Thanks to a generous donation from Harvard Pilgrim Health Care and North Country Health Care, three mobile food pantries are being held in Coos County over the next few months. On Saturday, February 17th, one was held at Groveton High School which served about 170 families! These food distributions are focusing on healthy eating by providing such items as lean ground beef, ground turkey, milk, eggs, cheese, yogurt, bread and produce as well as some non-perishable items.

Other upcoming mobile food pantries in Coos County are being held in Colebrook on March 24th and in Berlin on April 28th. Funding received from these donors also provided four commercial refrigerators to be given to agencies throughout the North Country.

Thoughts from two recipients of the Groveton Mobile Food Pantry:

“Thank you so much for the opportunity to not feel so stressed and worried about our next meal.”

“I greatly appreciate this event because I am disabled and live below the poverty level. I will think of all the volunteers and contributors when I am eating these wonderful food products.”

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, March 12th @10am
Tuesday, April 24th @10am

Please arrive 10 minutes early.

What’s Cookin’ March 2018

WELCOME New Agencies

Blue Duke Care Closet
Rundlett Middle School
Concord, NH

Addiction Recovery Coalition
Hancock, 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
Thursday, March 15th @1pm
Wednesday, April 11th @10am

Please arrive 10 minutes early.
March 2018

Food Bank Closings
Friday, March 30th—Good Friday
Monday, April 2nd—Closed for Shopping

Quotable
“Spring is God’s way of saying, ‘One more time.’” - Robert Orben

March Deliveries
The March delivery schedule is shifted again this month to accommodate our annual inventory dates. Please check Agency Express to verify your delivery date. These changes primarily affect Week 1 deliveries.

4th Quarter QSR Drawing Winners
Congratulations to the 4th Quarter 2017 QSR Drawing Winners!
Each winning agency has received a $25 credit on their account.
- St. Joseph’s Catholic Parish Outreach Food Pantry– Manchester
- Corban Center- Epsom
- Sonshine Soup Kitchen– Derry

To be eligible to win next quarter, be sure to submit your 1st quarter 2018 QSR by April 30th.

March is Nutrition Month
March is National Nutrition Month® and this year’s theme is Going Further with Food. Food not only fills our stomachs but fuels our daily activities! Think of ways to make your meals go further by incorporating whole grains to fuel your body longer, mixing in veggies to receive important daily nutrients, and meal planning to reduce waste and save time.

One of our favorite recipes, Share Our Strength’s Cooking Matters® Turkey Taco recipe, is a perfect example of Going Further with Food. The recipe includes multiple food groups to keep us fueled longer, incorporates a variety of vegetables, and stretches out ground turkey by using pinto beans. Cooking Matters’ Turkey Tacos recipe is a favorite of our participants and we’re sure you’ll enjoy it too. Feel free to eat it taco style or make it into a taco salad. Plan ahead and make the filling as a perfect meal planning base for salads, tacos, or burritos in the week.

Turkey Tacos
Serves 8, 2 tacos per serving

| 1 medium carrot, small sweet potato, or small zucchini | 2 large tomatoes |
| ½ medium head lettuce | Non-stick cooking spray |
| 7 oz low-fat cheddar cheese | 1 lb lean ground turkey |
| 1 can chopped or crushed tomatoes, no salt added | 1 tbsp chili powder |
| 1 can low-sodium pinto beans | 1 tsp garlic powder |
| 2 large tomatoes | 1 tsp dried oregano |
| Non-stick cooking spray | ½ tsp salt |

Instructions
1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel.) Squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core, and chop tomatoes. Grate cheese.
3. In a colander, drain and rinse beans.
5. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
6. Reduce heat to medium. Cook until thickened, about 20 minutes.
7. Add 2 tbsp cooked meat mixture to each taco shell. Top each with 1 tbsp grated cheese, 1 tbsp shredded lettuce, and 1 tbsp fresh tomatoes.

A few changes & notes!
- If you receive a donation from a grant (through the Food Bank), please be ready to provide feedback, stories or photos about how that donation impacted you and your clients. We share this information with the donors and it helps in future grant allocations.
- You no longer need to sign your invoice when picking up an order. You can simply take your invoice when you go.
- As per Feeding America, if you pick up food using an open-bed truck, we ask that you cover the food with a tarp for safety and to avoid contamination.