



# Network News July 2018

Questions? The Network Engagement Team is here to help!

[net@fulfillnj.org](mailto:net@fulfillnj.org); 732-643-5889.

## THANK YOU!

Thank you to all of our partners for helping to make this past Fiscal Year a success! With your help, we distributed a total of

**12,537,216 lbs. of food**

And served

**568,674 neighbors in need,**

and **385,010 meals** at your shelters and soup kitchens.

**We couldn't do it without your partnership!**

**Important**

**Fulfill will be closed : Friday, July 13<sup>th</sup> for a Staff Day**

Please keep in mind that the 13<sup>th</sup> is not a business day, so leave extra time to place your orders!

## Some Friendly Reminders...

- As per the NJDA, clients can receive TEFAP and SFPP **MORE THAN ONCE PER MONTH.**
- Backup documentation is not required to receive TEFAP or SFPP food. New Jersey is a self-declaration state.



**Neptune Facility**  
3300 Route 66  
Neptune, NJ 07753

**The B.E.A.T. Center**  
1769 Hooper Avenue  
Toms River, NJ 08753

732-918-2600  
[fulfillnj.org](http://fulfillnj.org)



# Network News July 2018

## Upcoming Trainings

**Fulfill Orientation:**  
Tuesday, August 14 – Neptune  
1:00PM – 2:00PM  
For New programs and new Staff members

**Agency Express**  
Tuesday, July 10<sup>th</sup> – Neptune  
1:30PM – 2:30PM

**Safe Food Handling**  
Wednesday, July 25<sup>th</sup> – BEAT Center  
2:30PM – 4:00PM  
Must be completed every three years

**TEFAP Training:**  
Tuesday, August 14 – Neptune  
2:30PM – 3:30PM  
For New USDA programs and New Staff Members

**Client Management Tool**  
Friday, July 6<sup>th</sup> – BEAT Center  
9:30AM – 11:30AM

**Monday, July 16<sup>th</sup> – Neptune**  
1:00PM – 3:00PM

## Are You Drinking Enough Water?

**By the time you feel thirsty, you are already dehydrated.**

**Signs of dehydration:** dry mouth, low blood pressure, rapid heart beat, dizziness, lack of energy, fainting

**To avoid dehydration, drink plenty of fluids and eat hydrating fruits & vegetables:**

- Fruits: Pineapple, peaches, oranges, melon (watermelon, cantaloupe, honeydew)
- Vegetables: Cucumbers, celery, lettuce, cabbage, zucchini

## Garden News

**Harvesting:** July should be the beginning of a bountiful harvest of your summer crops. Remember some proper tips to lengthen your harvest season:

- Clean your tools before and after picking different vegetables.
- Try to harvest at the earliest part of the day to avoid heat.
- Plan your harvest day with your distribution day.
- Each vegetable is harvested differently. Get to know your vegetable.



**Neptune Facility**  
3300 Route 66  
Neptune, NJ 07753

**The B.E.A.T. Center**  
1769 Hooper Avenue  
Toms River, NJ 08753

732-918-2600  
fulfillnj.org