

March 2025

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

NH Food Bank's 9th Annual Steel Chef Challenge

Monday, March 17

Presented by Service Credit Union & Founding Sponsor, Comcast

Hampstead Eats

Saturday, April 26

Hampstead Congregational Church

New Hampshire Renaissance Faire

May 10, 11, 17 and 18

Learn more: nhrenfaire.com

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

Saturday, May 10

Learn more: nalc.org/food-drive

Omni Mount Washington's Say Goodnight to Hunger Golf Tournament

Sunday, June 8

Learn more: brettonwoods.com/golfopen

NH Gives: June 10 - 11

24 Hour Online Fundraiser

nhfoodbank.org/nhgives

For the most up-to-date event information visit nhfoodbank.org or visit our social media channels.

Food *for* thought

March is National Nutrition Month®

The NH Food Bank is proud of our longtime commitment to improving access to nutritious food and nutrition education through many of our programs, including: Cooking Matters®, Nutrition Incentive programs, NH Feeding NH and more.

Each year in March we recognize National Nutrition Month® - an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. In addition to this, we thought it would be the perfect time to feature some of the great work being done around nutrition education and access throughout our organization.

Cooking Matters® NH

Cooking Matters provides hands-on, education programs that empower parents, caregivers and adults with limited food budgets with the skills, knowledge and confidence to shop for and prepare healthy and affordable meals. The NH Food Bank has been hosting this program, which was recently acquired by *The Food Trust*, since 2003.



Over the last two decades, thousands of individuals have participated in this program, learning practical skills like: how to read a nutrition label, knife skills, how to navigate the grocery store and so much more. **Learn more at: nhfoodbank.org/cookingmatters**

Nutrition Incentive Programs

Led by the NH Food Bank, the NH Nutrition Incentive Network is a network comprised of six regional non-profits and farmers' market organizations that have united to make nutritious food accessible to SNAP households throughout the state

The NH Nutrition Incentive Network now offers SNAP, Granite State Market Match, and Double Up Food Bucks at more than 80+ locations.



Source: granitestatemarketmatch.org

Italian Stuffed Peppers

A Cooking Matters Recipe



Ingredients

- 3 large bell peppers plus
- 1/2 small bell pepper (any color)
- 8 ounces mushrooms
- 1 small onion
- 1 clove garlic
- 3 ounces part-skim mozzarella cheese
- 12 ounces 93% lean ground turkey
- 1 (14-ounce) can diced tomatoes, no salt added
- 1 (8-ounce) can tomato sauce, no salt added
- 1/2 cup instant brown rice
- 1 teaspoon dried parsley leaves or thyme
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper
- 1/4 cup water

Scan here for cooking instructions and more at cookingmatters.org



Granite State Market Match and Double Up Food Bucks NH help households stretch their SNAP dollars at participating sites, including: retailers, farmers' markets, farm stands, CSAs and more.



These programs help households purchase more fresh fruits and vegetables all while supporting local farmers. Both programs allow for the purchase of fresh, canned, dried, or frozen whole or cut fruits and vegetables without added sugars, fats, oils, or salt as well as legumes, some seeds, herbs and seedlings. **Learn more at: granitestatemarketmatch.org**

NH Feeding NH

The NH Food Bank's NH Feeding NH program, in partnership with the NH Food Alliance, NH Farm Bureau and NOFA-NH, is a statewide initiative that works to increase access to fresh, local and nutritious produce, protein and dairy for our neighbors experiencing hunger through the purchase of NH grown food.



In addition to helping nourish those experiencing food insecurity here in the Granite State, the program, modeled after our neighbors in Vermont and Maine, supports local farmers, helps reduce food waste and supports NH's local economy.

During the 2024 season*, NH Food Bank Partner Agencies benefited from the purchase of more than 522,000 pounds of local produce, protein and dairy, purchased from 185 NH farms.

Learn more about NH Feeding NH: nhfoodbank.org/nhfeedingnh

*Totals as of 2/10/25



Each year in March we recognize National Nutrition Month® - an annual campaign established in 1973 by the Academy of Nutrition and Dietetics.

This year's theme is "Food Connects Us" and weekly they will spotlight topics like: connecting with food, connecting with a nutrition expert, exploring the connection between food and culture and building the connection across all stages of life!

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 like Facebook, Instagram, X and LinkedIn.

A Note of Gratitude to Our Volunteers

April is National Volunteer Month!

We would like to send our gratitude and thanks to all of the individuals and organizations who give their time and energy to help the NH Food Bank fight hunger throughout the Granite State!

thank you

In 2024, volunteers devoted 25,394 hours of service to our mission and programs. Simply put, we could not do what we do without them!

Volunteers help in our warehouse sorting salvage or Fresh Rescue product and assisting in our Agency shopping area. They help prepare the thousands of nutritious meals our Recipe for Success Culinary Job Training program makes each week and they help prepare, plant and maintain our Manchester Production Garden annually.

Volunteers also support our Mobile Food Pantry program by volunteering at distributions throughout the state and they support our SNAP Outreach team and their efforts.

They also support our Nutrition team through instruction and assistance in our Cooking Matters courses and workshops and provide support for our Summer Meals Program. You may also see them out in the community representing the Food Bank at various activities and events... and so much more.

So, to all of our volunteers: **THANK YOU!**
We are incredibly grateful to work alongside you!

NH Renaissance Faire Returns this May

The NH Food Bank is grateful to once again be one of the beneficiaries of the annual NH Renaissance Faire.

Over the years, the Faire has raised more than \$327,000 - helping to provide hundreds of thousands of meals for our neighbors experiencing hunger throughout the Granite State!

This year, the Faire is taking place May 10, 11, 17 and 18! From historical knights to fantastical fairies this event is fun for the whole family. Planning to attend? Be sure to stop by the NH Food Bank's tent to say hello! We'll be there both weekends!

For more info: nhrenfaire.com



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

Mother's Day (May 11) and Father's Day (June 15) 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 603-669-9725 ext. 1121 or visit: nhfoodbank.org/send-a-card



Save the Date: NH Gives is Back, June 10-11

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

This 24-hour, statewide online fundraiser will take place **Tuesday, June 10 - Wednesday, June 11!**

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:

Albertsons Nourishing Neighbors Foundation: SNAP Outreach

Annette P. Schmitt Trust: Food distribution in Wolfeboro/Alton areas

Buffalo Wild Wings Foundation: General support

Cogswell Benevolent Trust: Thanksgiving turkeys

Doe Family Foundation: Culinary Job Training Kitchen Equipment and Truck Lease

Feeding America – Costco: Food Purchase

Feeding America – CVS: General Operating

Rogers Family Foundation: Food purchase for Southeastern NH

New England Winter Wine Spectacular

Thank you to the following organizations for their support of NH Liquor & Wine Outlet's Winter Wine Spectacular, benefiting the NH Food Bank:

