

March 2024

Food *for* thought

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 and Fundraisers Benefiting the NH Food Bank

Citizens Shamrock Shuffle and Manchester's

St. Patrick's Parade

Sunday, March 24

Learn more:

millenniumrunning.com/shamrock

NH Food Bank's 8th Annual Steel Chef Challenge

Monday, April 8

Presented by Service Credit Union & Founding Sponsor Comcast

New Hampshire

Renaissance Faire

May 11, 12, 18 and 19

Learn more: nhrenfaire.com

National Association of Letter Carriers' Stamp Out Hunger® Food Drive

Saturday, May 11

Learn more: nalc.org/food-drive

New Hampshire Magazine's Best of New Hampshire Party

Thursday, June 20

Visit: nhmagazine.com/best-of

NH Gives: June 11 - 12

24 Hour Online Fundraiser

nhfoodbank.org/nhgives

Pilot Spotlight:

NH Feeding NH's Culturally Preferred Food Pilot

New Hampshire Food Bank's NH Feeding NH program has piloted a Culturally Preferred Produce Program, aimed at connecting local farmers with partner agencies who serve populations seeking specific culturally preferred foods.

Not only does this program allow the Food Bank to help provide improved access to fresh, nutritious produce (a key tenant of our NH Feeding NH program), it allows our partner agencies to provide foods that those they serve are accustomed to in an environment inclusive to all – all while supporting local farmers and NH's local economy.

Throughout this pilot, NH Food Bank has partnered with Fresh Start Farms, a local collective of refugee and immigrant farmers, to source various types of produce. These products include: amaranth, pumpkin leaves, bok choy, sorrel, collard greens, kale, daikon radishes, African corn, African eggplant, shell beans, sweet potatoes, cabbage, potatoes, tomatoes, and both sweet and hot peppers.

Food is so much more than a meal and we have seen the difference that providing access to these culturally preferred foods can make. One example came to us from our partner agency, Nashua Soup Kitchen:

"One of our shoppers is usually fairly withdrawn. Last week, we showed her the pumpkin vines [from this program] 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 foods like pumpkin vines, as well as amaranth and shell beans."

Nine partner agencies participated in this initial pilot, which purchased produce from approximately 14 farmers through Fresh Start Farms. In total, more than 14,000 pounds of produce was purchased and distributed to our friends and neighbors experiencing hunger here in NH.

This pilot has garnered a lot of interest – with more than 25 partner agencies expressing additional interest. The NH Food Bank and our NH Feeding NH team look forward to growing and expanding this program in the future.



Amaranth, bok choy & daikon radish from Fresh Start Farms

Sautéed Greens

A Cooking Matters Recipe



Ingredients

- 1 pound collard greens
- 4 medium cloves garlic
- 2 Tablespoons canola oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Instructions

- Remove hard stems from greens.
- In a large bowl filled with cold water, add greens. Allow any dirt to settle to the bottom of the bowl. If greens are very dirty, repeat this step. Lift greens out of bowl. Shake off any excess water.
- Stack leaves on top of each other. Roll into a tube shape. Make a few stacks if needed.
- Slice leaf rolls into ¼-inch wide strips.
- Peel and mince garlic.
- In a large skillet over medium-high heat, heat oil.
- Add greens. Use caution, as oil might splatter. If greens can't all fit in the pan at once, cook in two batches.
- Stir greens until wilted, about 1-2 minutes.
- Reduce heat to medium. Add garlic. Cook until greens are soft and excess water is gone, about 5-7 minutes. If garlic starts to brown or burn, reduce heat to medium-low.
- Season with salt and pepper. Serve right away.

Chef's Notes

- Top with hot sauce or grated Parmesan cheese.
- Use Swiss chard or your favorite hearty greens.
- Use olive oil instead of canola oil.

NH Food Bank Addressing Higher Food Insecurity Rates by Securing Additional Temporary Warehouse Space in NH's North Country

NH Food Bank recently secured temporary warehouse space in Berlin to increase food distribution efforts in northern New Hampshire. Through a lease agreement with New Hampshire Distributors, this warehouse space will allow the Food Bank to increase access to nutritious foods in the historically under served North Country region of the state. The Food Bank began outfitting the space in December 2023 and plans to open the facility for distribution in late winter. The space will be able to house up to 20,000 pounds of shelf-stable food and will also include a freezer and cooler for perishable and temperature-sensitive foods.



