

New Hampshire Food Bank's

Report to the Community 2023



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 NH.



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 NH 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. Programs include: Cooking Matters®, Double Up Food Bucks NH, Fresh Rescue Program, Granite State Market Match, Mobile Food Pantries, NH Feeding NH, Nutrition Pantry Program, Production Garden, Culinary Job Training Program, SNAP Outreach, Summer Nutrition Programs and The Hunger Vital Sign™



Expanding Access in NH's North Country

As the only food bank in the state and a trusted leader, the NH Food Bank has worked to feed our neighbors in need throughout the entire Granite State for 40 years. Currently, the NH Food Bank serves over 400 partner agencies across the entire state, providing approximately 60% of the food these partner agencies distribute.

Historically, NH's North Country has reported some of the highest rates of food insecurity in the state. Feeding America's most recent Map the Meal Gap study reports that in Coös County 13.3% of residents are food insecure, in Carroll County 10.7% and in Grafton County 10.4%. Reports going back as far back as 2017 show this same trend of elevated rates¹.

Armed with this information, the NH Food Bank created a Food Systems Coordinator position specific-to, and based-in, the North Country region in 2019, officially filling the position in early 2020. With this position in place, the NH Food Bank then began its efforts to locate a food-grade facility to better support our partner agencies in the region.

Finding a suitable facility was more challenging than anticipated and took longer than expected; however, in 2023, the Food Bank secured temporary warehouse space in Berlin, entering into a lease agreement with New Hampshire Distributors.

The NH Food Bank began working with New Hampshire Distributors to outfit the 2,200-square-foot space in December 2023 and plans to open in the facility in Fall 2024.

The warehouse space will be able to house up to 20,000 pounds of shelf-stable food and will also include one freezer and one cooler - providing access to nutritious produce and protein.

¹"Hunger & Poverty in New Hampshire: Map the Meal Gap." *Overall (All Ages) Hunger & Poverty in the United States*, map.feedingamerica.org/county/2022/overall/new-hampshire. Accessed 01 Aug. 2024.



SNAP: Collaboration, Increased Outreach and Application Assistance

The New Hampshire Food Bank has continued to work closely with the New Hampshire Department of Health and Human Services (NH DHHS) on Supplemental Nutrition Assistance Program (SNAP) outreach and application assistance. As the contracted partner of NH DHHS, the NH Food Bank is working to assist in raising awareness of SNAP to increase participation in this program through outreach efforts and application guidance.

SNAP is a benefit for low-income individuals and households to provide nutrition benefits and the ability to purchase healthy foods. Through outreach efforts, the NH Food Bank is working to raise awareness, educate and better inform households that may be eligible for SNAP benefits. The NH Food Bank provides additional access to helpful resources to help remove potential barriers through application assistance.

Efforts include outreach at mobile food pantry locations, onboarding partner outreach organizations, health care providers, community health centers or health care clinics and more. Working with a wide-variety of organizations who support this work within their own communities throughout the state will enhance tabling and other engagement opportunities, traditional and digital marketing efforts and more.

The New Hampshire Food Bank looks forward to continuing to expand these efforts in the future in collaboration with partners like NH DHHS and Feeding America, NH Children's Health Foundation, Walmart Foundation, Catholic Charities USA and more.



Bridging the Break with Summer Nutrition Programs

For thousands of NH children, hunger does not take a "summer vacation." While school is out for summer break, it can be difficult for families to bridge the gap when free and reduced breakfast and lunches are no longer available.

The New Hampshire Food Bank has been a USDA Summer Nutrition Program for Kids (SUN Programs) sponsor for more than a decade. The NH Food Bank works closely with the 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, Carroll and Grafton Counties and the Keene area.

In 2023, the program sponsored 25 sites throughout these regions from June through August, serving 15,855 meals to children and teens.

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

Looking to the future, one model showing great promise is the USDA's SUN Meals To-Go which allows for the distribution of weekly meal kits containing food components for 7 breakfasts and 7 lunches along with milk in lieu of standard individually packed meals. In 2024, one of our sites (Keene Middle School) offered SUN Meals To-Go, and meal kits were distributed in a process similar to our current mobile food pantry distributions – via a drive through model that saw great success. At the Keene site alone, 57,414 meals were distributed during the Summer 2024.

Photo by Channing Johnson



The Statistics

1 in 10

1 in 10 NH residents, including children, are food insecure.



