

September 2024

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!**

**15th Annual HUB Harvest Golf Classic**

September 9, Manchester Country Club

**Hunger Action Day**

September 10 - Go orange with us!

**10th Annual Mac Off Competitions**

September 13 & 27, NH Food Bank

**8th Annual Fulcrum Charity Golf Classic**

September 24, Wentworth by the Sea Country Club

**11th Annual Distiller's Showcase**

November 7, Doubletree by Hilton Manchester Downtown

For tickets: [distillersshowcase.com](https://distillersshowcase.com)

**Let's end  
hunger  
together**

Hunger Action Month®

For the most up-to-date event information, visit: [nhfoodbank.org](https://nhfoodbank.org) or follow us on our social channels

# Food *for* thought

## Let's End Hunger Together: Take Action with the NH Food Bank During Hunger Action Month®

September is Hunger Action Month and Feeding America is encouraging one million actions across the country to end hunger. During the month-long campaign, the NH Food Bank will be raising awareness and inspiring action throughout the Granite State. Every action counts, whether it's donating, advocating, volunteering or spreading the word online.

"We can end hunger in the U.S. when we decide to work together with coordinated action and a shared belief that everyone deserves fresh, nutritious food," said Claire Babineaux-Fontenot, CEO of Feeding America. "This year during Hunger Action Month, we are encouraging everyone to take action. Raise your voice. Volunteer. Donate. Our individual actions may seem small, but together they become a powerful movement that can change history."

As NH's only food bank and a Feeding America Partner Food Bank, the NH Food Bank welcomes you to join us in going **orange** (the color of hunger) and encourages you to take action here in the Granite State - contributing to Feeding America's nationwide challenge of one million actions this September.

Here in New Hampshire, 1 in 10 residents report experiencing food insecurity, this includes 1 in 7 children throughout the state. Whether you donate, advocate, volunteer or help spread the word online, each and every action contributes to our collective efforts to nourish NH!

Learn more ways you can help NH Food Bank raise awareness by visiting: <https://nhfoodbank.org/ham>

September is

**Hunger  
Action  
Month®**

**Join the movement  
to end hunger.**

**Hunger Action Month®** FEEDING AMERICA

Scan here to learn about the latest  
Hunger Action Month events &  
updates from the NH Food Bank!



# Orange Oatmeal Pancakes

A Cooking Matters® Recipe



## Ingredients

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup quick oats
- 1 Tablespoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¾ cup orange juice
- ½ cup nonfat milk
- 2 Tablespoons canola oil
- Non-stick cooking spray

## Instructions

1. In a large bowl, combine flours, oats, baking powder, and salt. Mix well.
2. In another large bowl, crack egg. Beat lightly with a fork.
3. Add orange juice, milk, and canola oil to egg. Mix well.
4. Coat large skillet with non-stick cooking spray. Heat over medium-high heat.
5. Add wet ingredients to dry ingredients. Stir just until dry ingredients are moistened. Do not over mix.
6. Pour ¼ cup batter into hot pan for each pancake. Adjust heat as needed to avoid burning.
7. Flip pancakes when bubbles appear on top of the batter and the edges are slightly browned, about 3-4 minutes. Cook until second side is slightly browned, about 2-3 minutes more.

Find more tips for this recipe at:  
<https://cookingmatters.org/recipes/orange-oatmeal-pancakes/>

## Recognizing 40 Years Nourishing NH: NH Food Bank Turns 40 in October



The New Hampshire Food Bank opened its doors on October 16, 1984 - World Food Day. In that first year, the Food Bank distributed 250,000 pounds of food to feed those experiencing hunger throughout the state. At that time, the Food Bank had 600 square feet of space in a garage on E. Industrial Park Dr.

Now 40 years after first opening our doors and in an approximately 60,000 square foot facility, the New Hampshire Food Bank, the only food bank in the state – is a leader and vital distributor and supplier to our partner hunger relief organizations throughout NH.

Each year the Food Bank distributes tens of millions of pounds of food to all corners of the Granite State, and on average our partner agencies receive about 60% of their food from the New Hampshire Food Bank.

We know these milestones would not be possible without the incredible support of people and organizations like you.

**Stay tuned for more info on ways we're officially recognizing this milestone by visiting our website and social media channels!**

## The NH Renaissance Faire Celebrates 20 Years with Record Donation

Three Maples Renaissance Corps (3MRC) board president, Andrew, stopped by the Food Bank to deliver a donation from The New Hampshire Renaissance Faire's 20th Anniversary event this past May - \$94,638, their largest donation to date!

This year's donation will allow the NH Food Bank to provide approximately 177,446 meals for our neighbors experiencing food insecurity.

We are incredibly grateful to the NH Renaissance Faire, the 3MRC board, and all those who attended this year's event, for their continued support and generosity – thank you!





# Summer Meals Spotlight

## A Story of Success

Each summer, the NH Food Bank is the sponsor for the USDA's SUN programs at sites in Coös, Carroll and Grafton Counties as well as the Keene-area, providing thousands of meals to children during the summer months when school breakfast and lunch meals are not available.



A representative of No Kid Hungry, one of our longtime partners in summer meals, visited one of our summer meals sites which provided seven-days worth of meals once a week and shared their experience:

"From an outsider perspective, the process seemed seamless. Cars came, meals were distributed, milk was dispersed, and people were grateful. I know that so many logistics and plans go into making a program like this work, but I mean it when I say that **today was an excellent example of what a summer meals site should be.**

In my 10 years working in child nutrition, I don't think I've ever been to a site that's distributed 719 bags in such a short period of time. Especially not when those bags hold 10,066 meals. Some sites distribute that many meals in an entire summer. You've accomplished something incredible, and made it look easy... even in the heat.

I'm so glad that the youth engagement grant made it to the NH Food Bank, and that we could extend the partnership this year."

## A Look at Summer Meals

Photos by Channing Johnson



## Eleventh Annual Distiller's Showcase

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



Join us on November 7 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 Eleventh Annual Distiller's Showcase benefits the NH Food Bank. *This event is 21+ only.*

Details: Thursday, November 7 from 6:00 to 8:30 PM, at the DoubleTree by Hilton Manchester Downtown

**For info & ticket packages, visit: [distillersshowcase.com](http://distillersshowcase.com)**

## NHLC's Business Partner of the Year

We're proud to share that NH Food Bank's director of development, Nancy Mellitt, was honored with the Business Partner of the Year award by the NH Liquor Commission (NHLC) for her work to eliminate hunger and partnership with NHLC on events like Distiller's Showcase and New England Wine Spectacular and more.

Congratulations, Nancy! We're grateful to NHLC for their continued partnership and support.





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## Behind the Scenes

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



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New Hampshire  
Food Bank



@nhfoodbank

## Your comments

Thank you for your continued support. We would love to hear from you! Please email us at [nmellitt@nhfoodbank.org](mailto: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

**Dunkin Joy in Childhood Foundation:** Food purchase for child-focused agencies in Southern NH

**Bank of America:** Two Mac Off events

**Kennebunk Savings Bank:** Food distribution for Seacoast communities

**The Fuller Foundation:** Food Purchase for child-focused agencies in the Seacoast Region

**Lincoln Financial Foundation:** Supplemental food for mobile food pantries

**Albertsons Companies Foundation/O Organics®:** Summer feeding and food for children in child-focused agencies

**Citizens:** Two refrigerated truck leases