



HUNGER
WON'T
WIN HERE

MEMBER OF
FEEDING
AMERICA

FOOD FOR THOUGHT

Fulfill sends help to Puerto Rico Food Bank

On the 5th Anniversary of Superstorm Sandy, Fulfill paid it forward and helped another Food Bank after another life-changing storm. Our FoodBank was helped by many others in the Feeding America network who came to ensure we could operate and get food and emergency supplies to our neighbors during Sandy.

So Luis Mendez, an Operations Team Member at Fulfill, volunteered to assist Banco Alimento, the Food Bank of Puerto Rico, by transporting much needed food and supplies to those on the island. Lou was eager to help, as he is fluent in Spanish, a truck driver and has family living there.

Luis' service reminded us of all those whose lives were changed that day, and of all who did not hesitate to pitch in and help in whatever way they could.

Luis Mendez, an Operations Team Member at Fulfill, volunteered to assist Banco Alimento, the Food Bank of Puerto Rico, by transporting much needed food and supplies to those on the island.



From the CEO on Why Jersey Strong Supports Fulfill

by Stephen S. Roma, CEO/Owner, Jersey Strong

My mother started WoW Work Out World over 25 years ago and my family and our team of fitness professionals have been Keeping Jersey Strong ever since. You may not know this, but we coined the phrase JERSEY STRONG back in 2007. And then in 2012, when Superstorm Sandy hit, our catchy slogan instantly became a mantra to live by, as we all confronted a really challenging time.



We got to see what it means for communities and people to pull together. In fact, it changed us. It changed the way we view our business AND the communities that we serve. It prompted us to change our business model, start the Jersey

Strong Foundation and ultimately change our brand name to JERSEY STRONG. It's no longer just a catchy tagline or slogan, it's the core of our beliefs as a company.

The Jersey Shore has always been a core part of our culture. Most of Jersey Strong's first clubs were built along the Monmouth and Ocean County shoreline, and the shore is home to our staff and thousands of Jersey Strong members. It's all about community and keeping it local. When we first visited Fulfill, we were taken aback by two things: the impact and the need. At the time, Fulfill was distributing over 12 million meals to our friends and family in the community. That number led us to ask the question, "How many individuals do you assist on an annual basis?" To our disbelief, 132,000 individuals

were helped by Fulfill last year alone. Hearing the widespread need cemented our commitment.

Since that first connection, the Jersey Strong Foundation has donated \$185,000 to Fulfill, equating to well over 550,000 meals. After this year and with a large pledge and sponsorship,** we will be approaching 1 million meals! We believe everyone can feel strong and that we are strongest when we work together.

We are JERSEY STRONG.

****Corporate Sponsorships are available on an annual basis. To learn more about how your business or foundation can support FULFILL, contact Kate Irving at kirving@fulfillnj.org or call 732-643-5860.**

JERSEY STRONG

THE FOODBANK OF
MONMOUTH & OCEAN
COUNTIES IS NOW...



Headquarters

3300 Route 66
Neptune, NJ 07753
(732) 918-2600

The B.E.A.T. Center

1769 Hooper Avenue
Toms River, NJ 08753

www.fulfillnj.org

Follow us on



Fulfill earned a 4-star rating from Charity Navigator for eight consecutive years. This distinction means Fulfill, a 501 (c)3 charitable organization, outperformed most charities in America in areas of efficiency, fiscal integrity, and effectiveness.



Board of Trustees

David Offenberg, Chairman
Ken Marowitz, Vice Chairman
Rhonda Figueroa, Secretary
Charles Woolston, Treasurer
Leslie L. Barlow
Glenn Bellomy
Robert P. Brown
Drew Eitner
Jean M. Gardner
Jeremy Grunin
Michael Gualario
Joseph J. Lebel, III
Dean Q. Lin
Bill Mayo
James H. Murphy
Gina Petillo
Sammy Steinlight
David Wintrod

Executive Director
Carlos M. Rodriguez

MESSAGE FROM EXECUTIVE DIRECTOR



Dear Friends of Fulfill:

Happy Holidays and Happy New Year! I cannot thank you enough for your continued support of our food bank, as we changed our branding this year and began doing business as **Fulfill**.

In 2017, the impact of your dollars has allowed us to help so many in our community and I'm grateful and proud of all we've accomplished together to end hunger. We provided 13 million meals this year, including 3 million pounds of fresh produce, but there is still so much more we can do to fill the need.

I ask that you continue to support Fulfill and provide the additional help that our neighbors need especially during the winter months when decisions about whether to heat or eat are still all too common. Whether it's a senior or veteran helped by our mobile pantries or our children in backpack and after-school hot meal programs - they are all our neighbors and in need of a hand up.

