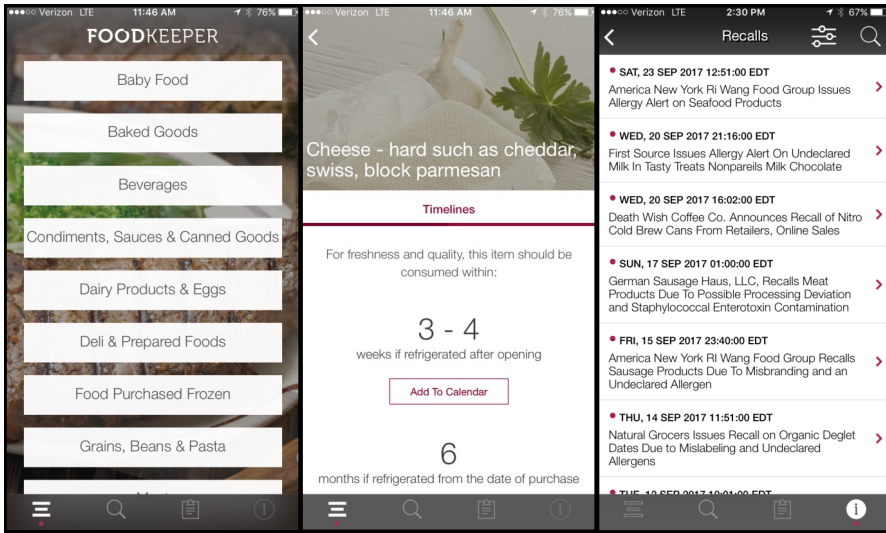


## Monthly Spotlight



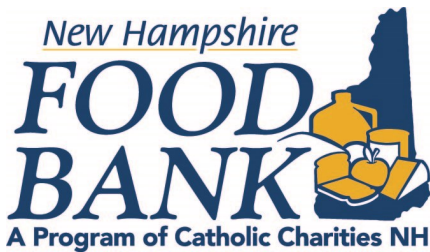
I'm sure all of you have seen the FoodKeeper booklet that goes out in every one of our Shopper Orientation folders. This brochure has been so helpful for our agencies to know how long their product is good for, especially canned goods that are usually good for about three years past the expiration!

Well, now the USDA has gone digital! The FoodKeeper can be found at the website:

<https://www.foodsafety.gov/keep/foodkeeperapp/index.html>

You can also download the free app on both Apple and Android devices. This way you can take the FoodKeeper on the go! In addition to having an easy-to-browse menu, the FoodKeeper app also contains all current USDA recalls under the info tab.

Unfortunately, we are no longer going to be able to order the printed version, but we do have a few left on hand here at the NH Food Bank.



700 EAST INDUSTRIAL PARK DRIVE  
MANCHESTER, NH 03109

# What's Cookin'

## October 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](mailto:myackelshappy@nhfoodbank.org)

### Upcoming Classes

Thursday, November 2nd @ 10AM

*Please arrive 10 minutes early.*

## WELCOME New Agencies

**Serenity Place  
Safe Station Respite  
Manchester, NH**

**Hope for NH Recovery—  
Concord  
Concord, 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](mailto:myackelshappy@nhfoodbank.org)

**Sign up early, spots fill up quickly!**

### Upcoming Classes

Tuesday, October 24th @ 10 AM

Thursday, November 2nd @ 1 PM

*Please arrive 10 minutes early.*

October 2017

## Food Bank Closings

Monday, October 9th—Columbus Day  
 Friday, October 20th—Day of Enrichment  
 Thursday, November 24th—Thanksgiving  
 Friday, November 25th—Day after Thanksgiving  
 Friday, December 8th—Immaculate Conception  
 Monday, December 25th—Tuesday, January 2nd  
 Week after Christmas

## Quotable

"It matters not what someone is born, but what they grow to be."

—Harry Potter and the Goblet of Fire

## Fresh Rescue Reporting

This is a reminder to all of our agencies who are lucky enough to receive Fresh Rescue donations from our local partners that reports are due **no later than the 10th of the following month.**

Many of our enabled agencies are fortunate to receive a large amount of product, including protein, that would not be available without these partnerships, and we have agencies who are waiting for an open opportunity.

