, senior centers and more. In turn, these agencies provide hunger relief to those suffering from food insecurity throughout the state.







## INNOVATION IN FOOD DISTRIBUTION

### *Our 'NH Feeding NH' Program Grows in 2021*

202

NH FARMS PARTICIPATED

117

PARTNER AGENCIES PARTICIPATED

86,272

LBS OF LOCAL, NUTRITIOUS FOODS  
PURCHASED BY PARTNER AGENCIES

113,192

LBS OF LOCAL, NUTRITIOUS FOODS  
PURCHASED IN BULK BY NHFB

The NH Food Bank's 'NH Feeding NH' program, which first launched as a pilot in 2020, is a statewide initiative designed to support the purchase of NH-grown food to feed our food insecure neighbors with nutritious, locally grown fruits, vegetables, dairy and protein throughout NH communities, something we believe every Granite Stater should have access to.

Thanks to generous support from both grantors and individuals like you (more than \$50,000 was raised to support 'NH Feeding NH' during NH Gives in 2021) we saw the continued growth and success of this program last year.

In 2021, 117 of our partner agencies purchased more than 86,000 pounds of nutritious, local foods from 202 NH farms. What does this mean? It means that our friends and neighbors in communities throughout the state who are experiencing food insecurity gained access to thousands of pounds of fresh, local, nutritious foods that are all too often out of their reach.

In addition to purchases made by our agencies, the NH Food Bank also purchased more than 113,000 pounds of foods that are cost-prohibitive to those facing food insecurity and bulk food from NH farmers with this program - making these nutritious foods available to all of our more than 400 partner agencies through our online ordering system.

Furthermore, purchases from this program infused nearly \$264,000 into local communities throughout our state in 2021 - supporting local farmers, reducing food waste, and helping replenish local economies. We're excited to see the continued growth and impact of this program throughout the Granite State.

**"[NH Feeding NH] gives us the opportunity to purchase fresh product for the clients. We buy veggies and milk mainly. The farm we use supports us, so this gives us a chance to support them as well."**

***Conway Village Congregational Church Food Pantry, Conway***

## DOING MORE TO MEET THE SUSTAINED NEED

### *Mobile Food Pantry Program Updates*



In 2021, the New Hampshire Food Bank continued its efforts to meet those facing food insecurity in their own communities with our Mobile Food Pantry program.

Continuing the drive-thru model first established in 2020 with the help of the New Hampshire National Guard, this program helped the Food Bank reach nearly 125,000 people experiencing hunger. In 2021, our mobile food pantry program held 122 distributions in towns and cities located in all ten NH counties.

In total, these events distributed 2,598,904 pounds of fresh produce and shelf-stable essentials to more than 42,245 households in 2021, providing approximately 2,165,753 meals to hundreds of thousands of Granite Staters.

As with everything we do, the generous support of organizations and individuals is critical in our fight against hunger here in NH. We are grateful to Bank of New Hampshire, who partnered with us to generously sponsor one mobile food pantry each week beginning in April 2021 through March 2022. At year's end, they had sponsored 38 mobile food pantries in 9 of NH's 10 counties and provided volunteers to help us safely and effectively distribute to those in need.

Additionally, the following organizations sponsored individual mobile food pantry distributions in their regions: New England Electric Cooperative Foundation, the Newfound Area Charitable Fund and Vail Resorts.

We also could not do what we do without our volunteers. Thousands of individuals volunteered at mobile food pantries throughout the year, helping to distribute food, take information or direct traffic. They showed up in the rain, snow, wind and heat to make sure their neighbors had enough to eat and we are grateful for their continued support and hard work.

**"During the pandemic we lost a lot of hours, and being a single mom [the mobile food pantry food] helps tremendously, especially now that the kids are back in school. Some of my kids are back in school, some of them are not. So it helps to supplement their school food. I love it."**

***Anonymous***

122  
MOBILE FOOD PANTRIES, DISTRIBUTING  
2,598,904  
POUNDS OF FOOD TO  
124,737  
INDIVIDUALS IN  
42,245  
HOUSEHOLDS



**COMMITMENT TO  
EQUITABLE FOOD ACCESS**  
*Partnership with Leah's Pantry*



The New Hampshire Food Bank is committed to helping increase equitable access to healthy and nourishing foods for all individuals facing hunger in New Hampshire.

One example of how we are working toward this goal:

In 2021, the NH Food Bank began a new partnership with Leah's Pantry's Nutrition Pantry Program. Leah's Pantry is a California-based nonprofit that is committed to all people being nourished, regardless of socioeconomic status. The Nutrition Pantry Program (NPP) "supports policy, systems, and environmental changes at food distribution sites that lead to client-centered, health-focused distributions. NPP offers resources, technical assistance, and training in six focus areas, for pantries working to demonstrate alignment with best practices and client needs. The program also provides a pathway to gold or silver certification. Leah's Pantry provides direct implementation, data analysis and support for agencies who want to implement NPP at multiple sites (such as SNAP-Ed programs)."<sup>1</sup>

This partnership has allowed the Food Bank, our staff and our partner agencies to explore the relationship between positive and adverse experiences and the nourishment process, as well as the principles of trauma-informed approaches related to nutrition and food insecurity and how we can apply them both here at the Food Bank and within our agency network.

Our goal is for the Nutrition Pantry Program to empower our agencies to further educate their clientele, acquire product that meets their clients' needs, create nutrition goals themselves, and establish positive environmental changes that make the healthy choice, the easy choice.