I THANK YOU and welcome you to visit us, tour one of our facilities in Monmouth and Ocean counties, or spend some time volunteering. As your local food bank, we know that we cannot end hunger without YOU!

I promise that with your help, Hunger Won't Win Here!

Respectfully yours,

Carlos M. Rodriguez
Executive Director



Fulfill Focus on Youth

Fulfill provides nutritious food to approximately 40,000 children each year, helping them grow up healthy and strong. Last year, we provided 142,000 healthy meals through our Backpack, After School Meals, Summer Meals, and Pediatric Mobile Pantry programs. These initiatives are supported by people like you and other funders including: Our Family Foundation, the Charles Lafitte Foundation, Jules L. Plangere, Jr. Family Foundation, PwC Charitable Foundation, the Red Nose Day Fund, the Albertson's Companies and Entertainment Industry Foundations, and Target. We cannot do this without the help of all our community partners!

Help Ensure Hunger Won't Win Here

For 132,000 people in Monmouth and Ocean Counties, hunger is a year-round problem.

With a gift of \$1,000 or more annually to Fulfill (formerly The FoodBank of Monmouth and Ocean Counties), you join a special group of dedicated families and individuals—the **Silo of Hope Society**—who are deeply committed to providing for the most basic of human needs—food.

Silo of Hope members make up 84% of our individual donations and are critical to keeping us strong. Your leadership supports Fulfill's mission to alleviate hunger and build food-secure communities in Monmouth and Ocean Counties.

If you are interested in becoming a Silo of Hope member, contact Diana Flippo at 732-643-5843 or email dflippo@fulfillnj.org.

Silo of Hope Society

Silo of Hope has six levels of annual giving, starting at \$1,000

\$1,000+	Seed of Hope
\$2,500+	Gardener of Hope
\$5,000+	Gatherer of Hope
\$10,000+	Cultivator of Hope
\$25,000+	Nourisher of Hope
\$50,000+	Leader of Hope

Fulfill's "Winter Greens" Garden — Providing Nourishment Year-Round

This winter is the first that Fulfill's Volunteer Organic Garden will remain active, thanks to our dedicated volunteers and to Jess, our new Garden Coordinator, whose deep-rooted love for gardening and community giving was instilled in him by outstanding life teachers.



"We are all about feeding people nutritious produce and making sure that our culinary students have fresh ingredients and herbs for food preparation for our kids after-school meal programs. Sharing our food system with our immediate community has shown me what strength people can attain when they work together," says Jess.

The greenhouse will remain utilized throughout the winter season, as it generates heat while using a hydroponic system and protective cloth to grow produce. Although the produce grown is limited to the space of the greenhouse, we will remain

able to grow and provide a substantial amount of fresh greens, including kale, spinach, cabbage and herbs!

It doesn't stop there for our garden this winter! Our bee colonies will also be winterized until the spring. To do so, Jess plans to strengthen the bees' food supply with sugar/pollen patties, and create wind barriers for the hives to be used after the frost date of November. There's no stopping us!

With the right tools, volunteers and an extremely dedicated garden community, Fulfill's organic garden will continue to provide nourishment and learning experiences year-round.

Fulfill Culinary Training Program Celebrates Milestone with 50th Graduating Class

December marked the 50th Culinary Class Training Graduation since the program began in 2002. Over the years there have been many enhancements made to the program, including adding a Student Success Coach, a new production kitchen in Toms River at The B.E.A.T. Center, updated classes including baking, social media promotion and food styling, and special guest lecturers, all leading to a life-changing experience for the students.

"I'm so proud of this program and how far it's come," says Executive Chef Ray Cattley. "But I'm especially excited about the students who are now enjoying careers in the culinary industry and starting their own successful catering businesses, restaurants and food trucks. There's no better feeling than having a former student come back and speak at graduations and to the new students. They are truly an inspiration."

Fulfill's Culinary Arts Training Program helps adults in need of employment receive job skills training, food prep experience, and job readiness skills. Now having completed 50 classes with more than 300 graduates, the program boasts an 80% job placement rate in the culinary industry three months post-graduation.

The 13-week program offered in Neptune and Toms River, includes hands-on cooking and baking training, experience



preparing up to 200 meals a day in a commercial kitchen, ServSafe and CPR certifications, job readiness and placement assistance and ongoing support after the program ends. Applicants must be 18 years of age, able to meet low-income requirement, be drug and substance free and have basic reading and math skills to qualify.

