

March 2023

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.

Upcoming Events

March is National Nutrition Month®

**NH Food Bank's 7th
Annual Steel Chef Challenge**
March 20, 2023

Doubletree by Hilton Manchester
Downtown, Manchester, NH

**Millennium Running Citizens
Shamrock Half Marathon, Relay
& Shuffle**

Manchester, NH
March 25-26

millenniumrunning.com/shamrock

Hampstead Eats

Saturday, April 29

Hampstead Congregational Church
Hampstead, NH

**Letter Carriers' Stamp Out
Hunger® Food Drive**

Saturday, May 13

nalc.org/community-service/food-drive

NH Renaissance Faire

May 13, 14, 20, 21

Fremont, NH

nhrenfaire.com

NH Gives

24-Hour Online Fundraiser

June 6-7

nhfoodbank.org/nhgives

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

Food *for* thought

NH Food Bank's Nutrition Pantry Program

In 2021, New Hampshire Food Bank staff participated in a Nutrition Pantry Program training series with Leah's Pantry, a California-based nonprofit committed to a vision of all people being nourished, regardless of socioeconomic status.¹



NH Food Bank staff during training in 2021

This training's principles focused, not only on how people should have access to healthy food, but how providers, like food banks, pantries and more, can advocate for and put systems into place that allow those seeking food assistance to receive and learn about food in ways that recognize the effects of trauma; avoids shame, stigma and blame and promotes resilience.²

NH Food Bank staff learned how to apply these principles in order to better-serve those experiencing food insecurity throughout NH – both here at the Food Bank and within our agency network. As a result, and with Leah's Pantry's guidance, the Food Bank launched the **NH Food Bank Nutrition Pantry Program** as a pilot in 2022.

This program gives the Food Bank the opportunity to provide support and education to our network of agencies that empowers them to meet their clients' needs in more inclusive ways.

Since first offering this opportunity to our agencies, NH Food Bank staff has had the chance to work with four of our agencies and, this January, the very first pantry graduated with gold certification.

¹Source: <https://leahspantry.org/about-us/>

²Source: <https://leahspantry.org/what-we-offer/inform-policy-at-all-levels/resilience-building-nutrition-education/>

continued >

Pasta with Beans and Greens

A Cooking Matters® Recipe



INGREDIENTS

- 1 (16-ounce) package whole wheat pasta
- 2 medium onions
- 1 medium carrot
- 3 large cloves garlic
- 2 pounds (1 large bunch) spinach or kale
- 2 (15½-ounce) cans great northern, cannellini, or lima beans
- 2 Tbsp canola oil
- 1 tsp dried oregano
- 1 tsp dried red pepper flakes
- ¾ tsp salt
- ½ tsp ground black pepper

INSTRUCTIONS

1. Cook pasta following package directions. Drain, reserving 1 cup pasta water. Set aside.
2. While pasta cooks, rinse, peel & dice onions & carrot. Peel & mince garlic.
3. Rinse greens, more than once if needed to remove all grit. Remove tough stems. Chop coarsely.
4. In a colander, drain & rinse beans.
5. In a large skillet over medium-low heat, heat oil. Add garlic, carrot, onion & greens. Cook until onions are soft.
6. Add ½ cup reserved pasta water & seasonings. Cook until greens are tender.
7. Add beans to greens. If needed, add a little more reserved pasta water to make a sauce.
8. Add cooked pasta to beans & greens. Toss to combine. Cook until pasta is heated through, about 5 more minutes.

NH Food Bank's Nutrition Pantry Program Continued...

The **Society of St. Vincent de Paul in Exeter** graduated from our Nutrition Pantry Program as a gold certified pantry, meaning that they made significant achievements in each of the program's six-key focus areas.

