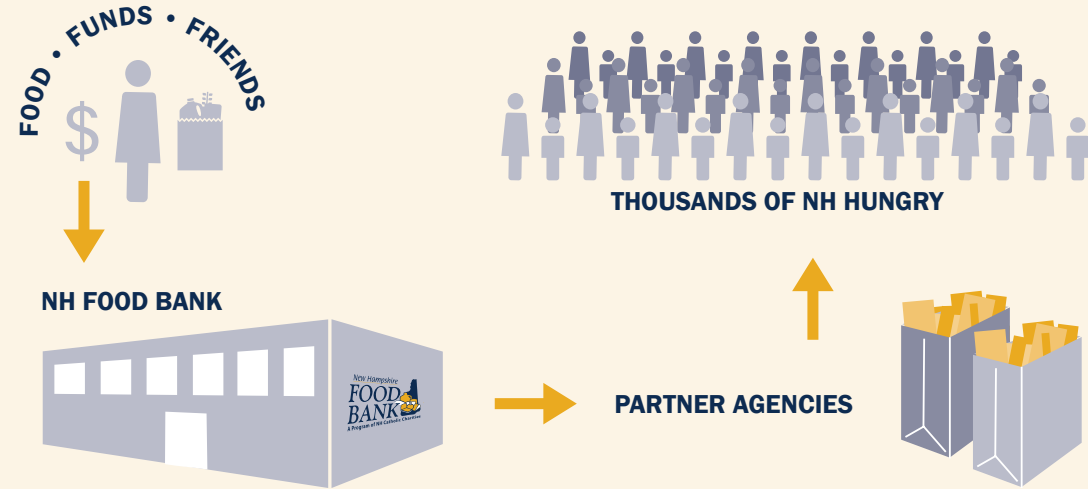


# HOW WE WORK.

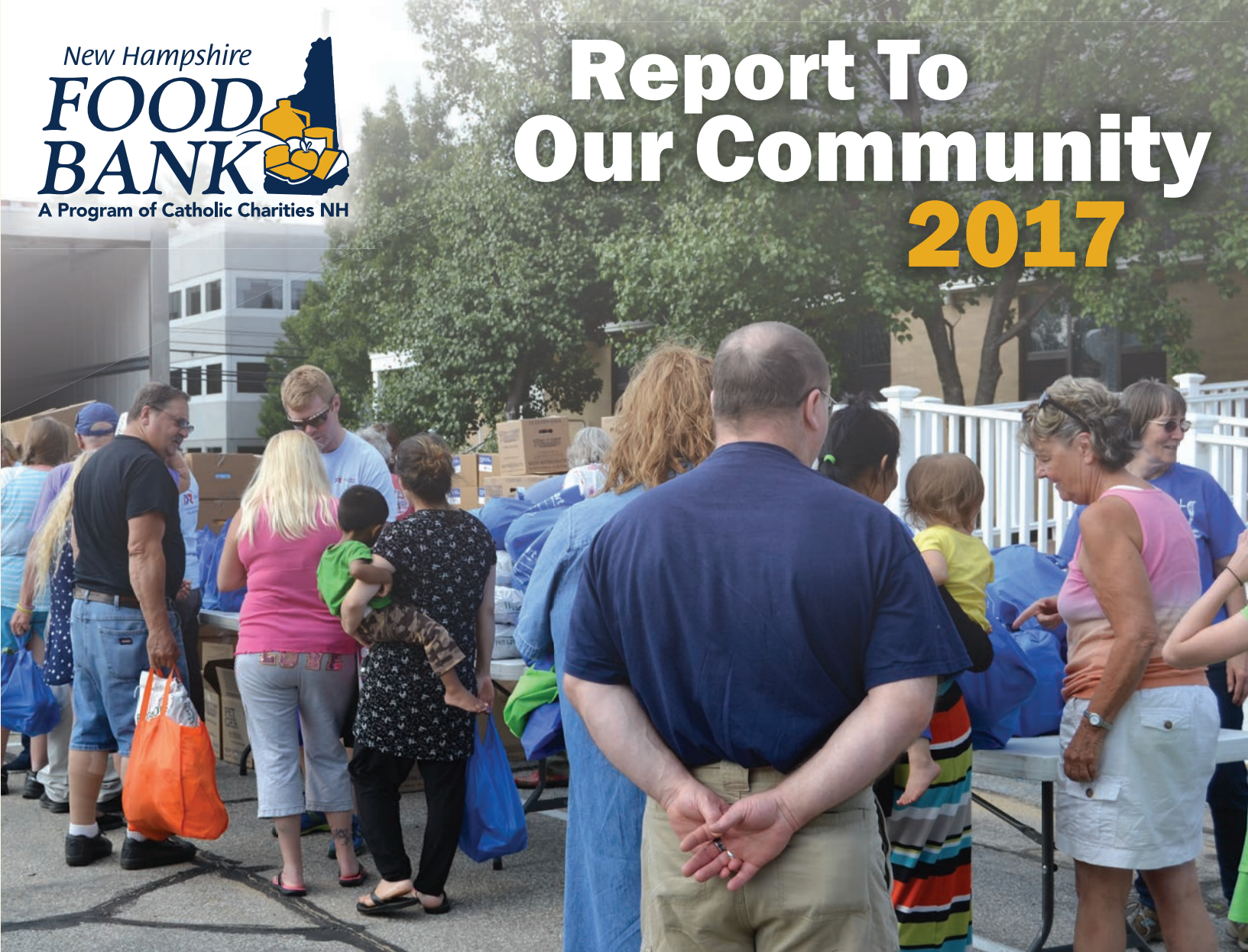


The NH Food Bank supplies millions of pounds of food annually to more than 425 partner agencies, including food pantries, homeless shelters, soup kitchens, children's programs, senior centers and more. In turn, these agencies provide hunger relief to those suffering from food insecurity throughout the state.

For a complete list of partner agencies, please visit [www.nhfoodbank.org](http://www.nhfoodbank.org).

## New Hampshire Food Bank Advisory Committee

- |  |  |   |   |
|--|--|---|---|
| <b>John Dumais</b><br><i>NH Grocers Association, Chair</i>           | <b>Ed Gallagher</b><br><i>Comcast</i>              | <b>Michael C. McLean</b><br><i>McLane Middleton</i>       | <b>Abby Tucker</b><br><i>Wadleigh, Starr &amp; Peters</i>                                       |
| <b>Thomas Blonski</b><br><i>Catholic Charities NH</i>                | <b>Robert Gossett</b><br><i>Gossett Consulting</i> | <b>Nancy Mellitt</b><br><i>NH Food Bank</i>               | <b>Joanne Ward</b><br><i>Former NH House of Representatives, Rockingham County, District 19</i> |
