

Monthly Spotlight



Mike from St. Vincent DePaul Food Pantry in Hampton stands with the donation of milk, and juice boxes that he received from the Albertson's grant.

We recently received a grant from Albertson's (Shaw's) to be used to purchase nutritious breakfast foods to be distributed to children. The NH Food Bank used this grant to purchase a variety of single serve cereals, family size boxes of cereal, two flavors of juice boxes, applesauce cups, and single serve white milk and chocolate milk boxes. These items were then distributed to 51 agencies around NH that serve children in some capacity and are within a Shaw's service area.

"Serving breakfast to a wide range of children ages infancy to 12 years old, we are able to meet their individual nutritional needs with foods and drinks that they love. The children love the individual servings. Thank you to Shaw's and Albertson's for this donation." ~Dover Children's Center



700 EAST INDUSTRIAL PARK DRIVE
MANCHESTER, NH 03109

What's Cookin'

March 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

Tuesday, March 10th @10am
Thursday, May 14th @10am

Please arrive 10 minutes early.

WELCOME New Agencies

Hanover Street School Food Pantry
Lebanon

McLaughlin Middle School Food Pantry
Manchester

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

Thursday, March 19th @1pm
Thursday, April 16th @10am

Please arrive 10 minutes early.

March 2020

Food Bank Closings

Friday, April 10th. Good Friday

Quotable

"Those who bring sunshine to the lives of others cannot keep it from themselves."

~from *Peter Pan* by J.M.Barrie

QSR Winners

Congratulations to the 4th Quarter 2019 QSR winners! Each winning agency has received a \$25 credit on their account.

1. NHS Gilpin House - Littleton
2. Southern NH Rescue Mission - Nashua
3. Boys & Girls Club - Salem

To be eligible to win next quarter, be sure to submit your 1st Quarter 2020 QSR on time and use the current form.

Warehouse Pallets

When picking up your order, after you have loaded your vehicle, please return empty pallets to the pallet piles (to the left of the bread). If you are unsure of where this is, please ask any of the warehouse staff. Doing so helps to keep the warehouse clean and helps our staff to use their time more efficiently. If you are unable to put your pallet away for any reason, please leave it flat on the ground. Do not stand the pallets up leaning against the wall as it is an issue of safety.

A Note From Agency Relations

There is a Safe Food Handling class taking place in Berlin on Saturday, March 7th at 9am. If you or someone at your program would like to attend, please contact Jocelyn at jcheney@nhfoodbank.org to sign up for this or any upcoming session. Also, we just want to remind all agencies that Application Renewals are due April 15th.

~Mysty, Emily, Christy and Jocelyn

National Nutrition Month

March is **National Nutrition Month**[®]. This year's theme is Eat Right, Bite by Bite. The NHFB Recipe For Success Nutrition outreach staff wants to encourage all of our agencies to choose one or two health goals this month to focus on, whether for yourself, your family, or for your agency. Small changes can make a big impact and can give all of us the confidence we need to take back our health!

You can advertise **National Nutrition Month**[®] at your agency using a bulletin board, display table, or in an outreach area. Utilize the National Nutrition Month[®] Campaign Toolkit here <https://www.eatright.org/food/resources/national-nutrition-month> for more information and printables.

One goal could be to aim to eat breakfast within two hours of waking. Breakfast helps ensure we get the nutrients we need to function at our peak, and also supports a healthy metabolism! Or maybe you want to try and aim to walk 10 extra minutes per day, eat one extra cup of vegetables, stretch after you wake, or drink more water. The opportunities are endless and don't have to end after the month of March!

The Cooking Matters website offers a variety of healthy, delicious and easy to make recipes. <http://co.cookingmatters.org/recipes> Feel free to share this recipe and more with your clients this month.

Frittata Serves 8, 1 slice per person

Ingredients:

- 1½ lbs. seasonal vegetables, such as broccoli, carrots, turnips, or bell peppers
- 2 medium onions
- 4 ounces low-fat cheddar cheese
- 12 medium eggs
- 1 teaspoon dried dill, thyme, or oregano
- Non-stick cooking spray
- ½ teaspoon salt
- ¼ teaspoon ground black pepper



Preheat oven to 350°F. Rinse and dice seasonal veggies evenly into small pieces. Coat medium skillet with non-stick cooking spray. Add onions first and stir for about 1-2 minutes. Add remaining vegetables for about 5 minutes until vegetables are tender. In large bowl, whisk eggs with fork until well blended. Whisk in dried herbs. Coat 9 x 13 inch baking dish with non-stick cooking spray. Layer ingredients in the baking dish in the following order: veggie mixture, egg mixture, cheese, salt and pepper. Bake until eggs are firm and cheese is melted, about 35 minutes. A thermometer inserted in the middle should read 160°F. Cut and enjoy.

Fresh Rescue Weights

All Fresh Rescue participating agencies must use the scale that was provided to you by the NH Food Bank. All donations received by your assigned grocery store must be weighed per category and estimates will no longer be accepted starting April 1st. If a monthly Fresh Rescue report is submitted listing estimates, the report will not be accepted. Please contact our team if you have not received your scale yet.