



Network News November 2018

Questions? The Network Engagement Team is here to help!

net@fulfillnj.org; 732-643-5889.

Need affordable health insurance?

Open enrollment season for the Marketplace is from November 1 - December 15, 2018. To enroll, review or make changes, visit www.healthcare.gov

Need Help? Fulfill's certified assistors can help you understand your options, and assist with enrollment for Marketplace and NJ FamilyCare. Help is confidential and free. Assistance sites are located in Toms River, Brick, Freehold, Red Bank, Union Beach and other locations. Call 732-643-5888 or email Health@fulfillnj.org for more information about assistance sites, appointments and what to bring.

(see attached flyer for more details)

Friendly Reminder...

- As a reminder, clients may only receive a turkey from one location this holiday season. Please make sure to ask during your distribution if they have received a turkey from another location.
- Please email net@fulfillnj.org if you have an issue, question or concern regarding your program. All NET team members have access to this mailbox. If anyone is out of the office, another team member will be able to assist you in a timely manner.

Fulfill Upcoming Closures:

Thursday & Friday, November 22 & 23 for Thanksgiving
Monday – Wednesday, December 24-26 for Christmas
Tuesday, January 1, 2019 for New Year's Day



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



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Upcoming Trainings

Safe Food Handling

Must be completed every three years

December 17 Neptune 2:30pm

January 7 BEAT Center 2:30pm

February 13 Neptune 2:30pm

TEFAP Training

Monday, December 10 at 2:00pm

Neptune

Agency Express
Tuesday, December 4
at 1:00pm Neptune

Orientation
Monday, December
10 at 1:00pm
Neptune

Erin's November Recipe

Vegetarian Bean Chili

Ingredients:

- 1 lb. dried beans (black, kidney, pinto, red)
- 1 large onion, sliced
- 1 medium bell pepper, cored, seeded, diced
- 1 can low-sodium diced tomatoes
- 5 cups (40 oz) low-sodium vegetable broth
- 3 cloves garlic, minced
- 2 Tbsp. oil
- 2 Tbsp. chili powder
- 2 tsp. ground cumin
- ¼ tsp. cayenne pepper
- 1 tsp. salt
- ¼ tsp. black pepper

Optional toppings: shredded cheese, Greek yogurt, cilantro



Directions:

1. Rinse the beans. Place in a bowl and add water to cover generously. Let stand for about 3 hours. Drain the beans and set aside.
2. In a large, heavy saucepan over low heat, warm the oil. Add the onions and peppers and sauté, stirring occasionally until the onions are soft, about 10 minutes.
3. Add the garlic, chili powder, cumin, and cayenne and sauté for 2 minutes more.
4. Add the beans, tomatoes and broth to cover by 3 inches. Bring to a boil over high heat. Reduce the heat to low and simmer, uncovered, until the beans are very tender, about 2 ½ to 3 hours.
5. Season with salt and pepper. Ladle into bowls and serve immediately.

Garden News



We'd like to send a big thank you to all the Garden Leaders and Volunteers that provided time and hard work to each of their agency gardens. Working together has been an absolute pleasure and we hope you are excited to plan for next season. Each participating garden provided diverse and healthy produce for their neighbors. For those who would like to learn more about growing for their agency please contact jsinkhorn@fulfillnj.org!

Something's happening...April 11th...Don't miss out!



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