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](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.

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, November 2nd @ 10AM

Please **arrive 10 minutes early.**

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**

Tuesday, October 24th @ 10 AM

Thursday, November 2nd @ 1 PM

Please **arrive 10 minutes early.**
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.