



# Network News August 2018

Questions? The Network Engagement Team is here to help!

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

## Let's Talk Turkey...



It is hard to believe we are already approaching another holiday season! You may wish to start thinking now about your sign-up and distribution timelines to ensure a smooth process this year. As a reminder from last year, **we will be requiring all pantries who plan to distribute individual turkeys to submit copies of your sign-up sheets by October 19<sup>th</sup>**. Other programs who wish to receive turkeys for your meals should also submit a turkey request form.

Forms will be emailed with the August newsletter or can be obtained by contacting the NET, [net@fulfillnj.org](mailto:net@fulfillnj.org).

Important

The BEAT Center will be closed on Friday August 31 for our Culinary Class Graduation. There will be no pickups at this location that day.

## Some Friendly Reminders...

- If you are dropping off your original TEFAP & SFPP reports at The BEAT Center, please only give them to Desiree at the Agency Door to ensure that we receive them in Neptune in a timely manner.



**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)



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## Upcoming Trainings

**Safe Food Handling**  
**Tuesday, August 21–Neptune**  
**2:00PM – 3:30PM**

**Must be completed every three years**

## Reduce Food Waste in Your Home

**90 billion pounds of edible food goes to waste every year. That's the weight of 123x the Empire State Building.** Here are some ways to reduce food waste at home:

- **Plan your weekly menu:** Make a grocery list, buy only what you need (stay in your budget!)
- **Re-purpose leftovers:** Create new dishes, add broccoli stems to a salad, blend overripe fruit to make a low-fat smoothie
- **Compost food scraps:** Use the compost as soil for your home garden, while protecting your plants against diseases and adding to water and air quality

## Garden News

**Beneficial Insects:** How Insects can benefit your vegetables and flowers.

- Many native insects are pollinators. They pollinate our yards and in turn let the plants flower and provide us with produce.
- Lady bugs, praying mantis, and green lacewing are a few that prey on negative insects so that our plants can grow.
- Chemical pesticides and herbicides can also kill beneficial insects.



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