It is a requirement of Feeding America, and our donor partners that reporting is completed in an accurate and timely manner. If you have any questions or concerns, please feel free to contact Connie at x1119 or Mysty at x1240.

## A note from Agency Relations

It's that time of year again... when turkey requests and QSRs are flying through the door like Harry Potter's first Hogwarts letter (sensing a theme? Check out the quote this month!) A reminder that both the 3rd Quarter QSR and all turkey requests are due in by October 31st. Please note that if an agency does not turn in their QSR by the deadline, this could affect their eligibility to receive turkeys. If you are unable to open the documents that are linked to the October bulletin email, please contact Mysty at 669-9725 x1240 and she can send them directly.

Connie and Mystyna

## Nudge Program: Foods to Encourage (F2E)

In our second installment of the Nudge Program series, we want to introduce our agencies to the Foods to Encourage (F2E). In later bulletins, we will go over different strategies to implement to "nudge" clients towards these foods.

### Fruits and Vegetables

- ◆ Fresh with nothing added
- ◆ 100% Fruit or Vegetable Juice
- ◆ Canned, dried, frozen, with no partially hydrogenated oil, that meet criteria below:
- ◆ **Sodium:** ≤230mg | **Total Sugar:** Fruit in lite syrup or 100% Juice or ≤ 12g
- ◆ **Saturated Fat:** ≤2g | **Trans Fat:** 0g

### Grains

- ◆ 100% whole grain (e.g. Rolled Oats, Barley, Wild Rice)
- ◆ Bread and Pasta with "WHOLE GRAIN" listed as the first ingredient
- ◆ Bread and Pasta with >10% DV or ≥ 2.5 grams dietary fiber
- ◆ Cereal with "WHOLE GRAIN" listed as the first ingredient & >3g of fiber
- ◆ Bread, pasta and cereal that meet criteria below:
- ◆ **Sodium:** ≤230mg
- ◆ **Total Sugar:** Bread/Pasta ≤10g; Cereal ≤12g
- ◆ **Saturated Fat:** ≤2g | **Trans Fat:** 0g

### Protein

- ◆ Eggs, Nuts, Seeds, Beans, and Lentils with nothing added
- ◆ Beans, Meat, Poultry, and Seafood that meet the criteria below:
- ◆ **Sodium:** ≤ 480mg | **Saturated Fat:** 2g | **Trans Fat:** 0g
- ◆ Nuts/Seeds and corresponding spreads that meet the criteria below:
- ◆ **Sodium:** ≤ 230mg | **Total Sugar:** <4g per 2T or 1oz. | **Trans Fat:** 0g

### Dairy

- ◆ Flavored skim/non-fat milk or yogurt
- ◆ Unsweetened milk Substitutes
- ◆ Unflavored/Unsweetened low-fat (1%), or skim/non-fat milk or yogurt
- ◆ Cheese that meets criteria the below:
- ◆ **Sodium:** ≤480mg | **Saturated Fat:** ≤ 2g | **Trans Fat:** 0g
- ◆ Flavored milk, milk substitutes and yogurt to meet the criteria below:
- ◆ **Sodium:** ≤480mg | **Total Sugar:** ≤22g (milk) ≤30g (yogurt)
- ◆ **Saturated Fat:** 3g | **Trans Fat:** 0g

## Delivery Dates for November

As we enter into this hectic and wonderful time of the year, operations here at the NH Food Bank sometimes have to shift. If you ever have a question regarding a delivery appointment you can contact Mysty at x1240. In addition, when you log into Agency Express and go to the Scheduler (under the Order Options tab), you will see the next one to two delivery appointments for your agency.

**The delivery schedule for November and Turkeys are as follows:**

### November

Week 1: October 31st, November 1st and 2nd  
 Week 2: November 8th and 9th  
 Week 3: November 15th and 16th  
 Week 4: November 16th (moved up due to Thanksgiving holiday)

### Turkeys

Week 1: Saturday, November 11th  
 Week 2: Fall Mountain—Saturday, November 18th  
 Lebanon, Claremont, & Newport—Saturday, November 11th  
 Week 3: On regular November delivery  
 Week 4: Franconia & Plymouth—Saturday, November 18th  
 Littleton—On regular November delivery

**All turkey deliveries are scheduled for the normal delivery times. If there is a delay, agencies will be contacted.**