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.
In New Hampshire...

1 in 9 people are hungry.
6% of seniors are hungry.
12% of children are hungry.

### Financial Snapshot

**Fiscal Year Ended March 31, 2018**

**Support & Revenue**
- Food in-kind: $21,026,000
- Program Fees: $507,000
- Grants, Contracts & Contributions: $5,526,000
- **Total Support & Revenue**: $27,059,000

**Expenses**
- Program: $26,134,000
- Management & General: $201,000
- Fundraising: $581,000
- **Total Expenses**: $26,916,000

**Total Net Unrestricted Assets**: $2,724,000

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

### 2019 Goals

- Increase overall distribution of nutritious foods.
- Educate donor partners on value of limiting non-nutritious food donations and begin drafting and informing donors, partners and public about implementing a nutrition policy.
- Continue establishing preventive food pantries in partnership with NH hospitals and other healthcare settings.
- Conduct program review to adjust to changing economy.
- Continue exploration and expansion of in-school pantries.
- Continue to target and educate the senior population about SNAP benefits.
- Establish new lease arrangements for fleet.

### RECIPE FOR SUCCESS
**CULINARY JOB TRAINING PROGRAM**

Meals Distributed: 123,722

### Cooking Matters®NH

176 signature course participants in 2018.

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

246 Cooking Matters at the stores participants

### SNAP
**(Supplemental Nutrition Assistance Program)**

Applications 79
Benefits $55,786
MORE THAN 425 PARTNER AGENCIES (FOOD PANTRIES, HOMELESS SHELTERS, SOUP KITCHENS, CHILDREN’S PROGRAMS, SENIOR CENTERS AND MORE ) ACROSS THE STATE.

APPROXIMATELY 50% OF FOOD DISTRIBUTED BY PARTNER AGENCIES COMES FROM THE NH FOOD BANK.

11,923,938 Total Meals

14,133,110 POUNDS OF PRODUCE DISTRIBUTED

3,613,221 POUNDS OF PRODUCE DISTRIBUTED

2,628,507 POUNDS OF PROTEIN DISTRIBUTED

19,732 Volunteer Hours in 2018

$503,561 Volunteer Dollar Value = Equivalent of 10 full time employees

JASON FINDS HIS RECIPE FOR SUCCESS

It was 2008, when in a blink of an eye, I found myself struggling to find employment. I had just come out of a long term relationship leaving behind a home, car, and beloved dogs when I learned that I would also be losing my job. At the time, I had been working as a Direct Care Counselor for a short-term teenage boy shelter. Ultimately the organization had decided to move the program out of the city.

I didn’t have many choices due to limited transportation. I thought about going back to school and looked into job training but was turned down. In the eyes of unemployment, I had already received enough education. At this point my unemployment was close to running out and so was my faith in finding work. Then I came across an ad for the NH Food Bank’s Culinary Job Training Program, and that’s when my whole life began to change. I had finally been given another chance.

I was eager to start. I would visit the kitchen almost every week to get an update on when I could begin. Once the course began, I was learning new skills daily and receiving a unique hands on experience all while helping those in need. It was truly rewarding and opened the door to new opportunities for me.

“Jason was in our first ever Recipe for Success class. He was eager to work and stuck through all of the program’s growing pains. Jason shared our passion to help the community, and when he heard there was a plan for a Garden in the future, he was determined to be its keeper. He continued to push himself to learn and work hard each year helping the NH Food Bank to produce more and more fresh food. His remarkable efforts to maintain our garden and provide great volunteer opportunities have helped feed many hungry people” – Jayson McCarter, Recipe for Success Chef Instructor

Today, I can proudly say I am back on my feet, happily married and the full time Garden Coordinator for the NH Food Bank. The garden is in its 11th season, now a full acre and helps serve over 425 NH Food Bank partner agencies and programs. Just last year, we yielded a record 15,000lbs of fresh produce for those in need thanks to the help of over 2,000 volunteers. I am truly grateful for where I am today and it would not be possible without the chance I received from the NH Food Bank Culinary Job Training Program.
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

NEW HAMPSHIRE FOOD BANK ADVISORY COMMITTEE

John Dumais  
NH Grocers Association, Chair

Lisa Drake  
Stonyfield

Robert Gossett,  
Gossett Consulting LLC, Trustee

Christine Grenier  
Citizens Bank

Pauline Ikawa  
TD Bank

Michael McLean  
McLane Middleton

Carl Provencher  
Hannaford

Rev. Thomas Steinmetz  
Our Lady of the Cedars  
Melkite Church, Trustee

Abby Tucker  
Wadleigh, Starr and Peters

Joanne Ward  
NH House of Representatives  
Rockingham County District 19

Michael Wirtanen  
Team Seacoast Mazda

Thomas Blonski  
Catholic Charities NH

Dominique Rust  
Catholic Charities NH

Eileen Liponis  
NH Food Bank

Nancy Mellitt  
NH Food Bank

Robert Omberg  
Comcast

Bruce Wilson  
NH Food Bank