



Food Resources

In New Jersey

Did you know?

Many families find it hard to get healthy food. Food assistance programs, food banks/ pantries, and farmers markets can help.

Action Plan

- ☐ Learn about local organizations that provide nutritious food in your community. Text “find food” to 908-224-7776 or visit cfbnj.org/findfood
 - Some organizations provide infant formula and baby foods.
- ☐ Apply for free national and state food programs such as SNAP and WIC that may be available to you and your family.
- ☐ Contact your school district about free or low-cost breakfast, lunch, and snacks for your children at school.
- ☐ Visit local farmers’ markets to get fresh vegetables and fruit. Many markets accept food benefits like WIC and SNAP.
- ☐ Join a local community garden for a fun, low-cost way to grow and eat vegetables.
- ☐ If you are interested in helping others find healthy food, consider volunteering with local food pantries and reaching out to local food justice organizations.

Resources

[more](#) →

Signature _____

Date _____

Programs	Benefits	Contact
SNAP Supplemental Nutrition Assistance Program	Money to purchase food. The average benefit is about \$127 per month per person.	For help with application, call 908-838-4831 nj.gov/humanservices/njsnap
WIC Women, Infants, and Children Program	Money to purchase specific foods for pregnant/post-partum women, infants, and children under the age of 5 years. Nutrition education and breastfeeding support also provided.	To apply, contact your local WIC office. nj.gov/health/fhs/wic
Community Food Bank of New Jersey	Search local food banks, get help applying for food assistance programs, summer meal program for kids.	Call 908-838-4831 or text "find food" to 908-224-7776 cfbnj.org/findfood
School Meal Programs for Children	Free or reduced-price healthy meals for income-eligible students of all ages.	To apply, contact your school district.
Summer Meals Programs for Children	Free healthy meals during the summer for students 18 years old and under.	After June 15 th : fns.usda.gov/meals4kids Text "Summer Meals" to 914-342-7744 Call 1-866-348-6479

If you are not eligible for these programs or if emergency food is needed, call 211 to connect with the local United Way resource line.

For more information, visit icahn.mssm.edu/research/pehsu/information