

September - 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.

September is Hunger Action Month®

Visit nhfoodbank.org/ham for a list of NH Food Bank events and resources related to this important monthlong call-to-action founded by Feeding America!

Hunger Action Day®

Friday, September 15

Go orange for Hunger Action Day!

Save the Date

Events benefiting NH Food Bank

Run Your Buns Off 4.2 Miler

September 2, Newfound Lake

Visit: runyourbunsoffnh.com

The Chocolate Expo

October 15, Doubletree by Hilton
Manchester Downtown

Visit: thechocolateexpo.com

10th Annual Distiller's Showcase

Presented by NH Liquor & Wine Outlets

Sponsored by Tito's Handmade Vodka

November 2, Doubletree by Hilton
Manchester Downtown

Visit: distillersshowcase.com

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

Food *for* thought

September is Hunger Action Month®

Join the movement
to end hunger today.



September is **Hunger Action Month®** the Feeding America network's annual nationwide campaign designed to inspire us all to take action and raise awareness of hunger in the United States.

This September, the New Hampshire Food Bank welcomes you to join us in going **orange** (the color of hunger) and taking action throughout **Hunger Action Month®** to ensure that our friends and neighbors throughout the Granite State have access to the food they need to thrive.

Seven percent of NH residents, including 8.5% of children in our state, face hunger. As New Hampshire's only food bank and member of Feeding America's network of 200 partner food banks across the United States, the New Hampshire Food Bank is committed to fighting the root causes of and ending hunger in our state; in joining us this **Hunger Action Month®** your voice, actions, and commitment are critical in helping ensure our friends and neighbors - in all corners of the Granite State - have the nourishing foods and resources they need to flourish.

Hunger Action Month® | FEEDING AMERICA

Your *voice, actions and commitment* are critical in helping ensure our friends and neighbors - in all corners of the Granite State - have the nourishing foods and resources they need to flourish.



For an up-to-date list of events and activities, visit: nhfoodbank.org/ham

Turn the page for NH Food Bank's
Hunger Action Month® activities and events!

Sweet Potato-Orange Salad with Honey Mustard Dressing

Recipe from EatRight.org & Contributor,
Roberta Dwyff, MS, RD, FAND

Eat your orange this Hunger Action Month! Made with beta carotene-rich sweet potatoes and vitamin C-rich mandarin oranges, this sweet and nourishing salad makes a flavorful side dish alongside turkey, chicken, pork or baked ham.

Ingredients

- 3 medium (about 1 pound) sweet potatoes, peeled, cut in ½-inch cubes
- ¼ cup water
- 1 (11-ounce) can mandarin oranges, drained
- ½ cup thinly-sliced celery
- ½ cup chopped green or red bell pepper
- ½ cup dried cranberries
- 2 medium green onions, chopped
- 2 teaspoons grated peeled ginger root
- ¼ cup light honey mustard dressing
- ¼ teaspoon kosher salt
- ⅛ teaspoon freshly-ground black pepper
- ½ cup chopped pecans, toasted*

Directions

1. Place the sweet potatoes in a microwave-safe container; add water. Cover; microwave on medium-high for 8 to 10 minutes until the sweet potatoes are fork-tender, not mushy. Drain; chill.
2. Meanwhile, put the mandarin oranges, celery, bell pepper, cranberries, green onions and ginger root in a medium bowl. Add the sweet potatoes; toss gently.
3. Pour the honey-mustard dressing over the sweet potato mixture. Gently combine, coating the ingredients with dressing. Season with salt and pepper.

Just before serving, mix in the pecans.

Cooking Note

*Toast the pecans in a small, heavy dry skillet over medium heat, shaking the skillet frequently for 1 to 2 minutes, to release the flavorful oils

Source: <https://www.eatright.org/recipes/salads/sweet-potato-orange-salad-with-honey-mustard-dressing-recipe>

September 2023

Hunger Action Month



Check out just some of the ways you can take action and support the NH Food Bank this Hunger Action Month!

SEPTEMBER 1 - 23: CANSTRUCTION

Canstruction is an event in which a structure of an organization's choosing is built using canned or packaged food items. Structures will be judged the week of 9/25/23. Once completed, all canned and packaged foods are donated to local NH Food Bank partner agencies for distribution to those in need.

SEPTEMBER 2: RUN YOUR BUNS OFF 4.2 MILER

The Newfound Area Charitable fund is hosting their 14th Annual Run Your Buns Off 4.2 Miler, benefiting NH Food Bank, on September 2, 2023! This unique, fun-filled 4.2 mile course starts and finishes near the shore of Newfound Lake. For more info, check out: <https://runyourbunsoffnh.com/>

SEPTEMBER 11: 14TH ANNUAL WBS-HUB HARVEST GOLF CLASSIC

This annual golf tournament to benefit the NH Food Bank will be held at Manchester Country Club with a shotgun scramble format. All funds raised at the golf outing will support the NH Food Bank's efforts to expand food distribution and innovative educational programs to reach those who need it most.