With the help of community partners, we will continue to provide living wage jobs and a second chance for those in our program. To learn more or apply for an upcoming class, visit fulfillnj.org

***The Culinary Training Program is supported by a three year, \$400,000 grant with a \$150,000 match component from the Jay and Linda Grunin Foundation, as well as grants from the Community Foundation of NJ (\$10,000) and the Wells Fargo Foundation (\$5,000). This program is also supported by funding from the Workforce Investment Board.**

From the Culinary Training Kitchen – Irish Soda Bread

Ingredients:

3/4 cup granulated sugar
2 tsp. salt
8 1/2 cups flour
2 Tbsp. baking powder
2 tsp. baking soda
1 1/4 cup melted butter (10 ounces)
4 eggs beaten

3 cups buttermilk
4 cups raisins (can use dark or golden, or both)
2 tsp. caraway seeds

Method: Combine dry ingredients, cut in butter until crumbly. Add eggs, buttermilk, raisins, and

seeds, mix until blended. Knead for 5 minutes. Scale into 4 rounds. Rest 5 minutes. Criss cross top and bake in 4-8" pans. Bake 350F for 45-50 minutes (190F center)

Yield: 4-8" rounds





Seniors Receiving Help From Our Mobile Pantry

Meet Evy. At 77, she's happy to be at a caring senior center with plenty to do. She enjoys playing cards, writing, and making people laugh and she likes to try out her stand-up comedy routine when things get slow. We visited with her during a stop on Fulfill's mobile pantry that delivers fresh fruit, dairy, vegetables, bread and other staples once a month to help low income seniors supplement their food budget.

"The mobile pantry helps me stock up on the healthy food I need for my diabetes and I appreciate the help I receive. I'm below the poverty line and living on social security, and every bit helps. I do sometimes grab something sweet if there are baked goods, but I always share it with my friends. I consider myself lucky. The services I get allow me to do more and that makes me happy."

Healthy Holiday Meals From ShopRite Arrived with a Special Guest

World Cup Champion, Gold Medal Olympian and Monmouth County resident, Christie Pearce Rampone, was on hand when ShopRite delivered 2,000 frozen turkeys and 2,000 pounds of fresh produce. The supermarket's annual holiday donation is a longstanding ShopRite tradition that enables many families in Ocean and Monmouth counties to sit down to a healthy holiday meal. Special thanks to the Saker and Perlmutter families.

Fighting hunger in the community is at the very heart of ShopRite's charitable giving. Through its year-round hunger-fighting initiative, ShopRite Partners in Caring, has donated more than a million pounds of holiday turkey over the last 18 years to food banks in their regions.



Christie Pearce Rampone, shown here with Fulfill volunteers who helped unload the truck.

Meet Dave Rajala, a VITA Volunteer Tax Preparer For Fulfill

I began volunteering for Fulfill's free tax program following my retirement from a 37 year career at AT&T Labs. I donate my time in areas where I can make a difference in improving people's lives. So when a friend told me about her experience with the VITA, (Volunteer Income Tax Assistance) program, I decided to give it a try.

Last year, when I counted the hours of training and actual time spent doing tax preparation with Fulfill/Foodbank clients, and

totaled up the refund dollars they received from my returns, I found each hour I spent brought a benefit of around \$1000. So, volunteering for around 100 hours during a tax season brings about \$100,000 of tax benefits to the clients. I cannot think of a more valuable way of applying my time to help others!

One client I had my first year was a 30-something mother of two pre-school children who had just gotten divorced and was using the service from Fulfill for the first time. This mother explained how she was living with relatives since Superstorm Sandy (and thus had no rent to declare), how her marriage couldn't handle the stress of the loss of their home from the storm and the husband's loss of his job, and how she was working two jobs and earning about \$18,000 annually to provide for her family. When we finished the interview session and determined she would get a combined federal and state refund of about \$10,000 (due to her filing status as head of household, earned income tax credits, child care credits, etc), she was visibly stunned, so thankful, and said it was the first good thing that happened to her in 3 years to help her get back on her own, rebuild her life and gain her independence again.

For working people with lower incomes, there is little access to software or professional tax preparation. So as a volunteer, what I get is the opportunity to apply skills and abilities to bring tax preparation expertise at no cost to those who need it and cannot otherwise afford it, and make a measurable financial contribution to their lives.

***VITA volunteers are IRS-trained at no cost to them. If interested, please contact Judy Daniels at jdaniels@fulfillnj.org.**

"As a volunteer, I get the opportunity to apply skills and abilities to bring tax preparation expertise at no cost to those who need it and cannot otherwise afford it..."

