The NH Food Bank’s Agency Bulletin

December 2017
Food Bank Closings
Friday, December 8th—Immaculate Conception
Monday, December 25th—Monday, January 1st
(Week after Christmas)
Tuesday, January 2nd—Closed to Shopping
Monday, January 15th – Martin Luther King Jr Day
Monday, February 19th—Presidents’ Day

Quotable
“It’s not what’s under the Christmas tree that matters. It’s who’s around it.”
–Charlie Brown

3rd Quarter QSR Drawing Winners
Congratulations to the 3rd Quarter
2017 QSR Drawing Winners!!
Each winning agency has received a $25 credit on their account.

Bishop Peterson Residence– Manchester
Friends of Forgotten Children– Concord
Mills Falls Charter School– Manchester

To be eligible to win next quarter, just be sure that you submit your 4th Quarter QSR by January 31st.

A note from Agency Relations
Merry Christmas from the NH Food Bank! We hope that you enjoy the holiday season with your families, friends, clients, and agency volunteers. Please remember that we are collecting stories, photos and testimonies from you telling us of any positive feedback, situations and things we can share with our donors or in future bulletins. These can be sent to jcheney@nhfoodbank.org.

Connie, Mystyna and Jocelyn

Nudge Program: Recipe Cards
In our fourth installment of the Nudge Program series, we are going to introduce the first “nudge” strategy: recipe cards. Sometimes the issues that clients have with taking certain Foods to Encourage (F2E) is that they don’t know how to prepare them. Placement of recipe cards next to F2E can prompt clients to take healthier options.

In the June 2017 bulletin, we included some recipe links. We have included them again, as well as a recipe using root vegetables that was sampled at the Food Bank last winter.

Feeding America
https://hungerandhealth.feedingamerica.org/healthy-recipes/

Cooking Matters
https://cookingmatters.org/recipes

Cider Vinaigrette Roasted Root Vegetables Recipe
Prep time: 25 minutes
Cook time: 40 minutes
Yield: Serves 6 to 8
This recipe makes enough for 6 to 8 people and requires two roasting pans. This recipe can be halved.

Ingredients
1/2 cup cider vinegar
Freshly grated black pepper to taste
1/2 cup olive oil
3 Tablespoons dark brown sugar
1/4 teaspoon kosher salt
4 medium beets, peeled, thickly sliced
2 yellow onions, thickly sliced
3/4 teaspoon dry thyme (or fresh)
4 medium carrots, peeled, sliced lengthwise into 1-2 inch long pieces
3 medium potatoes, sliced lengthwise into 1-2 inch long pieces
1 rutabaga, peeled, sliced lengthwise into 1-2 inch long pieces

Directions
1. Preheat the oven to 450°F.
2. In a large bowl (enough room for all the vegetables) mix together the cider vinegar, olive oil, brown sugar, salt and pepper.
3. Add the vegetables (beets, carrots, potatoes, rutabagas, onion) to the bowl and toss to combine.
4. Spread the root vegetables out over the 9in by 12in pans in a single layer, with some space in between so that the vegetables don’t crowd each other too much and the hot oven air can circulate around the vegetables. (You’ll get better browning that way.) Pour the remaining vinaigrette over the root vegetables in the pans.
5. Place vegetables in the oven and roast for 35 to 40 minutes, turning the pans (and swapping bottom and top rack positions), half-way through the cooking. Cook until the vegetables are well browned and caramelized around the edges.
6. Remove from oven and gently loosen the root vegetables from the foil with a wooden spoon. Sprinkle with thyme.

http://www.simplyrecipes.com/recipes/cider_vinaigrette_roasted_root_vegetables/#ixzz4aefvou00

Hannaford “Give-A-Meal” Boxes
If your agency receives any Give-A-Meal boxes from Hannaford directly, please indicate the number of boxes on your Fresh Rescue report or send an email to jcheney@nhfoodbank.org.

Boxes received from the Food Bank do not need to be reported.

Agency Express
As the Food Bank will be closed for several days during Christmas Week, Agency Express will not be accepting orders for a few days. Orders can be placed until 1pm on Wednesday, December 20th for Friday pick-up. You can resume placing online orders on Tuesday, December 26th for pick-ups starting Wednesday, January 3rd. The Food Bank will be closed for pick-up and shopping from December 25th—January 2nd.

Floor shopping will resume Wednesday, January 3rd.
Monthly Spotlight
With the help of our generous donors, the New Hampshire Food Bank was able to distribute over 18,000 turkeys to our more than 425 agencies throughout the state.
Look who stopped by the Food Bank on Saturday, November 11th to help pass out turkeys and help load vehicles for our agencies! Pictured here is Senator Maggie Hassan, with NH Food Bank Director of Development, Nancy Mellitt, and the President & CEO of Catholic Charities NH, Tom Blonski.

Safe Food Handling
All Agencies are required to have at least one representative attend a Safe Food Handling Class. Your Program Director/Coordinator must submit a written request, with the names of attendees to: jcheney@nhfoodbank.org

Upcoming Classes
Monday, December 4th @ 10AM

Please arrive 10 minutes early.

What’s Cookin’
December 2017

Current Resident or

WELCOME
New Agencies
Manchester Community Schools Program
Manchester, NH

Bedford Community School
Lunch Plus
Bedford, NH

Pittsfield Elementary Schools
Food-4-Kids
Pittsfield, NH

New Shopper Orientation
Your Program Director/Coordinator must submit in writing, the names of any shoppers to be added or removed for your agency to: jcheney@nhfoodbank.org

Sign up early, spots fill up quickly!

Upcoming Classes
Tuesday, December 12th @ 10AM
Wednesday, January 10th @1PM

Please arrive 10 minutes early.