New Hampshire Food Bank's

Report to the Community

New Hampshire FOOD BANK
A Program of Catholic Charities NH

PARTNER FOOD BANK OF FEEDING AMERICA

2024

Mission

The Mission of the New Hampshire Food Bank is to feed people experiencing hunger 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, emergency 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 New Hampshire 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™ .

Hunger in New Hampshire

As the only food bank in the state and a trusted leader for more than 40 years, the New Hampshire Food Bank works to ensure that all Granite Staters have access to the food and resources they need to thrive with the ultimate goal of eradicating hunger in New Hampshire.

In 2024, the Food Bank distributed approximately 17 million pounds of food to our statewide network of more than 400 partner agencies, including food pantries, emergency 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. Year-over-year, this is a 5% annual increase in distribution rates , driven by the increasing need across our state.

As we continue to see the need increase due to a variety of factors including the cost of essentials and changes to federal social service programs, the support of our community is more important than ever.

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1 in 9 NH residents are food insecure.

1 in 7 NH children live in food insecure environments.

New Hampshire Food Bank's agency network is comprised of more than 400 partner agencies (food pantries, emergency shelters, soup kitchens, children's programs, senior centers & more) across the state.

Approximately 60% of the food distributed by our partner agencies to those experiencing hunger comes from the New Hampshire Food Bank.

Learn more about hunger in the Granite State:

Increasing Access to Nutritious Foods

For too many of our neighbors experiencing hunger, barriers beyond affordability keep them from accessing the nourishing foods they need to thrive. These additional barriers can include: transportation, time constraints, and limited availability in certain areas.

The New Hampshire Food Bank continues to work to address these barriers and help ensure our neighbors experiencing hunger throughout the Granite State are able to access the resources they need.

Programs like New Hampshire Food Bank's NH Feeding NH, Mobile Food Pantries and SNAP Incentives help do just that.

NH Feeding NH: Addressing Availability

In 2024 , the New Hampshire Food Bank's NH Feeding NH program allowed for the purchase of **788,990 pounds of fresh fruits, vegetables, protein and dairy** from **186 farms** throughout the Granite State.

Since its inception in 2020, the New Hampshire Food Bank has continued to work to make this program accessible to as many of our agencies as possible – with the **ultimate goal of increasing access to local, nourishing foods for our neighbors experiencing hunger throughout the state**.

This includes making funding available directly to participating agencies for purchasing on their own, bulk distributions and forward contracting that allow the New Hampshire Food Bank to make more fresh, local food available to our agencies and a culturally preferred produce program that allows participating agencies to purchase the culturally-specific foods their clients are looking for.

Of the nearly 800,000 pounds of NH-grown and produced food purchased through this program in 2024, more than **51,832 pounds were fruit, 136,799 pounds were vegetables, 86,946 pounds were protein and more than 513,411 pounds were dairy.**

In total, these purchases helped infuse more than **$852,286** into NH's local economy - **supporting our local farms and food systems and reducing food waste - all while improving access to local, nutritious foods for our neighbors experiencing food insecurity.**

> **The NH Feeding NH program has been wonderful for us.** We used some funds to purchase some apples. The farmer was in tears because they were not used to someone buying in such quantity. It made me realize this program is about more than just feeding our clients, we are making an impact on our farmers in NH, too."
>
> *Northfield Tilton Food Pantry, New Hampshire Food Bank Partner Agency*

Mobile Food Pantries: Addressing Accesibility

The New Hampshire Food Bank continues to supply neighbors who are experiencing food insecurity with relief assistance through our Mobile Food Pantry Program.

This program schedules regular distributions throughout the state and then travels directly to those communities where an assortment of produce and shelf-stable foods are distributed directly to individuals in a drive-thru format. Food distributions take place on a first-come, first-served basis and are while supplies last.

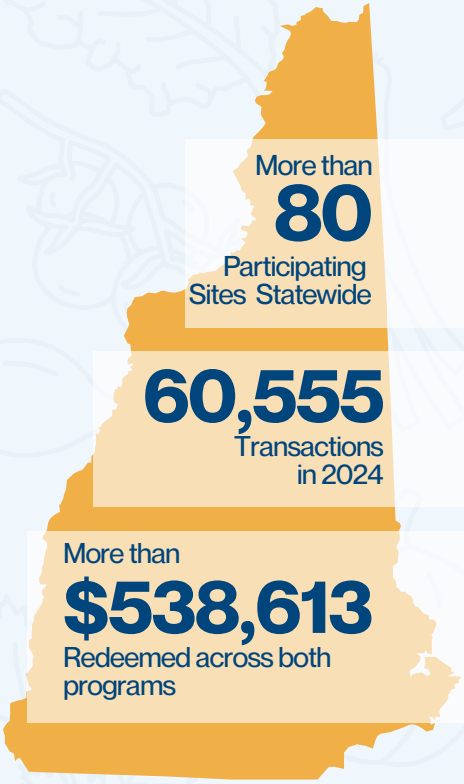
In 2024, our Mobile Food Pantry visited more than **21 towns throughout the state**. **Forty-eight distributions** were held where more than **643,971 pounds of food** was distributed to **14,265 households** - providing meals for more than **42,000 individuals.**

SNAP Incentives: Improving Access to Healthy Options

SNAP Incentive programs encourage people participating in SNAP to purchase healthy foods by improving the affordability of these foods through local incentive programs.

Here in New Hampshire, those programs are known as **Granite State Market Match** and **Double Up Food Bucks**, which are run by the New Hampshire Nutrition Incentive Network. Led by the New Hampshire Food Bank, the Network is comprised of six regional non-profits and farmers market organizations that have united to **make healthy food accessible to SNAP customers throughout the state**.

