Food for Thought

Spring 2026



Inside this issue:

- The Volunteer Issue! Learn more about how our volunteers impact our mission
- Students Change Hunger recap and 2025-2026 winners
- Van donations expand pantry capabilities

Fulfill Board Member Janelle Griffith and the team at Alpha Kappa Alpha join Fulfill for a volunteer day of service on Martin Luther King Jr. Day at our Neptune Headquarters.



Board Chair Susan Kyrillos, Lydia Pochatko, & Board Vice Chair Joe Stroffolino III

From Volunteer to Leader: Lydia Pochatko Joins Fulfill's Board of Directors

Lydia Pochatko's journey with Fulfill is a powerful example of how passion for service can grow into leadership. First joining as a volunteer during the height of the COVID-19 pandemic, Lydia became a familiar and dedicated presence, supporting neighbors each week through meal prep, food distributions, and warehouse efforts. Inspired to deepen her impact, she later stepped into a governance role, joining Fulfill's Finance Committee and HR Subcommittee in 2024. Her thoughtful contributions and steady commitment quickly stood out, leading to her recent appointment to the Board of Trustees. Lydia brings more than 14 years of professional experience in human resources and benefits administration, along with a strong background in finance and compliance. Combined with her firsthand understanding of Fulfill's mission on the ground, she offers a unique and valuable perspective. Her transition from volunteer to board member reflects both her dedication and the vital role volunteers play in shaping Fulfill's future.

VOLUNTEER SPOTLIGHT

Meet Christian!

Christian has been a dedicated Fulfill volunteer for nearly five years, bringing energy and enthusiasm to everything he does. A familiar face at our Friday Pop-The-Trunk food distributions, his favorite place to serve, Christian first got involved while looking for a fun new activity and quickly found something more meaningful. He loves what he does and is always happy to lend a hand. His advice to anyone considering volunteering? Go for it - it's fun, rewarding, and makes a real difference.



Volunteer With Fulfill!

fulfill.org/volunteer

WE ♥ OUR VOLUNTEERS!

Volunteers are the heartbeat of our mission and a powerful reminder that anyone can make a difference in the fight against hunger. From sorting and packing food to tending our gardens and distributing groceries at our weekly Pop-The-Trunk drive-thru events, every task, every hour, and every helping hand matters. Whether you're an individual, a student, or part of a larger group, there's a place for you here.

This year's MLK Day of Service was a shining example of that impact in action. Volunteers from across our community came together to sort more than 9,700 pounds of food, equivalent to 8,100 meals for neighbors facing food insecurity. It's just one moment in a much bigger story of generosity.

Last year alone, 2,910 volunteers gave an incredible 37,875 hours of their time to support individuals, families, seniors, and children across Monmouth and Ocean Counties facing hunger.

We are deeply grateful for every person who shows up, gives back, and helps move our mission forward. Together, we're not just providing food - we're building hope, strengthening community, and proving that small acts of service can create lasting change.





Volunteers from Congregation Torat El, Delta Sigma Theta, and The Links of Jersey Shore

students CHANGE hunger

2025-2026 RESULTS!

Fulfill recently celebrated the impact of its 19th Annual Students Change Hunger campaign, honoring the remarkable efforts of local students, schools, and community partners during a virtual awards ceremony on March 18. This year, 25 schools across Monmouth and Ocean Counties joined the friendly competition, demonstrating extraordinary generosity and leadership in the fight against food insecurity. Together, students collected 27,592 pounds of food and $4,677, providing more than 37,000 meals for neighbors in need. Support from 11 corporate sponsors, led by longtime partner and program creator Press Communications, added $16,143, equating to more than 48,000 additional meals. Top honors went to Deal School, Ranney School, and Millstone Middle School, with many others recognized through the campaign's "Pound Club" for collecting over 1,000 pounds of food.

Now in its 19th year, Students Change Hunger continues to grow as a powerful, youth-driven initiative, building compassion, raising awareness, and strengthening communities. Fulfill will deliver awards and recognition plaques to participating schools in the coming weeks.



Students from Manalapan High School bring a round of collected food donations to Fulfill HQ.

