

Monthly Spotlight

Two fundraising events focusing on ending childhood hunger took place around the state in the past few weeks.

On May 24th, the NH Food Bank (along with many agencies around the state) celebrated Red Nose Day. This annual event brings awareness and raises money to help bring an end to childhood hunger. Nationwide, the event raised \$1.4 million dollars in 2018.

On June 6th, NH Gives Day was held around the state. Over a hundred programs raised funds for their organizations, including the NH Food Bank. The total raised for the NH Food Bank was \$1,675 during the 24 hour online event, while individual programs raised thousands of dollars for their programs. The amount raised for the Food Bank will provide 3,350 meals.



Members of the NH Food Bank staff took some time to show their support for Red Nose Day 2018.



700 EAST INDUSTRIAL PARK DRIVE
MANCHESTER, NH 03109



What's Cookin'

July 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, July 9th @10am (FULL)
Wednesday, August 15th @10am

Please arrive 10 minutes early.

WELCOME New Agencies

Manchester Community Health Center

Orford Area Senior Services— Orford

Bishop Peterson Food Pantry
-Manchester

St. Joseph's Residence Food Pantry
-Manchester

End 68 Hours of Hunger— Derry

Effingham Elementary Healthy Snacks
-Effingham

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

Upcoming Classes

Wednesday, July 18th @10am
Thursday, August 9th @10am

Please arrive 10 minutes early.

July 2018

Food Bank Closings

Wednesday, July 4th– Independence Day
 Monday, September 3rd– Labor Day

Quotable

“Just living is not enough...one must have sunshine, freedom and a little flower.”

-Hans Christian Andersen

Fresh Rescue

Programs that are participating in the Fresh Rescue program and are required to do temperature scans should now actively be using their thermometers at each store pick-up as of July 1st.

In regards to temperature readings, it has come to our attention that the listed “guide numbers” are incorrect. Please note these changes.

Refrigerated product is to be received, transported, and stored at or around 41° Fahrenheit.

Frozen product is to be received, transported, and stored at or below 32° Fahrenheit.

Previously the guide for frozen product was listed as 0° which is incorrect and has been updated on the recording logs.

Temperature recording logs do not need to be passed in. Instead, please keep them on file at your facility and they will be checked at your annual inspection.

If you are in need of more reporting logs, please contact jcheney@nhfoodbank.org.

A note from Agency Relations

After 14 years with the NH Food Bank, Connie Miville has begun her retirement! We have all greatly enjoyed our time working with Connie and appreciate all she has done for her agencies and coworkers. Her smile, kindness and care will truly be missed within our team. She has left a memorable mark with the NHFB.

-Mystyna and Jocelyn

Safe Food Handling: Thawing Protein

All protein distributed to clients should be done so frozen. Proper thawing of these items is key to ensure the health and safety of your clients. Protein received from the Food Bank or from the Fresh Rescue program are flash frozen as they are at or approaching the “sell by date.” They should remain frozen until use and safely thawed before cooking.

The USDA recognizes four methods to defrost meat:

1. In the refrigerator
2. Submerged in cold tap water (that's changed every 30 minutes)
3. In the microwave (as long as the meat is cooked immediately afterwards)
4. During the cooking process

Any raw meat remaining after the meal is cooked should **immediately** be refrozen or discarded. Refreezing meat is not a food safety concern, but may affect the quality of the product.

It is important to follow these guidelines to thaw safely because bacteria can multiply rapidly when raw protein is left unrefrigerated for more than two hours in the “temperature danger zone,” between 40°F - 140 °F.

For more information on properly storing and thawing protein, you may contact the Agency Relations team. Several links (including the USDA guidelines) will be included with this month's emailed bulletin.

No kitchen, no problem.

Your site may still be a good fit for the Cooking Matters program.

Did you know your site doesn't need to have a kitchen to host a Cooking Matters course? If you have a sink with hot running water that is separate from the bathroom and have active electrical outlets, your site might be the right fit to provide nutrition and culinary education to your community. The Cooking Matters team brings the kitchen to you!



A six-week Cooking Matters course empowers low-income families on how to stretch their food budgets so they can prepare healthy meals at home and spend less time worrying about what is for dinner! **Cooking Matters has courses around the state for parents and families as well as kids, teens, and adult courses! There is no cost involved for you or your clients.**

Contact Alexis Dwyer, the Cooking Matters NH Coordinator, to gather more information and apply! adwyer@nhfoodbank.org or (603) 669-9725 ext 1133.

Please Remember...

- All shoppers must sign-in when they arrive at the warehouse.
- Only 2 shoppers from your program are allowed on the shopping floor at a time.
- No cell phones or open-toed shoes on the shopping floor!
- Orders that are picked up using an open bed truck should be covered with a tarp.