These focus areas are:

- Cultural & Dietary Accommodations
- Nutrition Education
- Environment
- Inventory
- Community Connections
- Policies and Procedures

St. Vincent de Paul Exeter's gold certification celebrates their ability to successfully meet their clients' needs in a number of ways, which include:

- providing effective communication and transparency to their clients;
- providing accessible space and a warm, welcoming environment;
- connecting clients to other services beyond direct food assistance; and
- ensuring access to dietary and cultural needs when possible

Congratulations to St. Vincent de Paul in Exeter on this achievement. We look forward to working with more of our agency partners in the future!

For more information about the NH Food Bank's Nutrition Pantry Program, visit: nhfoodbank.org/nutrition-pantry-program



NH Food Bank Staff Join Staff and Volunteers from Society of St. Vincent de Paul in Exeter to present them with their Gold Certification

Letter Carriers' Stamp Out Hunger® Food Drive

Save the date! The annual National Association of Letter Carriers' Stamp Out Hunger Food Drive is back and taking place on Saturday, May 13!

To participate, all you need to do is leave a donation of non-perishable, non-glass food items next to your mailbox on the morning of May 13, before your letter carrier's normal delivery time! Your letter carrier will make sure it gets to the New Hampshire Food Bank!

Keep an eye on our social media channels for reminders and updates as we get closer to May!

Learn more at: <https://www.nalc.org/community-service/food-drive>



Shaw's Supermarkets & Albertsons Companies Help Nourish our Neighbors

Shaw's Supermarkets employees visited us before the holidays with an incredibly generous gift – a \$74,099.18 donation through their Nourishing Neighbors funding and a food donation totaling more than 7,000 pounds, which included staples like bran flakes, canned corn, peanut butter, rice, mandarin oranges and pasta!



In addition to their donations, Shaw's team members took some time to volunteer in our kitchen, helping our Recipe for Success Culinary Job Training team prepare meals that will go out to afterschool programs and other agencies.



Thank you, Shaw's & Albertsons Companies, for your continued support, generosity and hard work!

Mother's & Father's Day Cards

Show a mom or dad in your life you care by making a tribute donation in their honor for Mother's or Father's Day that will help provide meals to someone in need here in NH.

For a minimum donation of \$25 per card, we will send a personalized Mother's or Father's Day card directly to them – or, if you prefer, we can send the card to you to personalize.

For more information and to order, give us a call at: 603-669-9725 ext. 1121 or visit: nhfoodbank.org/send-a-card

Everyone CAN Make a Difference

Siblings Cooper and Ella stopped by with their grandfather, each bringing two FULL Nothing Cans to donate! Thank you, Cooper and Ella, for thinking of our friends experiencing hunger!



March is National Nutrition Month®

March is here and so is National Nutrition Month®!

Keep an eye on our social media channels and more for fun, informative nutrition content from our Cooking Matters® NH team! Learn more about Cooking Matters® at: nhfoodbank.org/cookingmatters



Save the Date for NH Gives: June 6 & 7

Mark your calendars - NH Gives will be back this June! This 24-hour, statewide online fundraiser will take place **Tuesday, June 6 - Wednesday, June 7!**

For updates, keep an eye on our website, social media channels and nhfoodbank.org/nhgives.





700 EAST INDUSTRIAL PARK DRIVE
MANCHESTER, NH 03109

NONPROFIT ORG.
U.S. POSTAGE PAID
MANCHESTER, NH
PERMIT NO. 37

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:

Feeding America Citizens Fighting Hunger:
Two Refrigerated Trucks

Feeding America Chick-fil-A:
Child + Family Feeding Program

Feeding America - Costco:
Food Purchase

Feeding America - 3M Foundation:
General Operating

NH Electric Co-op Foundation:
Two mobile food pantries

Weyerhaeuser Giving Fund:
Food purchase for Coos County

Rogers Family Foundation:
Food purchase

Doe Family Foundation:
Truck lease and commercial kitchen floor for Culinary Job Training Program

NH Children's Health Foundation: SNAP Outreach

U.S. Department of Agriculture's Gus Schumacher Nutrition Incentive Program (GusNIP):
SNAP Incentives

Dunkin Joy in Childhood Foundation: Food purchase

Albertsons Companies Foundation:
Children's Breakfast Foods