

June 2017

Food Bank Closings

Tuesday, July 4th—Independence Day
 Monday, September 4th—Labor Day

Quotable

"Keep your face to the sun and you will never see the shadows."

-Helen Keller

Agency Express Login

It has come to our attention that shoppers are sharing login information with other volunteers at their agency that have not gone through the Shopper Orientation class. It is the policy of the NH Food Bank that this class is a requirement to be a shopper, and that sharing login information is prohibited.

Orientation is held at the NH Food Bank every month, and the dates of upcoming classes are always listed on the reverse side of this bulletin. Each agency can have five active shoppers, and new shoppers can be added by emailing Mysty at myackelshappy@nhfoodbank.org.

1st Quarter QSR Drawing Winners

Congratulations to the 1st Quarter 2017 QSR Drawing Winners!!

Each winning agency has received a \$25 credit on their account.

Phoenix House Keene Center
 Keene, NH

Open Cupboard Food Pantry
 Wilton, NH

Boys & Girls Club—Lakes Region
 Laconia, NH

In order to be eligible to win in July, make sure that you submit your 2nd Quarter QSR by July 31st.

A note from Agency Relations

Summer is finally here! As we enjoy the warmer weather, please note that open-toed shoes are not allowed in the warehouse for safety reasons.

Connie, Rick and Mystyna

Spoiler Alert—Access to Local Fresh Food

Included in this month's bulletin is an insert promoting a new software called Spoiler Alert. Spoiler Alert is a tech platform that connects non-profits seeking fresh food with farmers and other distributors who have a surplus. As we are entering the growing season in New Hampshire, this is an opportunity for our agencies to have access to alternative sources of food.

If you would like to sign up, please see the flyer for details.

Ask Agency Relations

Q. If I am having trouble with Agency Express, how do I reach out for assistance?

A. The best way to get assistance with placing an order on Agency Express is to call Mysty at 669-9725 x240. If you are having trouble after-hours, you can email Mysty at myackelshappy@nhfoodbank.org or go check out the Agency Express videos at:

www.nhfoodbank.org/agency-resources/agency-express-orders/

Please do not use the "Report a Problem" link in Agency Express, as that is the least efficient way to contact the NH Food Bank regarding orders.

Sources for Clients: Recipes

At various agency meetings held in the past few months, we heard many requests for sources of recipes for clients, so they will have ideas on how to use some of the fresh foods that they are receiving from our agencies.

Here are two websites that have wonderful budget-friendly healthy recipes:

- ◆ **Feeding America**
<https://hungerandhealth.feedingamerica.org/healthy-recipes/>
- ◆ **Cooking Matters**
<https://cookingmatters.org/recipes>

Also, as a sneak peek (and a way for clients to use all those cucumbers we've had here at the Food Bank lately), here's a recipe!



Tuna Boats

Serves 4; 1/2 cucumber & six ounces filling

Ingredients:

- ◆ 2 large cucumbers
- ◆ 1 lemon
- ◆ 2 green onions
- ◆ 1 tbsp canola oil
- ◆ 1/2 tsp salt
- ◆ 1 (6 oz) can low-sodium tuna, packed in water
- ◆ 1 (15.5 oz) can white beans
- ◆ 1 tbsp. Dijon or country mustard
- ◆ 1/4 tsp ground black pepper

1. Rinse cucumbers. Peel off skin every 1/4 inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with 1/4 tuna mixture. Serve.



Monthly Spotlight

On May 3rd, the NH Food Bank held a mobile food pantry at Corpus Christi Food Pantry in Nashua, sponsored by Fidelity. A big thank you to Southern New Hampshire Rescue Mission, Harbor Homes—Dallanis House (both pictured left), and Nashua PAL, who came out to help us with this event. The mobile food pantry ended up being an awesome success, with over two hundred families being served, and our agency volunteers making the process as efficient as possible.



700 EAST INDUSTRIAL PARK DRIVE
MANCHESTER, NH 03109

What's Cookin'

June 2017

Current Resident or

NONPROFIT ORG
US POSTAGE
PAID
MANCHESTER, NH
PERMIT NO. 37



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:

myackelshappy@nhfoodbank.org

Upcoming Classes

Thursday, June 15th @ 10AM

Thursday, August 3rd @ 10AM

Please arrive 10 minutes early.

WELCOME New Agencies

End 68 Hours of Hunger—Nashua
Nashua, NH

NHFOODBANK.ORG | 603-669-9725

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:

myackelshappy@nhfoodbank.org

Sign up early, spots fill up quickly!

Upcoming Classes

Wednesday, June 21st @ 10 AM

Tuesday, July 11th @ 1 PM

Please arrive 10 minutes early.