

Monthly Spotlight



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."

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.



700 EAST INDUSTRIAL PARK DRIVE
MANCHESTER, NH 03109

What's Cookin'

March 2018

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: jcheney@nhfoodbank.org

Upcoming Classes

Monday, March 12th @10am

Tuesday, April 24th @10am

Please arrive 10 minutes early.

WELCOME New Agencies

Blue Duke Care Closet
Rundlett Middle School
Concord, NH

Addiction Recovery Coalition
Hancock, 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: 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



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
- Sunshine Soup Kitchen— Derry

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

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.

A note from Agency Relations

Spring is almost here! We hope that
 you have a nice St. Patrick’s Day and a
 wonderful Easter.
 The warehouse will not be open for
 floor shopping or for order pick-ups on
 April 2nd due to Inventory, but the Food
 Bank offices will be open.

Connie, Mystyna and Jocelyn

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
 ¼ medium head lettuce
 7 oz low-fat cheddar cheese
 1 can chopped or crushed
 tomatoes, no salt added
 1 can low-sodium pinto beans

2 large tomatoes
 Non-stick cooking spray
 1 lb lean ground turkey
 1 tbsp chili powder
 1 tsp garlic powder
 1 tsp dried oregano
 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.
4. Coat a large skillet with non-stick cooking spray. Heat over medium high heat. Add turkey and brown.
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.

