



Fulfill Wish List 2019

Fulfill's mission is to alleviate hunger and build food security in Monmouth and Ocean Counties. Our vision is of the two counties as food secure communities, where all people at all times have access to enough nutritious food to maintain an active and healthy life. This is achieved through a comprehensive set of programs that include the distribution of 13 million meals annually, culinary job training, free tax preparation and financial coaching, and assistance signing up for SNAP and affordable health care.

Linda Kellner
lkellner@fulfillnj.org
732-643-5863

VOLUNTEERS

- Once a month evening event to assist in our Neptune headquarters. Volunteers will inspect food donations, sort them into food categories, and pack into boxes for distribution to local pantries. This occurs the first Thursday of the month, excluding summers. Please sign up on our website, fulfillnj.org as individuals or as a group.

LARGER GIFTS/DONATIONS

- We have an annual Humanitarian Gala each Spring and are always looking for auction items or experiences that can be auctioned, which will help us raise funds to provide meals to the community. Please contact Kate Irving at 732-643-5860.

SPECIFIC ITEMS

- Canned tuna, chicken & salmon
- Canned veggies (low sodium when possible)
- Cooking oils
- Shelf-stable milk
- Peanut butter and jelly
- Canned fruits (in juice or light syrup)
- Soups (low sodium when possible)
- Hot cereals

* Please, no glass containers