



An Update from MUW President Liz LaRose

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Dear MUW Supporters,

Spring is finally here! Today I want to share with you why it's a challenging time of year for the eight area food pantries that make up the Monadnock Food Pantry Collective (MFPC), and how you can help. As most of us know, contributions to nonprofits peak during fall campaigns, the holidays, and end-of-year donations. Our partner agencies know this and plan their spending accordingly.

However, factors like ongoing inflation impact some organizations differently than others. *The cost of food has increased 32% since 2019!* Unfortunately, cash and food donations haven't kept pace, most likely because individuals and businesses have also been impacted by inflation and the financial aftermath of the pandemic.

Meeting the Challenge

In 2022, the eight pantries in the MFPC provided healthy foods and fresh produce to 3137 individuals in 23 towns in the Monadnock region – an amazing accomplishment in an environment where they experienced:

- growing numbers of individuals and families seeking food
- increasing demand for summer food programs for children
- inflation and food supply issues
- a decrease in donations of salvage supplies from stores and restaurants
- dwindling offerings and higher prices from the NH Food Bank

Data from [Feeding America](#), the nation's largest domestic hunger-relief organization, tells us that more than 9 percent of Cheshire County residents experienced food insecurity in 2021. Like many of you, I can't imagine not knowing where my next meal is coming from, and I want to help.

Contribute to Fundraiser by April 30!

The Keene Sentinel launched its first "News & Nourishment" campaign, running April 1 – 30. Their goal is to raise \$15,000, which will be distributed across the eight food pantries. Members of the MFPC will use these funds to meet the increased demand for food in late spring and summer. [Click here](#) to make a donation. Helping to ensure that everyone has enough to eat is one of the most important and compassionate things you can do for our communities. Thank you!



Want to become a sustaining donor to the Monadnock United Way? Join the Community Builders program!

[Join now!](#)

Check out a conversation about the News & Nourishment campaign between Olivia Belanger, The Keene Sentinel's Health Solutions Reporter, and Sarah Harpster, Executive Director of The Community Kitchen!

[Watch here!](#)

Sincerely,
Liz LaRose, President

Thank you to our Sponsors!



Click [here](#) to see past issues of our newsletter!

PLEASE NOTE:

With the importance of social distancing, we are limiting the number of hours that our staff come into the office to process gifts received via US Mail. We are asking donors to use our safe, secure [donation portal](#) whenever possible. However, we gratefully accept checks from anyone who prefers to donate in that manner and we will ensure that they are processed in a timely manner.



MUW is proud of our outstanding charity ratings!

