



Network News September 2019

Questions? The Network Engagement Team is here to help!

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



Fall is here! It's Turkey Time!

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 18th**. Other programs who wish to receive turkeys for your meals should also submit a turkey request form.

Forms are attached to this email, or can be obtained by contacting the NET, at net@fulfillnj.org.

Holiday Meals

Fulfill will be creating and distributing a list of agencies where people in need can go for a holiday meal in the coming months. If you know that your agency will be providing Holiday meals in November and/or December, and would like to get the word out locally, please let us know, including registration information, if needed. Thank you!

Do your clients need help paying for energy bills?

Representatives from New Jersey Natural Gas will be providing guidance filling out applications for energy assistance at many sites throughout Monmouth and Ocean Counties during September and October. Please see attached information for details.



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

September 12th; BEAT Center – 2:30PM

October 9th; Neptune – 2:30PM

November 12th; BEAT Center – 2:30PM

Agency Orientation

October 31st; Neptune - 1:30PM

Agency Express

October 31st; Neptune - 2:30PM

Please note that RSVP is mandatory for all meetings.

Beef and Lentil Meatloaf (Serves 4-6)

Ingredients:

- 1 cup dry lentils
- 1 lb. lean ground beef or turkey
- 2 eggs
- ½ cup ketchup or BBQ sauce
- 2 Tbsp. mustard
- 1 tsp. granulated garlic
- 1 Tbsp. black pepper
- 1 tsp. salt
- 1 bunch green onions, chopped



Directions:

1. Rinse lentils. Bring to a boil in 2 cups water, reduce heat, simmer for 35-40 min. or until soft. Strain off excess water.
2. Heat oven to 350F. In a large bowl, add 1 cup cooked lentils and mash with a fork. Add 1 egg and continue mashing until nearly pureed. Add one more egg, ½ cup ketchup (or BBQ sauce), and mustard. Mix well. Stir in remaining cup of lentils. Set aside.
3. Add ground meat in separate bowl. Mix in garlic, pepper, salt, and green onions. Add all ingredients into lentil mixture and mix well.
4. Add meatloaf mix into an 8'x8' baking pan. Pat down mixture into pan until even on top. Bake for 25-30 min., or 160F for beef and 165F for turkey. Remove from oven and serve.

SOURCE: www.USApulses.org

Seed to Supper

Our monthly agricultural series, Seed to Supper, will highlight harvesting and cooking from the garden. Participants will learn food safe ways to harvest garden produce and how to garden for your health. Our resident chef will also create a garden fresh dish to share. The workshop is at our Neptune garden on September 27th from 1:30 to 3:30 pm.

To register, contact Jess Sinkhorn at jsinkhorn@fulfillnj.org or 732.643.5877.



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September is Hunger Action Month!

Share your stories with us and with your community members on how you help to fight hunger in Monmouth & Ocean Counties!

USDA Agency Report Reminder: Please remember to include all TE/TM items on your TEFAP Inventory Summary Report each month.

Fill Up at fulfill

When?

Saturday, September 14th, 2019;
8am to 11am (by appointment)

Where?

Fulfill
3300 Route 66, Neptune NJ
07753

What?

Come by and get retail produce, baked goods, dairy, assorted frozen, and shelf stable items as available! NO Shared Maintenance Fees!

*If you take at least 4 pallets worth of food we will deliver it for you that day!
To RSVP and schedule an appointment, please contact us at net@fulfillnj.org.*



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