More than
400

NH Food Bank works with more than 400 partner agencies (food pantries, homeless shelters, soup kitchens, children's programs, senior centers & more) across the entire state.

1 in 7

1 in 7 NH children are living in food insecure environments.



Approximately 60% of all of the food distributed by our partner agencies to those in need comes from the NH Food Bank at no cost to the agencies.

Source: Gundersen, C., Strayer, M., Dewey, A., Hake, M., & Engelhard, E. (2024). *Map the Meal Gap 2024: An Analysis of County and Congressional District Food Insecurity and County Food Cost in the United States in 2022*. Feeding America

2023 Financial Snapshot (without donor restrictions)

Fiscal Year Ended March 31, 2024 | Audited in 000's

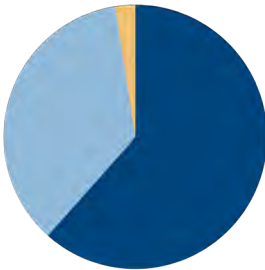
Support & Revenue

Food donations in-kind.....	22,480
Program Fees.....	899
Grants, Contracts & Contributions.....	13,118
Total Support & Revenue.....	36,497

Expenses

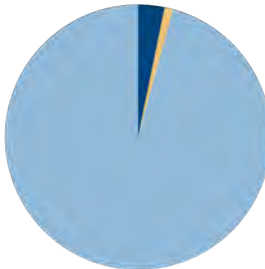
Program.....	34,169
Management & General.....	369
Fundraising.....	1,143
Total Expenses.....	35,681
Investment Loss.....	1,144
Change in Net Assets	1,960
Net Assets, end of year.....	14,894

Support & Revenue



62% Food Donations
2% Program Fees
36% Grants & Contributions

Expenses



96% Programs
1% Management & General
3% Fundraising



2024/2025 Goals

- Continue to work with NH healthcare organizations to screen for food insecurity using The Hunger Vital Sign™.
- Increase participation in NH Food Bank's Recipe for Success Culinary Job Training Program and continue to bring awareness of food insecurity through outreach utilizing the Culinary Job Training Program's Food Trailer at events and businesses.
- Help strengthen the infrastructure of food systems in NH's North Country with the leased space of a warehouse in Berlin to increase access and variety of foods available to our friends and neighbors who are food insecure.

A Look At 2023 - Program Highlights

Food Distributed

16,358,078 pounds

Total pounds of food distributed in 2023 to those experiencing hunger. This includes:

- **3,062,576** pounds of protein
- **4,169,206** pounds of produce



Equal to
approximately
13,875,297
total meals.



Volunteering

- **28,249** Volunteer Hours in 2023
- **\$898,318** Volunteer Dollar Value
- **Equivalent of 13.5 full-time employees**

Culinary Job Training

- **165,350 meals** produced for after-school programs and other partner agencies.
- **163,400 meals** distributed

Cooking Matters® NH

- **13** Cooking Matters courses with **63 graduates**
- **60** Cooking Matters at Home Workshop sessions with **267 participants**
- **28** Cooking Matters at the Stores tours with **159 participants**

Across all workshops, courses & tours, Cooking Matters NH provided 3,940 meals.

SNAP Supplemental Nutrition Assistance Program

- **134** applications
- **\$79,100** in benefits
- **\$121,814** local economic impact

Production Garden

- **11,503 pounds** of nutritious produce grown and harvested in our Manchester production garden.

Mobile Food Pantries

- **53** mobile food pantry distributions
- **760,704** pounds of food distributed (*included in 2023 total pounds of food distributed*)
- **17,981** Households served

Summer Meals Program

- **25 sites** throughout Coös and Carroll counties and the greater Keene area from June - August 2023.
- **15,855 total meals** served to NH children and teens throughout the summer months

NH Feeding NH

- **280** NH Food Bank partner agencies benefited
- **503,543 pounds** of local produce protein and dairy were purchased from **177 NH farms**
- **\$454,846** infused into the local economy

Nutrition Pantry Program

- **2** partner agencies graduated from the program with Gold-level certifications

SNAP Incentive Programs

- Total SNAP Incentive transactions: **72,557**
- Double Up Food Bucks redeemed at participating retailers: **\$343,073.92**
- Granite State Market Match redeemed at participating farmers' markets: **\$105,862.58**
- SNAP redeemed at participating retailers and farmers' markets & stands: **\$3,843,558.84**

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

Nancy Mellitt
NH Food Bank

Dennis Gichana
NH Food Bank

HOW WE WORK

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

