

Network News

November 2016

A NEW NAME AND A NEW EMAIL!

The Agency Relations Department is now the
Network Engagement Team! (NET)

Email us at: net@foodbankmoc.org

FoodBank Closures

The FoodBank will be **closed** on:

Thursday, November 24th and Friday, November 25th in observance of the Thanksgiving holiday.

The FoodBank will be **open** on Election Day, November 8th, and Veterans Day, November 11th. Deliveries and pickups will not be affected.

The BEAT Center will be closed on December 9th for a FoodBank event. All pickups will be made from our Neptune location on that day. Please plan your orders accordingly.

FoodBank Trivia!

- Which of the following foods is a good source of protein?
 - Nuts and Peanut Butter
 - Dried Beans and Lentils
 - Dairy products
 - Meat, Fish, Poultry
 - All of the above
- What is the shared maintenance fee for fresh produce, eggs, and dairy products?
 - \$0.18/lb.
 - There is no shared maintenance fee for these items.
 - \$0.14/lb.
- What does TEFAP stand for?
- How many days in advance do online orders need to be placed?



**THE
FOODBANK**
of Monmouth and Ocean Counties

A member of **FEEDING
AMERICA**[™]

3300 Rt. 66 • Neptune, NJ 07753
732-918-2600 • www.foodbankmoc.org

It's Open Enrollment Season for Affordable Health Insurance- Please Refer Your Clients!

The FoodBank's certified Health Care Navigators are available to provide free, confidential assistance with questions and enrollment from November through January with the Marketplace, NJ Family Care and Medicaid in:

Freehold: Freehold Raceway Mall, Financial Success Center (Inside the Meridian Community Resource Center, first floor Macy's wing)
Tuesdays and Wednesdays, 10am to 7pm.
Call (732) 414-6745 for an appointment to reduce wait times.

Toms River: The BEAT Center, 1769 Hooper Ave.
Mondays and Fridays, 8 am to 4:30 pm and after hours by appointment.
Call (732) 731-1400 for an appointment.

For questions, including information about what to bring with you, assistance at the other sites near you, or assistance in Spanish, call (732) 643-5888, or visit www.foodbankmoc.org.

Did you know?
Financial Assistance is available, and most people find plans with a premium of \$0 to \$100/month depending on their income.

If you don't have health insurance, you may have to pay a penalty of \$695 or more this year.

Please submit your trivia answers by
November 15th, and send to
net@foodbankmoc.org for a chance to
win gift cards for your program!

MEMBER TRAININGS

Safe Food Handling: Tuesday, November 8th at 2:30 pm
At The BEAT Center
1769 Hooper Avenue, Toms River

Must be completed at least every three years. *If you are unsure of your expiration please contact the NET, as programs with an expired certification will be placed on hold until it is renewed.* **If your agency has had turnover of staff or volunteers, training must be completed as soon as possible for those new representatives.**

Agency Express:

Tuesday, November 15th 1pm
The BEAT Center
1769 Hooper Avenue, Toms River

Tuesday, December 6th, 1 pm
At The FoodBank of Monmouth and Ocean Counties
3300 Route 66, Neptune

If you plan to attend, please make arrangements to bring your own laptop or tablet to use.

PLEASE EMAIL THE NET OFFICE TO RSVP TO ALL TRAININGS. INCLUDE NAMES, CONTACT NUMBER, AND PROGRAM NAME

Holiday Food Safety: Safe Cooking Times

Remember to keep food safety in mind when preparing your Thanksgiving meals this year!

A food thermometer should be used to ensure a safe minimum internal temperature of 165°. See the enclosed tip sheets for safe thawing information.

APPROXIMATE COOKING TIMES (325 °F oven temperature)

UNSTUFFED (time in hours)

4 to 6 lb breast.....	1 1/2 to 2 1/4
6 to 8 lb breast.....	2 1/4 to 3 1/4
8 to 12 lbs.....	2 3/4 to 3
12 to 14 lbs.....	3 to 3 3/4
14 to 18 lbs.....	3 3/4 to 4 1/4
18 to 20 lbs.....	4 1/4 to 4 1/2
20 to 24 lbs.....	4 1/2 to 5

STUFFED (time in hours)

8 to 12 lbs.....	3 to 3 1/2
12 to 14 lbs.....	3 1/2 to 4
14 to 18 lbs.....	4 to 4 1/4
18 to 20 lbs.....	4 1/4 to 4 3/4
20 to 24 lbs.....	4 3/4 to 5 1/4



Produce Spotlight



Roasted Root Vegetables

Ingredients

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
- 2 carrots (chopped)
- 1 onion (medium, chopped)
- 1/4 cup vegetable oil
- 3 tablespoons Parmesan cheese (optional)

Directions

1. Preheat oven to 350 degrees.
2. Peel vegetables and cut into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Source: Montana State University Extension Service

Friendly FoodBank Reminders!

You may drop off your monthly paperwork or other forms at the BEAT Center. Just bring around back to the FoodBank Agency Door and leave it with the BEAT Center Coordinator (William). Please label with the name/department of where they should be sent.

Please remember to *carefully* check your order at the time of receipt and report any discrepancies to the NET within 24 hours. Missing items will not be replaced if we do not get immediate notification.

Thank you!