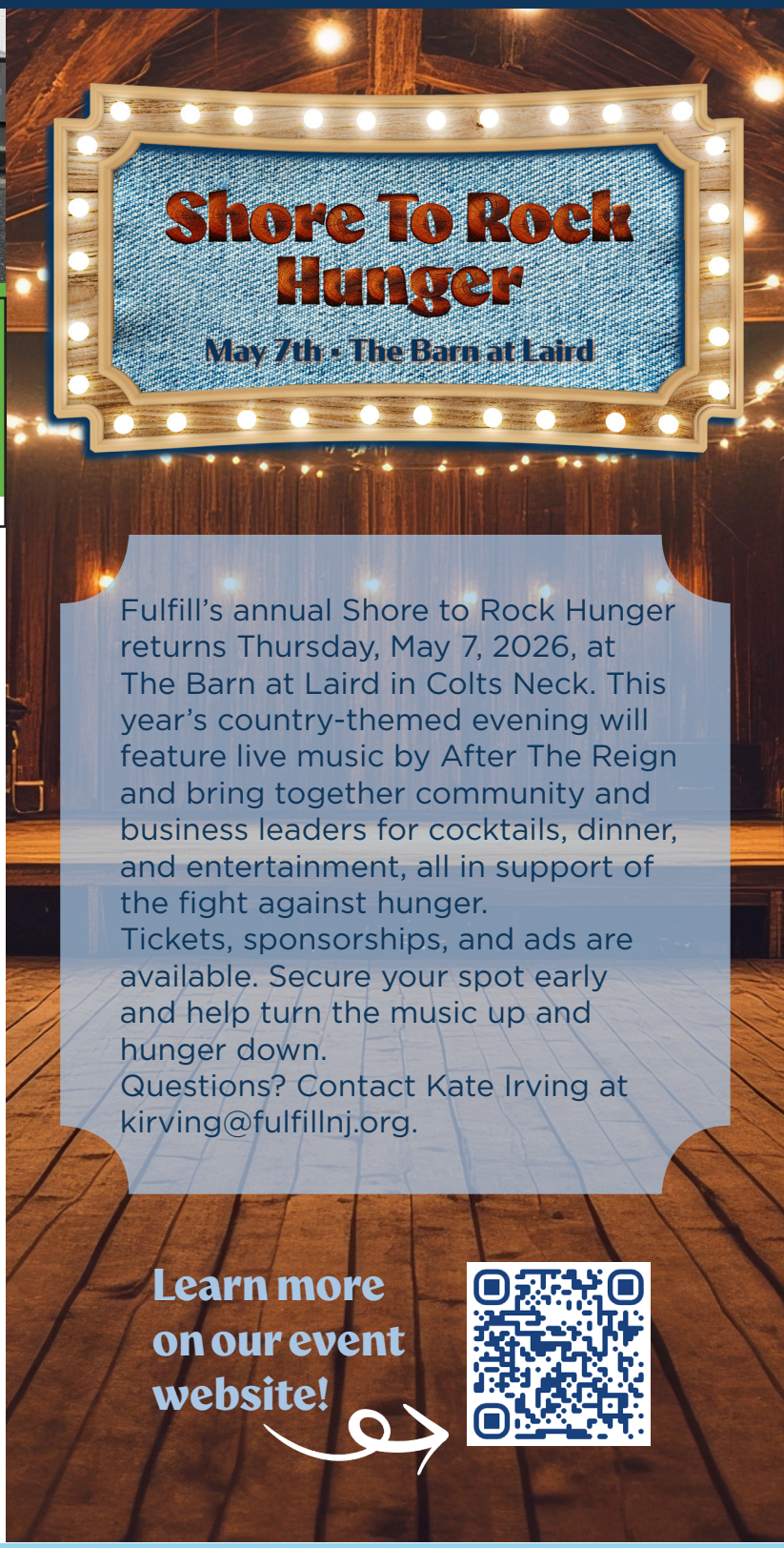


Fresh Food on the Move: Fulfill Expands Pantry Network Capacity

Fulfill is boosting fresh food access across Monmouth and Ocean Counties with the donation of five new refrigerated vans to local pantry partners. Funded by the Feeding America Retail Capacity Building Grant, the vans create a direct pipeline between pantries and grocery retailers, making it easier to rescue surplus food and get it onto shelves quickly. The recipients, Bradley Food Pantry (Neptune City), Our Lady of Guadalupe (Lakewood), The Hope Center (Toms River), Starve Poverty (Barnegat), and Seeds of Service (Brick), were selected for their ability to maximize regular retail pickups.

With more than 150,000 neighbors relying on Fulfill's network, the need continues to grow. These vans expand capacity for fresh produce, meats, and dairy while reducing food waste. Building on the success of last year's pilot van donations, which significantly increased rescued food, this investment strengthens a more efficient, connected, and resilient hunger relief system, ensuring more families have access to the nutritious food they need.

Boots On. Music Up. Hunger Down.



Fulfill's annual Shore to Rock Hunger returns Thursday, May 7, 2026, at The Barn at Laird in Colts Neck. This year's country-themed evening will feature live music by After The Reign and bring together community and business leaders for cocktails, dinner, and entertainment, all in support of the fight against hunger.
Tickets, sponsorships, and ads are available. Secure your spot early and help turn the music up and hunger down.
Questions? Contact Kate Irving at kirving@fulfillnj.org.

Learn more on our event website!

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