"For well over a year, we have been in search of the right property to support our work directly in the North Country and we are pleased to work with New Hampshire Distributors to increase our distribution capacity in Coös County and the surrounding areas to ensure families and individuals in need have access to nutritious food," said Eileen Liponis, executive director of the New Hampshire Food Bank. "The North Country experiences the highest rate of food insecurity in the state, with 10.2% of residents, including 14.9% of children, experiencing hunger. With this additional warehouse space in Berlin, along with our existing warehouse space in Manchester, we will be better equipped to procure and distribute food where the need is greatest."

To read the full announcement, visit:

nhfoodbank.org/north-country-temp-warehouse

This warehouse is just one of the ways the NH Food Bank is working to further support our partner agencies statewide and help them better serve those in their communities.

Elimination of Shared Maintenance Fees

In June of 2021, NH Food Bank permanently eliminated the Shared Maintenance Fees, a per-pound fee to cover the cost of warehousing and distributing food, which has helped partner agencies save an estimated combined \$400,000 annually.

The NH Food Bank's hope when removing these fees was to allow organizations to enhance operations, better serve those in need in their communities, and ultimately help us all move closer toward our goal of eliminating hunger in New Hampshire.

Read more: nhfoodbank.org/eliminating-shared-maintenance-fees

March is National Nutrition Month®

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics.

This year's theme is "Beyond the Table," which will spotlight the "farm-to-fork" aspects of nutrition - from food production and distribution to learning how to navigate grocery stores and farmers markets and more.

During the month of March, NH Food Bank's Nutrition team will share fun, informative content so keep an eye on our social media channels for tips, tricks and more throughout the month of March!

Want to learn more about NH Food Bank's Cooking Matters program? Visit: nhfoodbank.org/cookingmatters



Mother's and Father's Day Cards: Now Available

Mother's Day (May 12) and Father's Day (June 16) will be here before we know it!

Show a mom or dad in your life you care with a donation in their honor!

For a \$25 donation to the NH Food Bank, we'll send a personalized card for you !

To learn more and make a donation, call Lisa at 603-669-9725 ext. 1121 or visit: nhfoodbank.org/send-a-card

NH Liquor Commission's Distiller's Showcase Raises Record \$180,000 for the NH Food Bank

We're incredibly grateful for the support of the New Hampshire Liquor Commission (NHLC) and their annual Distiller's Showcase of Premium Spirits!

Thanks to the generosity of the NHLC, event sponsors, brokers, participating restaurants and attendees, this year's event raised a record \$180,000 for the NH Food Bank!

These funds will directly support our mission to provide nourishing food for those experiencing hunger and fight the root causes of hunger here in the Granite State through our innovative programming and outreach.

To read more, visit: nhfoodbank.org/tenth-annual-distillers

Special thanks to:

- **Premier Sponsor:** Tito's Handmade Vodka
- **Safe Ride Home Sponsor:** Brown-Forman Brands and Grace Limousine & Shuttle and Black Tie Limousine Inc.
- **As well as:** Pepsi , McDonald's and Crown Royal Water Break



L-R: NHLC's Mark Roy; NHFB's Nancy Mellitt & Eileen Laponis; NHLC Chairman, Joseph Mollica



Save the Date: NH Gives is Back, June 11-12

Mark your calendars! NH Gives will be back this June!

This 24-hour, statewide online fundraiser will take place **Tuesday, June 11 - Wednesday, June 12!**

For updates and announcements, keep an eye on our website, social media channels and NH Gives page at: nhfoodbank.org/nhgives

Behind the Scenes

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



Facebook



X (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:

Roz and Denny Houston
Support for the Seacoast Region

Feeding America - BJ's Charitable Foundation
Child and Family Feeding program

Feeding America - 3M
General Operating

Doe Family Foundation
Truck Lease and Warehouse Racking

William Evans Trust
Food purchase for Rochester Agencies

Whole Cities Foundation
Cooking Matters

NH Food Bank's Director of Development named to NH Business Review's New Hampshire 200 List

We're proud to share that the NH Food Bank's director of development, Nancy Mellitt, was named to *New Hampshire Business Review's* "2024 New Hampshire 200", a list of NH leaders who have made their mark on NH's economy, business climate and the state as a whole!

Nancy has been Director of Development at the Food Bank for over a decade, leading our Development team which raises critical funds for the NH Food Bank; thank you to *NH Business Review* for recognizing her achievements!

