



*New Hampshire*  
**FOOD  
BANK**  
A Program of Catholic Charities NH

*We Feed the Hunger of NH's Food Insecure.*

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.

 

### The Big Picture in the United States

If food waste were a country, it would be the 3<sup>rd</sup> largest contributor to green house gas behind China and the US.

Up to 40 percent of food in the United States goes uneaten. That is on average 400 pounds of food per person every year or 333 meals. For NH = 520 Million pounds of food = 433 million meals.

Not only is that irresponsible—it's expensive. Growing, processing, transporting, and disposing that uneaten food has an annual estimated cost of \$218 billion, costing a household of four an average of \$1,800 annually.

Food and agriculture consume up to 16 percent of U.S. energy, almost half of all U.S. land and account for 67 percent of the nation's freshwater use. Those resources are used in vain if the food is never eaten, wasting up to about one-fifth of U.S. cropland, fertilizers, and agricultural water.

### What does that look like for the future?

The global population in 2050 is projected to demand 1.5 to 2 times more food than we needed in 2005.

But that assumes current waste levels.

Americans waste 50 percent more food today than we did in the 1970s, which means we could easily waste less today.

Turning this ship around will require a suite of solutions, including modified supply-chain operations, enhanced market incentives, increased public awareness, and adjusted consumer behavior.

While much work remains, the good news is that Americans have made heartening progress toward wasting less food since 2012, and momentum continues to build.

### What does Hunger look like in NH in 2018

**9%** of NH citizens are considered “Food Insecure” meaning they don’t know where their next meal is coming from.

That’s 120,132 NH citizens

**11%** of children under 18 years, live in food insecure homes.

That’s 29,740 NH children

**7%** of our seniors, 65 years and older, are food insecure.

That’s 46,718 NH seniors

If the average US person wastes 400 pounds of food per person every year, for NH’s 1.3 M = 520 Million pounds of food = 433 million meals.

### The NHFB team that fuels our lean mean feeding machine.



### How the NH Food Bank fights hunger in NH

In 2017 the NHFB distributed 13,665,147 pounds of food to more than 425 partner agencies throughout the state. Our partners are:

- Neighborhood Food Pantries
- Soup Kitchens
- Senior Feeding Programs
- After School Feeding Programs
- In School Food Pantries
- Family Crisis Centers
- Recovery Programs
- Homeless Shelters

### Programming designed to empower people

**Cooking Matters** - Share Our Strength's Cooking Matters® empowers families with the culinary skills, nutrition education and confidence to buy and prepare healthy and affordable meals.

**Culinary Training** - Our commercial kitchen is the site of the Recipe for Success Culinary Job Training program. The goal of this course is to help individuals suffering financial hardship gain the skills and experience necessary to seek employment in the food service industry.

**SNAP Outreach** - In 2008, the federal Food Stamp Program was renamed the Supplemental Nutrition Assistance Program (SNAP). The New Hampshire Food Bank SNAP Outreach Coordinators help out with the program by providing application assistance across New Hampshire.

**Mobile Food Pantries** - Direct response to local need and a means to distribute nutritious food such as fresh produce, meats, dairy and shelf stable items.

**Production Garden** – Our own 1 acre garden manned by volunteers that produces 14,000 + pounds of fresh produce on average each year

### How the NHFB reaches NH children directly



Outside of food from family distributions we support:

- Cooking Matters for Children
- Hunger Free Weekend Programs
- In School Pantries
- After School Feeding Programs
- Rural Summer Feeding Programs



## How the NHFB represents our Food Insecure

### **State:**

- We advocate and educate our legislators on any bills that pertain to the health and nutrition of those in need.
- We sit on the Commission to Address Childhood Hunger and supported it's re-establishment.
- We support legislation that resolve the root causes of hunger.

### **National:**

- As a member Food Bank of Feeding America, we benefit from their advocacy on a Federal level.