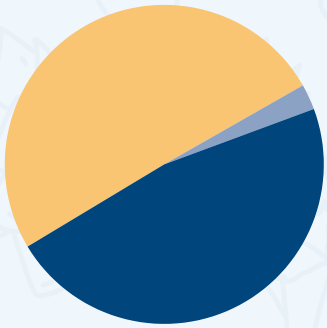
Granite State Market Match expands SNAP/EBT benefits for fruits and vegetables at participating farmers markets, farm stands, and CSAs, while Double Up Food Bucks provides discounts on fresh produce at select retail locations. **Both programs help households access more fresh fruits and vegetables while also supporting local farmers.** Eligible items include fresh fruits, vegetables, herbs, seeds, and seedlings, making it easier for families to eat healthy and grow their own food.



2024 Financial Snapshot (without restrictions)

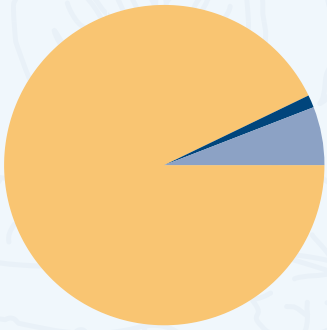
Fiscal Year Ended March 31, 2025 | Audited in 000s

Support & Revenue	
Food Donations, In-Kind	**15,349**
Program Fees	**793**
Grants, Contracts & Contributions	**14,329**
Total Support & Revenue	**30,471**
Expenses	
Program	**28,192**
Management & General	**385**
Fundraising	**1,768**
Total Expenses	**30,345**
Investment Gain	**678**
Change in Net Assets	**804**
Net Assets, End of Year	**15,697**



Support & Revenue

- 50% Food Donations
- 3% Program Fees
- 47% Grants, Contracts and Contributions



Expenses

- 93% Programs
- 1% Management and General
- 6% Fundraising

$1.28 = 2 Meals

New Hampshire Food Bank can provide two meals for every $1.28 donated.

2025/2026 Goals

- Complete Strategic Planning process with stakeholders and execute new 3-year Strategic Plan.
- Continue to work with NH healthcare organizations to screen for food insecurity using The Hunger Vital Sign™.
- Enhance collaborations with partner agencies, organizations and community members.

A Look At 2024 - Program Highlights

Food Distributed
17,173,379 pounds

Total pounds of food distributed by New Hampshire Food Bank in 2024 to those experiencing hunger. This includes:

- 2,787,797 pounds of protein
- 4,139,715 pounds of produce

Volunteering

- 25,394 Volunteer Hours in 2024
- $807,529 Volunteer Dollar Value
- Equivalent of 12.2 full-time employees

Mobile Food Pantries

- 48 mobile food pantry distributions
- 643,971 pounds of food distributed (included in 2024 total pounds of food distributed)
- Served 42,008 individuals across 14,265 households

NH Feeding NH

- 320 New Hampshire Food Bank partner agencies benefited
- 788,990 pounds of local produce, protein and dairy purchased from 186 NH farms
- $852,286.53 infused into the local economy

Production Garden

- 14,460 pounds of produce harvested

Note: this updates a previously published statistic

Nutrition Pantry Program

- 3 partner agencies graduated from the program with Gold-level certifications

Culinary Job Training

- 155,100 meals produced for after-school programs and other partner agencies.
- 153,150 meals distributed

Cooking Matters® NH

- 3 Cooking Matters courses with 17 graduates
- 42 Cooking Matters at Home Workshop sessions with 243 participants
- 18 Cooking Matters at the Stores tours with 138 participants

Across all workshops, courses & tours, Cooking Matters NH provided 2,415 meals.

SNAP Application Assistance

- 206 applications
- $270,235 in benefits
- $416,161 local economic impact

SNAP Incentive Programs

- Total SNAP Incentive transactions: 60,555
- Double Up Food Bucks redeemed at participating retailers: $397,001.84
- Granite State Market Match redeemed at participating farmers' markets: $141,611.24
- SNAP redeemed at participating retailers and farmers' markets & stands: $3,998,173.86

Summer Nutrition Program

- 17 sites throughout Coös, Carroll and Grafton counties and the greater Keene area from June - August 2024*
- 105,223 total meals served to NH children and teens throughout the summer months

**Four of these sites were privately funded by NHFB and not part of the USDA SUN program*

Join the movement to end hunger.

nhfoodbank.org

New Hampshire Food Bank Advisory Committee

John Dumais, *Retired, Chair*

Lisa Drake

Bill Dwyer, *Retired*

Robert Gossett, *Gossett Consulting, LLC,*

Christine Grenier, *Citizens*

Pauline Ikawa, *Retired*

Bernie Lontine, *110 Grill®*

Bobby Marcotte, *The Tuckaway Tavern & Butchery, hop + grind, rise + grind, Grindhouse Meat Co., The Barn at Merry Hill*

Michael McLean, *McLane Middleton*

Robert Omberg, *Comcast*

Carl Provencher, *Hannaford*

Joanne Ward, *Former NH House of Representatives, Rockingham County District 19*

Thomas Blonski, *Catholic Charities NH*

Dominique Rust, *Catholic Charities NH*

Elsy Cipriani, *New Hampshire Food Bank*

Nancy Mellitt, *New Hampshire Food Bank*

Dennis Gichana, *New Hampshire Food Bank*

Stacie Merrifield, *New Hampshire Food Bank*

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