

# Network News

October 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](mailto:net@foodbankmoc.org)

*Welcome Robin and Katie!*



*Robin Gardiner started with the FoodBank as a temp in the development department, then moved to finance and has finally found her home in the Network Engagement Team. After several years in customer service and event planning at a for-profit company and a bank, she is thrilled to be at the FoodBank helping our mission to shorten the lines and alleviate hunger. Robin can be reached at [rgardiner@foodbankmoc.org](mailto:rgardiner@foodbankmoc.org), or at extension 5864.*

*Katie Friedland is a registered dietitian and the new Nutrition Programs Coordinator for the FoodBank. She is excited to work with you to improve the nutritional quality of the foods you receive and distribute to your clients. Don't hesitate to contact Katie at extension 5868, or [kfriedland@foodbankmoc.org](mailto:kfriedland@foodbankmoc.org) with any nutrition-related questions or requests for nutrition education for your staff and/or clients.*

## FoodBank Closures

The warehouse in Neptune will be closed from 9 am to 12:30 pm on Friday, October 14<sup>th</sup> during our Childhood Hunger Day celebration. Deliveries will still be made as scheduled, however pick-ups will not be available until 1 pm, and will be limited for the day. Please plan your orders accordingly.



**THE FOODBANK**  
of Monmouth and Ocean Counties  
A member of **FEEDING AMERICA™**

3300 Rt. 66 • Neptune, NJ 07753  
732-918-2600 • [www.foodbankmoc.org](http://www.foodbankmoc.org)



## Thanksgiving Reminder

*Don't forget to submit your turkey sign-up sheets no later than October 21<sup>st</sup>. Only those pantries that submit these forms will be eligible to receive the requested turkeys. Further information regarding ordering will continue to be communicated.*

*We encourage you to communicate with other programs if you feel it will help you plan an organized and efficient distribution. Please do not assume that all of your clients will require a turkey, and we may also suggest limiting your timeframe for signups and focus your resources on clients that regularly utilize your services as one of our programs will be doing this year.*

**Please continue to communicate your questions and concerns to our Network Engagement Team by emailing us at [net@foodbankmoc.org](mailto:net@foodbankmoc.org), or calling us at 732-643-5889.**

### *Open Enrollment for Affordable Health Insurance*

Open Enrollment for Affordable Health Insurance through the ACA Marketplace is from November 1, 2016 – January 31, 2017. To enroll, review or make changes, please visit: [www.marketplace.gov](http://www.marketplace.gov).

If you have questions or need assistance, The FoodBank has Health Care Navigators, certified through the Marketplace with the most recent information, available to answer questions and provide free, confidential assistance with Marketplace and Medicaid/NJ FamilyCare applications. The following sites will be open during enrollments:

**Freehold:** Freehold Raceway Mall, Financial Success Center (inside the Meridian Community Resource Center, first floor Macy's wing) Tuesdays and Wednesdays 10am - 7pm.

**Toms River:** The B.E.A.T. Center 1769 Hooper Ave., Mondays and Fridays 8am - 4:30pm, and after hours by appointment.

Other sites throughout both counties will also be able to provide assistance on specific days. For more information about sites, or what to bring with you, please visit [www.foodbankmoc.org](http://www.foodbankmoc.org), call (732) 643-5888 or email [Health@foodbankmoc.org](mailto:Health@foodbankmoc.org).

## MEMBER TRAININGS

**Safe Food Handling: TBD**

**At The FoodBank of Monmouth and Ocean Counties  
3300 Route 66, Neptune**

**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.**

**FoodBank Orientation: TBD**

**Orientation is open to new groups interested in becoming members of the FoodBank, as well as individuals that are new to your agency.**

**Agency Express: Tuesday, October 18th, 1pm**

**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**

## Friendly FoodBank Reminders!

Please accept this reminder that Health Inspections are good for 1 year. Please forward us your most recent inspection certificate. If you have not received an inspection in the last 12 months, please contact the local health department to have one scheduled.

Monmouth County DOH: 732-431-7456

Ocean County DOH: 732-341-9700

If you are unsure whether you submitted a copy, go ahead and send another!

Please make sure we have your most recent contact information (phone, email, address). If you have recently changed anything please forward to the NET so we know how to reach you!

**Thank you!**

## Produce Spotlight



### Roasted Butternut Squash

#### Ingredients

1 Butternut squash  
1 Tablespoon olive oil  
Salt to taste  
Cinnamon, optional

1. Preheat oven to 400° F. Line a baking sheet with parchment paper or aluminum foil.
2. Peel butternut squash and cut in half, lengthwise. Scoop out seeds with a spoon.
3. Cut squash into 1 inch cubes.
4. Toss squash in a bowl with olive oil. Spread on a parchment lined baking sheet. Sprinkle lightly with salt and cinnamon, if desired.
5. Bake for 35-45 minutes or until tender. Enjoy!

*Pennsylvania Nutrition Education Network*

### How to Cook Dried Beans

#### Ingredients:

- 2 cups dried beans  
- 3 quarts (12 cups) of water

#### Directions:

*Place dried beans and water in a bowl and soak overnight. Then discard the water.  
Cook on stove: Add 3 quarts of new water to beans. Bring to a boil and then turn down the heat and simmer for 1 to 2 hours.*

OR

*Cook in slow cooker: Place the beans in your slow cooker and cover with water. Cook for about 12 hours on low.*

*Note: Do not add salt before beans are done cooking or the beans might get tough.*

*Source: The Food Group Minnesota: Cooking Dry Beans*