SEPTEMBER 15: HUNGER ACTION DAY®

Go orange on Friday, September 15 to celebrate Hunger Action Day® and bring awareness to the issue of hunger. Throughout September, buildings, landmarks and people across the country will go orange. Today, wear orange, turn your social media profile pictures orange & encourage others to do the same!

SEPTEMBER 15 & 29: MAC OFF COMPETITION

The NH Food Bank's Mac Off Competition challenges teams to see how much Mac & Cheese they can pack! All Mac Packs will be distributed to families in need. Presented by Bank of America.

DATES & DETAILS: COMING SOON!

- Concord Police Department Staff a Cruiser Food Drives
- Manchester Police Department Staff a Cruiser Food Drives
- WMUR's NH Tackles Hunger

INTERESTED IN THESE EVENTS?

Learn more and see the latest updates at: nhfoodbank.org/ham or scan the QR code



SCAN

Huzzah! NH Renaissance Faire Makes a Fantastical Donation

In late July, Andrew and Jesse, board members of the New Hampshire Renaissance Faire, swung by the Food Bank to deliver a donation just as fantastical as their event. With record-setting attendance, this year's generous donation allowed the NH Food Bank to provide approximately 120,285 meals for our friends and neighbors experiencing food insecurity.



For more than a decade, the NH Renaissance Faire has been generously supporting the NH Food Bank, and we are incredibly grateful for their partnership and support.

Thank you to everyone at the NH Renaissance Faire, their board – the Three Maples Renaissance Corp, and all those who attended this year's event, for their support!

NH Feeding NH: Putting Locally Grown, Nourishing Foods on the Tables of those Experiencing Hunger

NH Food Bank's NH Feeding NH program 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.

This year, 273 NH Food Bank partner agencies purchased 117,008 pounds of fresh, nutritious foods from 194 NH farms. In addition to agency purchases, the NH Food Bank purchased 161,192 pounds of local foods in bulk from NH farms which were made available to all of our partner agencies statewide. Combined these purchases help fuel those in need throughout the state with nourishing foods and infused more than \$307,187 into the local economy.

We're thrilled to see the continued growth and impact of this program throughout the Granite State.

To learn more, visit: nhfoodbank.org/what-we-do/nh-feeding-nh



*Produce from Grand View Farm & Sherman Farm in Conway
Courtesy of Madison Food Pantry*



Daikon, Amaranth, Bok Choy from Fresh Start Farms

Tenth Annual Distiller's Showcase

Presented by NH Liquor & Wine Outlets and Sponsored by Tito's Handmade Vodka

Join us on November 2 for the Distiller's Showcase, featuring more than 600 premium and ultra-premium spirits for sampling. The event provides the opportunity for guests to meet distillers from around the world while sampling food from New Hampshire's top restaurants.

The premier event of Distiller's Week, the Tenth Annual Distiller's Showcase benefits the NH Food Bank.

Details: Thursday, November 2 from 6:00 to 8:30 PM, at the DoubleTree by Hilton Manchester Downtown

For info & ticket packages, visit: distillersshowcase.com

New Ways to Give to the NH Food Bank

In addition to all of the ways you can already give to the NH Food Bank, you may have noticed some new options available:



Cryptocurrency: Make a crypto donation to the NH Food Bank through The Giving Block.



Venmo: You can donate to the NH Food Bank using the Venmo smartphone app on your mobile device.

Find us on Venmo as: @nhfoodbank

For more information about these and other ways to give, visit: nhfoodbank.org/donate

Behind the Scenes

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



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:

Penates Foundation
Unrestricted Funds

Smith-Denison Foundation
Unrestricted Funds

**Feeding America –
Red Nose Day:**
Childhood Hunger

Mascoma Bank Foundation
Summer Youth Feeding

Bank of America
Mac Off Competition

State Farm
*Recipe for Success Culinary Job
Training Program*

Lincoln Financial Foundation
Mobile Food Pantry Program

Cogswell Benelovent Trust
Food Purchase

Feeding America - Citizens
Two Refrigerated Truck Leases

William Evens Trust
*Food Purchase for Rochester
Agencies*

The Fuller Foundation
*Hunger Relief for Youth in
the Seacoast region*

Albertsons Companies Foundation
Children's breakfast foods

Ham Foundation
*Food Purchase for the
Mt. Washington Valley Region*

Ham Foundation
*Food Purchase for the
Mt. Washington Valley Region*