

New Hampshire Food Bank's

Report to the Community

2022



603-669-9725



www.nhfoodbank.org



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.



INNOVATIVE PROGRAMS

Over the years, the NH Food Bank has evolved as an organization. In addition to food distribution, we have created innovative programs designed to fight the root causes of hunger by empowering people to learn new skills, enabling them to become more self-sufficient and improve their quality of life.

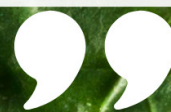
Nourishing our Neighbors



One of our African shoppers is usually fairly withdrawn. Last week, we showed her the pumpkin vines [from the NH Food Bank's NH Feeding NH program partnership with Fresh Start Farms] and she almost jumped through the roof with excitement; the African eggplant [we received] generated just as much enthusiasm!

The next time she came in, she was smiling and happy to see more [culturally preferred foods] like pumpkin vines, as well as amaranth and shell beans.

- Nashua Soup Kitchen, NH Food Bank partner agency -



BOOTS ON THE GROUND IN COMMUNITIES STATEWIDE

In 2022, the New Hampshire Food Bank distributed **16,252,108 pounds of food** to our more than **400 partner agencies** throughout the state of New Hampshire - equivalent to approximately **13,740,103 nourishing meals** for our friends and neighbors in need.

MOBILE FOOD PANTRY PROGRAM

Thanks to the generosity of individual donors, grant funding and organizations like Bank of New Hampshire, New Hampshire Electric Co-op Foundation, the Newfound Area Charitable Trust, Wellsense, Dead River Company, and more, as well as on-the-ground support from hundreds of volunteers, the NH Food Bank's Mobile Food Pantry Program continued its efforts to meet those facing hunger in their own communities in 2022.

In 2022, the NH Food Bank hosted **64 Mobile Food Pantries** reaching **61,568 individuals** in towns and cities located in all ten NH counties. In total, **931,609 pounds** of nutritious produce and shelf-stable staples was distributed to **20,596 households**, providing approximately **776,340 meals** for Granite Staters.

In addition to providing nourishing essentials to those in need, this program affords NH Food Bank staff the opportunity to connect with individuals seeking assistance throughout the state, and offers a unique touch point for our many innovative programs and outreach.



SNAP OUTREACH & APPLICATION ASSISTANCE

The Supplemental Nutrition Assistance Program – also known as SNAP – provides food assistance through an electronic card that can be used at grocery stores and some farmers' markets. You may also see this program referred to as: EBT or Food Stamps.

NH Food Bank offers SNAP application assistance services and conducts outreach in communities throughout NH to better inform Granite Staters in need about SNAP benefits.

Looking to the future, the NH Food Bank is aiming to expand this outreach with the help of partners like the NH Department of Health and Human Services, Feeding America, NH Children's Health Foundation, Walmart Foundation, Catholic Charities USA and more.

SUMMER FOOD SERVICE PROGRAM

For thousands of NH children, hunger does not take a summer vacation and it can be tough to bridge the months-long gap while school is out.

To address these disparities, the NH Food Bank has been a Summer Food Service Program sponsor for more than a decade, working closely with NH Department of Education and the United States Department of Agriculture Food and Nutrition Service to provide free summer meals to children and teens 18 and under, with a specific focus on rural communities in Coös and Carroll Counties and the Keene area.

The work of this program is critical to ensuring that NH children are receiving the foods they need to grow and thrive.



Photographer for No Kid Hungry

IMPROVING ACCESS TO NUTRITIOUS FOODS

The NH Food Bank believes everyone deserves access to nutritious foods and has established a number of innovative programs that are all working to improve access to fresh, nutritious and nourishing foods for our friends and neighbors experiencing food insecurity.

NH FEEDING NH

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.

In 2022, 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.



SNAP INCENTIVE PROGRAMS

The New Hampshire Nutrition Incentive Network is led by the NH Food Bank and comprised of six regional non-profits and farmers market organizations that have united to make healthy food accessible to SNAP customers throughout the state.

NH Food Bank's SNAP Incentive programs, Granite State Market Match (GSMM) and Double Up Food Bucks NH (DUFBN) help SNAP households in NH stretch their SNAP benefits on fruits, vegetables, herbs, seeds and seedlings at participating farmers markets, farm stands, CSAs and grocery stores throughout NH. These programs help households purchase more fresh fruits and vegetables all while supporting local farmers.

The number of sites offering SNAP Incentive programs continues to grow, and we look forward to seeing the impact of these important programs grow with it.

TO LEARN MORE ABOUT THE NH FOOD BANK AND OUR

EMPOWERING THOSE IN NEED AND THE AGENCIES THAT SERVE THEM

NH Food Bank has created innovative programming designed to fight the root causes of hunger by empowering people to learn new skills, enabling them to become more self-sufficient and improve their quality of life and empowering our partner agencies to best-serve their clients.

COOKING MATTERS®

Cooking Matters is helping end childhood hunger by inspiring families to make healthy, affordable food choices. Our hands-on educational programs teach parents, caregivers and adults with limited food budgets to shop for and cook healthy meals.

Through hands on cooking and discussion participants learn about cooking skills, meal prep, grocery shopping, food budgeting, and nutrition - all essential skills that empower families to make healthy food choices that work best for them.



