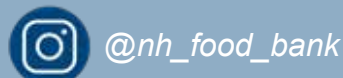


Behind the Scenes

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



Your comments

Thank you for your continued support. We would love to hear from you! Please email us at jmurphy@nhfoodbank.org or write to:

Jilian Murphy
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: Summer Youth Feeding

Bank of America: Two Mac Off events

C&S Wholesale Grocers: Child and Family Feeding

Claremont Savings Bank: Food Purchase in their Service-Area

Feeding America - Costco: Food Purchase

Feeding America Policy and Government Programs: SNAP Advocacy

The Ham Charitable Foundation: Food Purchase and Summer Nutrition Program

Kennebunk Savings Bank Foundation: Food Purchase for the Seacoast Area

NH Children's Health Foundation: Summer Nutrition Program for Coös and Carroll Counties

Queen City Rotary: Food Purchase for Child-Focused Agencies in Manchester

Saul O. Sidore Memorial Foundation: Summer Nutrition Program in Coös and Carroll Counties

Union Bank: Summer Youth Feeding in Coös County

Food *for* thought

September 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.



Hunger Action Day
September 9

11th Annual Mac Off Competition
September 12 & 26

16th Annual HUB Harvest Golf Classic
September 15 | Manchester Country Club

Fulcrum Charity Golf Classic
September 23 | Wentworth by the Sea Country Club

12th Annual Distiller's Showcase of Premium Spirits
November 6 | Doubletree by Hilton Manchester Downtown
distillersshowcase.com

For the most up-to-date event information, visit: nhfoodbank.org or follow us on our social channels

Hunger Action Month | FEEDING AMERICA

Every September, the Feeding America network comes together to recognize – and go orange for – Hunger Action Month® and elevate the voices of people facing hunger and inspire the nation to act.

Working alongside neighbors, corporate partners, individual donors, advocates, lawmakers, community and faith-based organizations and others—the Feeding America network raises awareness and drives action. Here in New Hampshire, the New Hampshire Food Bank welcomes you to join us and take action in the movement to end hunger this Hunger Action month and beyond!

We're joining our fellow Feeding America network members to host events, conduct advocacy, hold volunteer activities, light up our towns and landmarks orange and so much more.

How can you get involved?

- Get creative and build a structure out of canned goods for our Canned Creations Competition!
- Check out upcoming events supporting NHFB on our website!
- Take action and wear orange (the color of hunger and HAM) for Hunger Action Day on September 9!
- Support local high school football teams during WMUR's NH Tackles Hunger!
- Host your own Hunger Action Month food drive to benefit NHFB!
- And more!

Learn more by visiting: nhfoodbank.org/ham

Events will continue to be added as they are confirmed.

It takes many hands—including yours—to make sure every person facing hunger gets the food they need to thrive. ***Wherever you are, you can do your part. We can end hunger, when we all work together.***

Pineapple Carrot Muffins

A Cooking Matters® Recipe

Ingredients

- 1 medium carrot
- 1 cup canned crushed pineapple with juice
- 5 Tablespoons canola oil
- ¼ cup cold water
- 1 Tablespoon white distilled vinegar
- 1 ½ cups all-purpose flour
- ¾ cup light brown sugar, packed
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- Pinch ground nutmeg, pumpkin pie spice, or apple pie spice
- Non-stick cooking spray

Optional: ½ cup chopped walnuts (or ½ cup raisins)

Instructions

1. Preheat oven to 350°F.
2. Rinse and peel carrot. Shred with a grater. Measure out ¾ cup shredded carrot.
3. In a medium bowl, add pineapple with juice, oil, water, vinegar, and shredded carrot. Mix with a fork to combine.
4. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, salt, and nutmeg. Blend well with a fork to break up any lumps.
5. Add wet ingredients to dry ingredients. Mix until just combined.
6. If using walnuts or raisins, gently stir in now.
7. Coat muffin pan with non-stick cooking spray. Fill each muffin cup about ¾ full with batter. Bake on middle rack of oven until muffin tops are golden brown and a toothpick inserted comes out clean, about 20–25 minutes.

For additional Chef Notes, visit:
cookingmatters.org/recipes/pineapple-carrot-muffins

Partner Agency Listening Sessions Held Statewide

The Food Bank is currently in the process of developing our next strategic plan, and as a part of that planning process we hosted Listening Sessions with our partner agencies throughout the state – with one session planned for every county.

With more than 422 partner agencies (like food pantries, soup kitchens, senior centers, after-school programs and more) located throughout the entire state, the insights our network of agencies bring to the table is vital to our work in communities throughout NH!

We're incredibly grateful to our agencies for taking the time to attend and engage in meaningful and constructive conversations around our partnership and how the NH Food Bank can best support the essential work of our agencies now and in the future.



Twelfth Annual Distiller's Showcase of Premium Spirits

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

Join us on November 6 for the Distiller's Showcase of Premium Spirits, 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 Twelfth Annual Distiller's Showcase benefits the NH Food Bank.

Details: Thursday, November 6 from 6:00 to 8:30 PM, at the DoubleTree by Hilton Manchester Downtown
This event is 21+ only.

For info & ticket packages, visit:
distillersshowcase.com

Special thanks to premier sponsor:
Tito's Handmade Vodka



Country Star, Shania Twain, Donates \$25,000 to NHFB

We're incredibly grateful to Shania Twain and the Shania Twain Foundation for their generous donation to the NH Food Bank!

Shania committed to making a donation to local food banks at each stop of her summer tour.

During her July stop here in New Hampshire, Shania presented a \$25,000 gift in support of the NH Food Bank to our North Country Food Systems Manager, Christy Langlois.

We're thankful to Shania for her passionate commitment to improving food access for all!



Shania Twain (center) presents donation to NHFB to North Country Systems Manager, Christy Langlois (R)

New Hampshire Tackles Hunger During Hunger Action Month®



We're excited to be teaming up with WMUR for New Hampshire Tackles Hunger 2025!

Since its start, this annual food drive has collected more than 929,000 pounds of food for NHFB partner agencies across the Granite State.

For a schedule of NH Tackles Hunger games, ways to donate and more visit: nhfoodbank.org/tackles

Summer Spotlight: Squam Lake Ice Cream Boat

Squam Lake Ice Cream Boat served up sweet treats this summer all while making a difference for our neighbors experiencing hunger!

They generously donated their proceeds from a weekend of sales to support the NH Food Bank - donating the equivalent of 1,094!

Thank you Squam Lake Ice Cream Boat and Captain Ian Gargasz for their support!



Photo by: Ian Gargasz

Join NHFB's Email List

Want to get NHFB news straight to your inbox? Scan the QR code below to sign up!

