



# Network News July 2019

Questions? The Network Engagement Team is here to help!

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

## Fulfill Closures

Tuesday, July 16<sup>th</sup> for a Staff Development Day

Monday, September 2<sup>nd</sup> for Labor Day

Please keep in mind that these are not business days, so leave extra time to place your orders!

Also, the BEAT Center will be closed on Friday, August 16<sup>th</sup> for our Culinary Class Graduation. There will be no pickups available at that location this day.

Are you willing and able to open for additional evening and/or weekend hours? If so, you may be eligible to receive agency credits for your time. Please email the NET if you are interested in discussing this further.

## Seed to Supper

This month we will begin to discover how you **CARE FOR YOUR GARDEN**. Participants will learn how to protect young plants, vertical growing techniques, and proper weed maintenance. This class will be held at Fulfill's Neptune location on July 26<sup>th</sup> at 1:30 pm.

To register, contact Jess Sinkhorn at [jsinkhorn@fulfillnj.org](mailto:jsinkhorn@fulfillnj.org) or 732.643.5877.



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

*Must be completed every three years*

July 10<sup>th</sup>; BEAT Center – 2:30PM

August 7<sup>th</sup>; Neptune – 2:30PM

September 12<sup>th</sup>; BEAT Center – 2:30PM

### Agency Orientation

July 11<sup>th</sup>; Neptune - 1:30PM

### Agency Express

July 11<sup>th</sup>; Neptune - 2:30PM

*Please note that RSVP is mandatory for all meetings.*

## Easy Summer Salad



- 1 cucumber (peeled and cut into small cubes)
- 1 red onion (peeled and cut into small cubes)
- 2 tomatoes (cut into small cubes)
- 1 clove garlic or 1/8 tsp. garlic powder
- 4 Tbsp. lemon juice
- 1 Tbsp. vegetable oil
- 1/4 tsp. salt
- Black pepper to taste

1. Add cucumbers, onions, tomatoes, and garlic in a large bowl.
2. Stir in lemon juice, salt, and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.



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