



Food for thought

September 2026

The New Hampshire Food Bank shepherds a statewide network of partners to alleviate food insecurity, nourish our communities through innovative programming, and boldly advocate to end hunger for all Granite Staters.

Upcoming Events and Fundraisers Benefiting the NH Food Bank:

September is Hunger Action Month

12th Annual Mac Off Competition
September 18 & 25

Hunger Action Day
September 29

13th Annual Distiller's Showcase of Premium Spirits

November 5
Doubletree by Hilton Manchester
Downtown
distillersshowcase.com

WMUR's Spirit of Giving Food Drive

December 11-13
Participating NH stores:
Hannaford, Market Basket, Shaw's,
and Walmart

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 for Hunger Action Month®, a nationwide movement to raise awareness, elevate the voices of people facing hunger, and inspire action.

Across the country, food banks, volunteers, donors, advocates, businesses, community organizations, and neighbors come together to make sure everyone has the food and support they need to thrive. **Orange is the official color of the fight against hunger.**



Here in New Hampshire, the New Hampshire Food Bank invites you to join the movement and take action this Hunger Action Month!

Together with our Feeding America partners and communities across the Granite State, we're raising awareness, advocating for solutions, volunteering, and supporting local events. How can you get involved?

- Build a creative structure from canned goods for our Canned Creations Competition!
- Check out upcoming events supporting NHFB on our website.
- Wear orange and show your support on Hunger Action Day, September 29!
- Support local high school football teams during WMUR's NH Tackles Hunger.
- Host a Hunger Action Month food drive to benefit NHFB.
- Volunteer, donate, advocate, or share what you learn with your friends and community!

Learn more and find ways to take action at 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 has access to nutritious food. Wherever you are, there's a way to help. Every action matters, big or small.

This September, make a difference. We can end hunger when we all work together.

Baked Apples

A Cooking Matters® Recipe



Ingredients

- 6 apples
- 1 large lemon
- ¾ cup chopped walnuts
- ½ cup raisins
- ¼ cup brown sugar
- ½ teaspoon ground cinnamon

Instructions

1. Preheat oven to 350° F.
2. Rinse apples.
3. Remove stems by cutting a 1-inch-wide hole out of the top of each apple. Cut into the hole to remove and scoop out the core and seeds.
4. Rinse lemon and cut in half. In a small bowl, squeeze the juice from each half. Discard seeds.
5. In a second small bowl, mix walnuts, raisins, and brown sugar.
6. Stuff the center of each apple with 1 heaping Tablespoon of the walnut mixture. Sprinkle a pinch of cinnamon over the top of each apple.
7. Place stuffed apples upright in the baking dish. Pour the lemon juice around them. Bake for 35–40 minutes, or until the skin is wrinkly. Spoon some of the pan juice over the apples about halfway through cooking time to keep the apples moist.
8. Remove from oven. Let cool slightly before serving.

For chef's tips and more, visit cookingmatters.com or scan here:



Feeding America Report: Food Insecurity Rising for NH's Children

Feeding America's newly released *Map the Meal Gap* report data reveals a growing challenge in our state, showing a concerning 6% year-over-year rise in child hunger across New Hampshire. The need is accelerating, as we have gone from just over 36,100 to 38,430 children facing food insecurity today. This means there are more than 38,000 kids in our state who currently lack consistent access to the nutritious food they need to thrive.

Food is foundational to a child's immediate physical and cognitive development. Fighting child food insecurity is absolutely critical because hunger physically prevents kids from learning; a child simply cannot focus on reading or math when their stomach is empty. Consistent, nutritious meals serve as the absolute foundation for a child's cognitive development, directly improving school attendance, behavior, and academic performance.

Solving child hunger is about ensuring long-term health and community success, rather than just providing a short-term meal. The impacts of childhood hunger echo for a lifetime, putting children who face food insecurity at a much higher risk for chronic health conditions and long-term developmental delays. At the NH Food Bank, we, and our partners, are strengthening our safety net today through initiatives like backpack drives, summer nutrition programs, and local food pantries. Through these efforts, we aren't just providing a meal; we are ensuring these kids have the opportunity to grow into healthy, successful adults. Support our work: nhfoodbank.org/summermeals.