<sup>1</sup>"Nutrition Pantry Program." Leah's Pantry. July 2022. <https://www.leahspantry.org/what-we-offer/cultivate-nourished-communities/>



# THE STATISTICS

7%

OF MEN, WOMEN AND CHILDREN IN NH ARE FOOD INSECURE

9.5%

OF CHILDREN IN NH ARE LIVING IN FOOD INSECURE ENVIRONMENTS

THE NH FOOD BANK WORKS WITH

MORE THAN  
400

PARTNER AGENCIES (FOOD PANTRIES, HOMELESS SHELTERS, SOUP KITCHENS, CHILDREN'S PROGRAMS, SENIOR CENTERS AND MORE) ACROSS NH

APPROXIMATELY  
50%

OF FOOD DISTRIBUTED BY OUR PARTNER AGENCIES COMES FROM THE NH FOOD BANK

## 2021 Financial Snapshot (without donor restrictions)

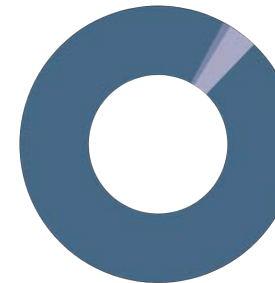
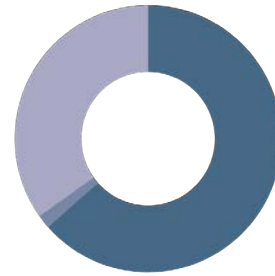
Fiscal Year Ended March 31, 2022 | Audited in 000's

### Support & Revenue

Food donations in-kind.....	\$19,764
Program Fees.....	\$522
Grants, Contracts & Contributions.....	\$12,620
Total Support & Revenue.....	\$32,906

### Expenses

Program.....	\$29,588
Management & General.....	\$278
Fundraising.....	\$1,054
Total Expenses.....	\$30,920
Investment Loss.....	(\$152)
<b>Change in Net Assets .....</b>	<b>\$1,834</b>
<b>Net Assets, end of year.....</b>	<b>\$13,714</b>



## 2022 Goals

- Build upon our success in distributing more product in the North Country by acquiring a physical presence with a warehouse to store and distribute more fresh and local product.
- Utilize Forward Contracting with our NH Farmers under our "NH Feeding NH" program to secure more local protein and culturally appropriate foods for our 400+ partner agencies to distribute to our food insecure.

# A LOOK AT 2021



**14,510,570**  
Total Meals

## 17,170,860

Total pounds of food distributed to those in need in NH in 2021.

**2,619,590** LBS OF PROTEIN DISTRIBUTED

**5,599,650** LBS OF PRODUCE DISTRIBUTED

### Volunteering

**20,750** Volunteer Hours in 2021

**\$592,205** Volunteer Dollar Value

= Equivalent of **10 full-time employees**

### Recipe for Success Culinary Job Training Program

**160,525 meals** produced for afterschool programs and other partner agencies

**159,900 meals** distributed

### Cooking Matters®NH

**15** Cooking Matters courses with **95 participants** - **77** graduating

**97** Cooking Matters at Home Workshop sessions with **156 participants**

**25** Cooking Matters at the Stores tours with **152 participants**

*Across all workshops, courses & tours, Cooking Matters NH provided 4,256 meals, including 644 \$10 grocery gift cards, to the community!*

### SNAP

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

**172** applications

**\$106,580** in benefits

**\$164,134** local economic impact

### Production Garden

**6,869 pounds** of nutritious produce grown and harvested in our Manchester production garden

### Granite State Market Match (GSMM)

**96** locations, **5,313** transactions

**\$139,595** in GSMM redeemed at participating Farmers Markets and Farm Stands

**\$388,307** in SNAP redeemed at participating Farmers Markets and Farm Stands

### Double Up Food Bucks (DUFB)

**20** stores, **51,758** transactions

**\$195,291** in DUFB redeemed at participating Independent Grocery Stores

**\$3,375,326** in SNAP redeemed at participating Independent Grocery Stores

FOR ADDITIONAL INFORMATION ON NH FOOD BANK PROGRAMS, VISIT:  
**NHFOODBANK.ORG/WHAT-WE-DO**

# NEW HAMPSHIRE FOOD BANK ADVISORY COMMITTEE

**John Dumais**  
NH Grocers Association,  
Chair

**Lisa Drake**  
Merchants Fleet

**Robert Gossett,**  
Gossett Consulting LLC,  
Trustee

**Christine Grenier**  
Citizens Bank

**Pauline Ikawa**  
Retired

**Michael McLean**  
McLane Middleton

**Robert Omberg**  
Comcast

**Carl Provencher**  
Hannaford

**Rev. Thomas Steinmetz**  
Our Lady of the Cedars  
Melkite Church, Trustee

**Abby Tucker**  
Wadleigh, Starr and Peters

**Joanne Ward**  
NH House of Representatives  
Rockingham County  
District 19

**Thomas Blonski**  
Catholic Charities NH

**Dominique Rust**  
Catholic Charities NH

**Eileen Liponis**  
NH Food Bank

**Nancy Mellitt**  
NH Food Bank

**Dennis Gichana**  
NH Food Bank

## HOW WE WORK

The NH Food Bank supplies millions of pounds of food annually to more than 400 partner agencies, including food pantries, homeless shelters, soup kitchens, children's programs, senior centers and more. In turn, these agencies provide hunger relief to those suffering from food insecurity throughout the state.

*For a complete list of partner agencies, please visit [www.nhfoodbank.org](http://www.nhfoodbank.org)*