| <b>J. Christopher Currie</b><br><i>Nathan Wechsler &amp; Company</i> | <b>Chris Grenier</b><br><i>Citizens Bank</i>       | <b>Carl Provencher</b><br><i>Hannaford</i>                | <b>Bruce Wilson</b><br><i>NH Food Bank</i>  |
| <b>Lisa Drake</b><br><i>Stonyfield</i>                               | <b>Pauline A. Ikawa</b><br><i>TD Bank</i>          | <b>Dominique Rust</b><br><i>Catholic Charities NH</i>     | <b>Michael Wirtanen</b><br><i>Shaw's</i>  |
| <b>Todd C. Fahey</b><br><i>AARP New Hampshire</i>                    | <b>Eileen Groll Liponis</b><br><i>NH Food Bank</i> | <b>Patricia R. Shuster</b><br><i>Saint Anselm College</i> |   |



New Hampshire  
**FOOD BANK**  
A Program of Catholic Charities NH

# Report To Our Community 2017

## *Feeding the programs that feed the hungry.*

The Mission of the New Hampshire Food Bank is to feed hungry people by soliciting and effectively distributing grocery products and perishable foods, and offering innovative programs through a statewide network of approved agencies; by advocating for systemic change; and by educating the public about the nature of, and solutions to, problems of hunger in New Hampshire.



