

Monthly Spotlight



NH Food Bank staff have been hard at work to keep meals and donations sorted and distributed to all of our agencies around the state.

Over the last few weeks, the NH Food Bank has made many changes to operations and processes in an effort to keep our facility as safe and clean as possible. Food Bank staff from all departments have stepped up to lend a hand and keep up with the demand of food for all of our agencies.

In total, the staff has worked together to sort and distribute over 45,000 pounds of salvage meats and non-perishable donations which is usually sorted by our wonderful volunteers.

Our incredible Recipe For Success culinary training program team has been working extra hard to increase (and double) the amount of prepared meals being produced as well. In the month of March alone, the culinary team prepared and distributed over 20,000 meals.

We are so grateful for all the hard work that your programs do every day and are happy to be able to do what we can to help to keep feeding those in need in NH.



A Program of Catholic Charities NH

700 EAST INDUSTRIAL PARK DRIVE
MANCHESTER, NH 03109

What's Cookin'

April 2020

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

no classes in April or May

Thursday, June 18th @10am

Please arrive 10 minutes early.

WELCOME New Agencies

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

no classes in April or May

Wednesday, June 3rd @10am

Please arrive 10 minutes early.

April 2020

Food Bank Closings

Friday, April 10th. Good Friday
 Monday, May 25th. Memorial Day

Quotable

"Embrace the sunshine.
 Thank the rain.
 Enjoy your happiness.
 Grow from your pain."

~Adele Leon



Food Bank Classes

At this time all New Shopper Orientation and SAFE Food Handling classes have been cancelled. We apologize for the inconvenience. Tentative classes have been scheduled for June. Dates can be found on the back of this bulletin.

Program Changes

If your program is temporarily closed or has changed hours at all during this time, please let us know. We are receiving calls from clients around the state looking for food assistance and we want to be sure that we can provide them with the most up to date information about programs in their area. Please also be sure to let us know once you resume regular hours again.

A Note From Agency Relations

We hope that you have a wonderful Easter, whatever the circumstances. The Renewal Application deadline has been extended to May 31st. Please let us know if you have any questions.
 ~Mysty, Emily, Jocelyn and Christy

A Note From Our Executive Director

We want to take a moment to reach out and speak directly to our partner agencies, our soldiers in the field, about the work we are doing together to support our family, friends and neighbors who are struggling in the grips of the COVID-19 pandemic. To meet the evolving and increasing need, we are changing our model and adopting these changes to increase safety for all of us as we continue to function as essential personnel in this crisis. We know that you have the same safety concerns for your staff, volunteers and clients. To continue to meet the need, we want to reassure you that the supply chains are open and we've significantly increased our purchasing to keep up with the demand.

We want to express our sincere gratitude to you, our partner agencies, for the fearless dedication you have shown in serving the growing numbers in our communities that are food insecure. We know it must be challenging for some folks who have never needed your services before and we thank you for welcoming them and providing comfort with kind words, smiles and the sustenance to keep going.

We will get through this together and you, our partner agencies, are the bond in your communities that will nourish our recovery from this challenge. The NH Food Bank will continue to be strong for you as the backbone of charitable food distribution throughout the state and you are the "Most Valuable Players" in the field. We truly appreciate all your work during this challenging time. Thank you for your service and dedication.

~Eileen Groll Liponis, Executive Director

Nutrition Notes

Did you know that water is one of the 6 essential nutrients (aside from carbohydrates, protein, fat, vitamins, and minerals)? If we didn't consume water, we couldn't survive! More than half of our bodies are made up of it. It's so important. What do you drink to stay hydrated? How can you be creative in staying hydrated while making healthy choices?

Awareness is the first step in knowing what choices you are making. If you are hooked to soda, sports drinks, or other sugar loaded beverages, try drinking 1 less serving per day, or maybe even just half the amount you were planning to consume. Small changes over time can help retrain our taste buds and eliminate restriction and cravings. If you like water, awesome, keep drinking! If it's a challenge to stay hydrated, try diluting your beverage choices with water, substitute with 100% juice, try seltzer water, or add some natural flavors like lemon, cucumber, mint, or berries to switch things up!

Agency Express Reminders

- Delivery Agencies: If you are unsure of your delivery date or need to verify, you can click on the "Order Options" tab and select "Scheduler". There you will see your next two delivery dates listed in Green. Changes to your normal monthly delivery schedule will be emailed to you and are reflected within the date listed on the Scheduler page.
- If you need to check that your order was submitted correctly, verify the date and time that you selected for your appointment pickup, or did not receive a confirmation email, click on the "Order Options" tab and select "Order Management". There you will see all of your previous orders including the newest one. If you would like to see an itemized list of an order, click on the Printer icon to the left of the order.
- For pickup orders (at the NH Food Bank), schedule your appointment before placing your order. You will not be able to select an appointment time in the "My Appointment" box at check out. This box is only for verifying your appointment time that you have already selected.