RECIPE FOR SUCCESS CULINARY JOB TRAINING

The NH Food Bank's Recipe for Success Culinary Job Training program offers a free, eight-week program for people seeking employment or looking to improve their skills in the food service and hospitality industries.

This program empowers individuals experiencing financial hardship and equips them with education and skills that can help them in all aspects of their lives.

In addition to this training, the RFS Culinary Job Training Kitchen produces about 5,000 meals a week for NH Food Bank partner agencies, like after-school programs and more.

NUTRITION PANTRY PROGRAM

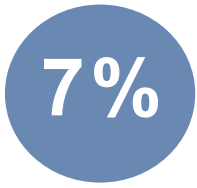
NH Food Bank's Nutrition Pantry Program (NPP) combines the best practices of healthy pantry work grounded in trauma-informed principles and processes that promote a client and community-centered distribution. This program, currently in its pilot stage, gives the Food Bank the opportunity to support, educate, and empower our partner agencies as they meet their client's needs. Through this program, we are able to support our agency network and their clients with an integrative approach to nourish all, regardless of socioeconomic status.

This program has continued to grow with the creation of an Agency Learning Series, which helps our partner agencies learn about various topics related to the Program.



PROGRAMS, VISIT: [NHFOODBANK.ORG/WHAT-WE-DO](https://www.nhfoodbank.org/what-we-do)

THE STATISTICS



OF NH RESIDENTS, INCLUDING CHILDREN, ARE FOOD INSECURE*



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 THE ENTIRE STATE OF NH.

APPROXIMATELY

50%

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

*Gundersen, C., Strayer, M., Dewey, A., Hake, M., & Engelhard, E. (2023). *Map the Meal Gap 2023: An Analysis of County and Congressional District Food Insecurity and County Food Cost in the United States in 2021*. Feeding America

2022 Financial Snapshot (without donor restrictions)

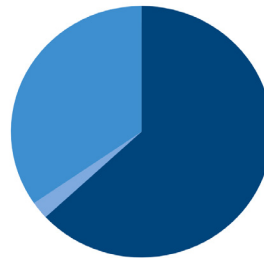
Fiscal Year Ended March 31, 2023 | Audited in 000's

Support & Revenue

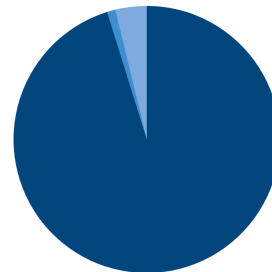
Food donations in-kind.....	\$21,452
Program Fees.....	\$773
Grants, Contracts & Contributions.....	\$11,761
Total Support & Revenue.....	\$33,986

Expenses

Program.....	\$32,912
Management & General.....	\$352
Fundraising.....	\$1,314
Total Expenses.....	\$34,578
Investment Loss.....	(\$188)
Change in Net Assets	(\$780)
Net Assets, end of year.....	\$12,934



63% Food Donations
2% Program Fees
35% Grants & Contributions



95% Programs
1% Management & General
4% Fundraising

2023 Goals

- Continue to build upon our success in distributing more product in New Hampshire's North Country.
- Continue to work with our contractual partner, NH Department of Health and Human Services, to increase participation in the Supplemental Nutrition Assistance Program (SNAP) with an increased priority on underrepresented or vulnerable populations.
- Reach more New Hampshire children by increasing USDA Summer Meals in rural areas of NH; work with schools to establish in-school food pantries.

A LOOK AT 2022



13,740,103
Total Meals



16,252,108

Total pounds of food distributed to those in need in NH in 2022.

2,938,197 LBS OF PROTEIN DISTRIBUTED

4,014,398 LBS OF PRODUCE DISTRIBUTED

Volunteering

23,286 Volunteer Hours in 2022

\$697,416 Volunteer Dollar Value

= Equivalent of **11 full-time employees**

Recipe for Success Culinary Job Training Program

174,650 meals produced for after-school programs and other partner agencies.

173,875 meals distributed.

Cooking Matters® NH

20 Cooking Matters courses with **108 graduates**

67 Cooking Matters at Home Workshop sessions with **81 participants**

25 Cooking Matters at the Stores tours with **136 participants**

Across all workshops, courses & tours, Cooking Matters NH provided 4,084 meals, including 467 \$10 grocery gift cards, to the community!

SNAP

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

153 applications

\$83,024 in benefits

\$127,857 local economic impact

Production Garden

5,658 pounds of nutritious produce grown and harvested in our Manchester production garden

Granite State Market Match (GSMM)

4,400 transactions

\$87,684.10 in GSMM redeemed at participating Farmers' Markets & Stands

\$88,217.49 in SNAP redeemed at participating Farmers' Markets & Stands

Summer Food Service Program (Summer Meals)

30 sites throughout Coös and Carroll counties and the greater Keene area from June - August 2022.

21,181 meals served to NH children and teens throughout the summer months

Double Up Food Bucks (DUFEB)

155,895 transactions

\$323,536.48 in DUFEB redeemed at participating grocery stores

\$6,076,958.18 in SNAP redeemed at participating grocery stores

NEW HAMPSHIRE FOOD BANK ADVISORY COMMITTEE

John Dumais
NH Grocers Association,
Chair

Justin Brunelle
Albertsons

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

Abby Tucker
Wadleigh, Starr and Peters

Joanne Ward
Former 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