# Financial Snapshot

Fiscal Year Ended March 31, 2017

## Support & Revenue

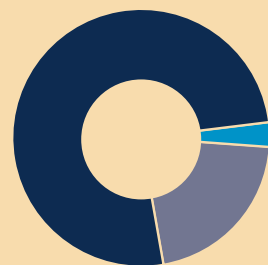
Food in-kind .....	\$19,542,000
Program Fees .....	\$709,000
Grants, Contracts & Contributions .....	\$5,554,000
<b>Total Support &amp; Revenue .....</b>	<b>\$25,805,000</b>

## Expenses

Program .....	\$23,921,000
Management & General .....	\$194,000
Fundraising .....	\$843,000
<b>Total Expenses .....</b>	<b>\$24,958,000</b>
<b>Change in Net Assets .....</b>	<b>\$847,000</b>
<b>Total Net Unrestricted Assets .....</b>	<b>\$2,581,000</b>

*We receive NO state or federal funding for food distribution.*

## Support & Revenue



76% Food Donations  
21% Grants & Contributions  
2% Program Fees

## Expenses



96% Programs  
3% Fundraising  
1% Management & General

## 2018 Goals

- Increase delivery and distribution of food to high need areas throughout the state.
- Offer professional development aimed at sustaining our agency partners.
- Campaign for more screening and referrals for the vital signs of hunger with healthcare providers.
- Establish preventative food pantries in partnership with NH hospitals and other healthcare settings.
- Launch the Junior Ambassador program in Manchester high schools.
- Partner with more schools for in-school pantries to meet student need.
- Partner with more senior programs to reach more food insecure seniors.

## RECIPE FOR SUCCESS COOKING MATTERS®

During a recent Cooking Matters for Kids class the staff noticed one of the little girls about 8-9 years old was not as engaged as in previous classes. Something wasn't right, so one of the instructors took little Olivia aside and asked her if she was feeling okay. That's when the little girl told our staff that she was very hungry, there was no food in her house and she didn't feel well. After the staff gave her a banana she felt much better and was able to rejoin the other kids in the class. After the class was over, the staff also discretely gave her extra food to take home.

Sadly, this is not an unusual situation for our staff and volunteers to encounter.

**- Cooking Matters, Program of NHFB**

*The NH Food Bank hosts Share Our Strength's Cooking Matters® program in NH.*

*Cooking Matters empowers low-income families to stretch their food budgets so their children get healthy meals at home. Participants learn to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals.*

*Cooking Matters courses and tours equip families with the skills they need to stretch their food dollars and maximize the benefits.*



# 13,665,147

*Pounds of food distributed to those in need in NH in 2017.*



# 11,556,057

*Total Meals*



## Cooking Matters® NH



**670** signature course participants in 2017.

*Thanks to our partnership with UNH Cooperative Extension, classes are available in all 10 counties.*

**387** 'Cooking Matters at the Store' participants.



Nationally, **71%** of adult course graduates are eating more vegetables and **67%** of teen course graduates are eating more fruit.

## Culinary Job Training Program



**21** individuals graduated from the culinary training program in 2017.

**128,375** meals prepared and distributed to partner agencies in 2017.

## SNAP (Supplemental Nutrition Assistance Program)

**\$171,056**  
Local Economic Impact

**\$95,962**  
Benefits

**126** Applications



**TOGETHER WE CAN SOLVE HUNGER.™**

# \$ 488,040

Volunteer Dollar Value

# 19,600

Volunteer Hours in 2017

## The New Hampshire Food Bank Services

More than **425** partner agencies across the state.

Approximately **50%** of food distributed by partner agencies is from the NHFB.

