

## Why Gleaning Matters

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**1 in 7** people in NH don't know where their next meal will come from.

When food budgets are tight, fresh fruits and vegetables are the first items to be left out, leading to poor diet, obesity, and many other health problems.

Since 2013, NH Gleans has rescued over **1 million pounds** of fresh local produce across the Granite State.

Through the act of gleaning, we nourish our neighbors, build stronger connections, and grow a deeper appreciation for our food, farms, and community.



**NH Gleans** is a network of regional partners working in their communities to make fresh produce, dairy, and other locally-produced foods available through food pantries, soup kitchens, community suppers and schools. Food grown at local farms, orchards, home and community gardens is harvested and/or picked up and distributed by volunteers led by Gleaning Coordinators in each region. Network lead organizations create gleaning opportunities to avoid food waste, support local farms, and feed people across the Granite State.

For more information:  
[www.NHGleans.org](http://www.NHGleans.org)

Be part of the NH network connecting local agriculture & hunger relief



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(603) 352-3200

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**gather**  
For a Hunger-free Community

seacoast@nhgleans.org  
(603) 436-0641

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**Hillsborough County  
Conservation District**

[hillsborough@nhgleans.org](mailto:hillsborough@nhgleans.org)  
(603) 673-2409

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(603) 223-6020

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belknap@nhgleans.org  
(603) 527-5880

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## Willing Hands

uppervalley@nhgleans.org  
(603) 527-5880

## How does it work?

1

Farmers, gardeners, and producers donate food that cannot be brought to market, is overstocked, is imperfect, or needs to be thinned.

2

Community members volunteer individually, with family, church, business, civic groups, or clubs to harvest and/or transport produce.

3

Food pantries, soup kitchens, and schools take deliveries on gleaning day.

The Good Samaritan Act removes liability for food donations from donors as long as necessary food safety precautions are taken.



## Who gleans in my region?

### Seacoast:

Gather

### Merrimack County:

Merrimack Co. Conservation District

### Lakes Region:

Belknap Co. Conservation District

### Hillsborough County:

Hillsborough Co. Conservation District

### Great North Woods:

Taproot Farm & Education Center

### Upper Valley:

Willing Hands

### Cheshire County:

The Community Kitchen

Don't see your area listed?

Reach out! Email:

[director@nhgleans.org](mailto:director@nhgleans.org)



Visit **NHGlleans.org** to:

**Volunteer**



**Donate**



**Learn**