MAP THE MEAL GAP 2026: FOOD INSECURITY IN NEW HAMPSHIRE

FOOD INSECURITY IN NH IS RISING



OVERALL FOOD INSECURITY IN NH

158,000

people are food
insecure

(vs. 10.7% last year,
149,820)

11.2%
= 1 in 9



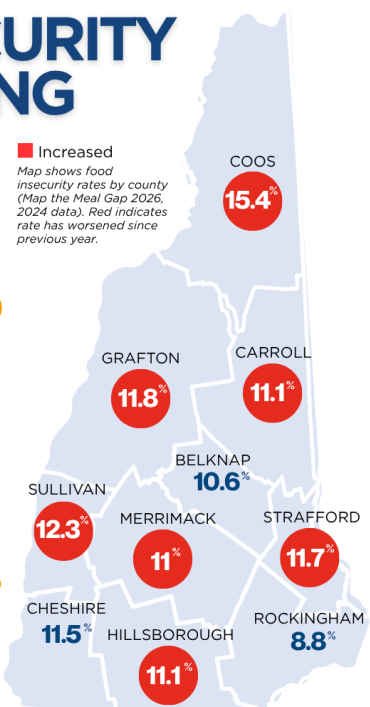
CHILD FOOD INSECURITY IN NH

38,430

children are
food insecure

(vs. 14.4% last year,
36,160, 1 in 7)

15.5%
= 1 in 6



Source: Feeding America, "Map the Meal Gap" 2026 (2024 data)
<https://map.feedingamerica.org/county/2024/overall/new-hampshire>

Elevating Our Network: A Collaborative Vision for 2026-2029

The New Hampshire Food Bank recently completed a collaborative strategic planning process to help shape our direction and priorities for 2026–2029. Our new plan provides a roadmap for strengthening our statewide response to hunger and building a healthier, more food-secure New Hampshire.

More than 200 staff, volunteers, donors, and partner agencies contributed through listening sessions and interviews, helping shape five strategic pillars: improving neighbor access and experience, enhancing food sourcing and sharing, expanding advocacy, increasing holistic supports, and transforming measurement and data.

As part of this process, we hosted Dissemination Sessions in Berlin, Nashua, and Concord to share the plan with our partner agencies, gather feedback, and discuss how we can work together to bring these priorities to life. We're incredibly grateful to the agencies who joined us and engaged in meaningful conversations about our shared work and how the New Hampshire Food Bank can best support their efforts. Read the Strategic Plan: nhfoodbank.org/strategic-plan.



New Hampshire Food Bank partner agencies met at our Berlin warehouse to learn about our strategic plan.

NH Tackles Hunger



The New Hampshire Food Bank is excited to join forces with WMUR for New Hampshire Tackles Hunger 2026!

Together, we've helped make a lasting impact. Since the campaign began, this annual food drive has collected nearly 1 million pounds of food to help stock the shelves of New Hampshire Food Bank partner agencies across the state and support neighbors facing hunger.

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

Thirteenth Annual Distiller's Showcase of Premium Spirits

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

Join us on November 5 for the Distiller's Showcase of Premium Spirits, featuring more than 600 premium and ultra-premium spirits for sampling. Guests can meet distillers from around the world while enjoying cuisine from New Hampshire's top restaurants. The premier event of Distiller's Week, the Thirteenth Annual Distiller's Showcase benefits the NH Food Bank.

Details: Thursday, November 5 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



Join Our Email List

Stay in the loop on NHFB updates, events, and campaigns.

Scan the QR code below to sign up for our email list!



Stay in touch!

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



@nhfoodbank



@nhfb



@nh_food_bank



New Hampshire Food Bank



@nhfoodbank

Your comments

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

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Grants

Thank you to the following organizations and individuals for their generous support through grants to the New Hampshire Food Bank:

Anonymous Donor: Food Purchase

Bank of America Charitable Foundation: Support for the Mac Off Competition

Buffalo Wild Wings Foundation: General Operations

Cogswell Benevolent Trust: Food Purchase

Dunkin' - Joy in Childhood Foundation, Inc.: Child & Family Food Purchase

Edwin S. Webster Foundation: General Operations

Feeding America: Advocacy; Food Sourcing-Agency Support Enablement

The Fortin Family Foundation: General Operations

John D. McGonagle Foundation: General Operations

Kennebunk Savings Bank Foundation: Food purchase for partner agencies in the Seacoast area

Milford Rotary Club Foundation: Food purchase for partner agencies in the Greater Milford area

Nordson Corporation Foundation: General Operations

Queen City Rotary Club: Youth-focused food purchase in Manchester

Speare Memorial Hospital: Food purchase in SMH Service Area

US Dept of Housing and Urban Development: General Operations

