

Monthly Spotlight



On October 15th, the NH Food Bank held its annual Agency Appreciation Luncheon. About 90 people attended from over 30 agencies around the state.

We hope that all who attended had a great time and enjoyed lunch provided by several local restaurants, several raffle prizes, and a few shared words from former MLB pitcher Bob Tewksbury.

The NH Food Bank annually distributes more than 13 million pounds of food to people around the state and it is all thanks to YOU! Our partnering agencies are so important and we can not say Thank You enough for all that you do each day!



700 EAST INDUSTRIAL PARK DRIVE
MANCHESTER, NH 03109

What's Cookin' November 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

Tuesday, November 13th @10am
Monday, December 3rd @10am
Tuesday, January 8th @10am

Please arrive 10 minutes early.

WELCOME New Agencies

End 68 Hours of Hunger
Barnstead

Gate City Community Coalition
Nashua

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

Wednesday, November 28th @10am
Thursday, December 13th @10am

Please arrive 10 minutes early.

November 2018

Food Bank Closings

Thurs/Fri, Nov. 22nd & 23rd– Thanksgiving
 December 24-January 2: Holiday Break

Quotable

“Thanksgiving isn't just a day...It's a way we can live our lives every day.”

~Katrina Mayer



Thanksgiving Turkey Pick-ups

Ordered turkeys are available to be picked up starting on November 1st.

If you have not done so already, please contact Deb to let her know when you will be picking up your turkeys!

You may pick up turkeys alongside an Agency Express order, or alone. If you want to shop the floor while picking up your turkeys but do not place a food order, you will need to contact Debbie to request that ahead of time.

The NH Food Bank will also be open on Saturday, November 10th and Saturday, November 17th for turkey order pick ups.

Delivery agencies have been notified of delivery dates.

Deb can be reached at 669-9725 ext 1110.

A Note From Agency Relations

We hope you are enjoying the Fall and that you are looking forward to the holidays!

If you participate in the Fresh Rescue program via Hannaford and receive any Give-A-Meal boxes, please note the total collected each month on your Fresh Rescue reports. If you happen to receive any boxes but do not do Fresh Rescue, please let the Agency Relations team know how many boxes you received. You do not need to report any boxes received from the Food Bank.

A new SNAP flyer is included with this bulletin via mail and email. Please let us know if you would like any additional SNAP resources.

Mystyna, Emily and Jocelyn

NUDGE Strategies

Encouraging Healthy Choices at your Pantry

There are many ways to encourage healthier eating amongst your clients, as well as opportunities to introduce new foods into their diets. Below are just a few ideas that you may want to try if you are looking for strategies to use within your program.

- Taste Tests– Encourage clients to try healthy foods or new recipes by offering samples. This is especially helpful for new (but delicious) seasonal or unfamiliar produce.
- Place recipe cards near foods to encourage (F2E) such as fresh or frozen fruits and vegetables, whole grains and beans.
- Include cooking directions for preparing staple foods from scratch, like dried beans, rice or oatmeal.
- Place foods that go together (like rice, beans and spices) on the same shelf to inspire cooking from scratch.
- Offer unlimited produce and post signs that offer suggestions for how much to take based on family size.
- Post signs highlighting foods that are the most nutritious, in season, new to the pantry, or even an “item of the week”.

Used with permission, from UNH Extension: Nutrition Connections

We Want To See What's Happening At Your Program!

Did you host a really successful event, receive a donation from an interesting donor, or host an awesome group of new volunteers? Or maybe you recently introduced a new practice at your facility that you think other programs can benefit from seeing.

If you have something that you would like to share with the Food Bank or other agencies, we want to know about it! Please feel free to send us your photos, stories, or a description that we can share in an upcoming bulletin or on our social media account. [Some photos may require a photo release if we use it. Photos of clients will only be used with their permission.]

Everyone loves a “feel good story” or helpful tip, so please don't hesitate to contact us if you want to contribute.

A Note From The Warehouse

You may have noticed a new, additional cooler on our warehouse shopping floor. It is located to the right of the original cooler. In here you will find bulk produce such as large bags of cabbage, carrots and onions. The main cooler will still be used to store sorted/loose produce and miscellaneous dairy items. Please be sure to check it out the next time you visit the Food Bank.

Also, remember that we ask that you (and your shoppers) to please check your order before loading your vehicle. Mix-ups can occasionally happen with an order and we also just want to ensure that all items on your invoice have been accounted for before you leave. We ask this of both pick-up and delivery agencies. Please let us know right away if you find an error with your order.