

RESOURCE GUIDE FOR FAMILIES

(FOOD)

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FOOD ASSISTANCE PROGRAMS

NAME: SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM – SNAP (FOOD STAMPS)

SERVICE PROVIDED:

- SNAP offers financial assistance to low-income individuals and families to purchase food.
- Benefits are provided through an Electronic Benefit Transfer (EBT) card, which can be used at authorized retailers.
- Eligible items include:
 - Food products: Breads, cereals, fruits, vegetables, meats, fish, poultry, and dairy products.
 - Seeds and plants: For growing food at home.

WHO CAN APPLY:

- Low-income individuals and families: Including those who are working but have limited income.
- Elderly and disabled individuals: May receive special consideration.
- Citizens and some legal non-citizens: Eligibility varies based on immigration status.

ELIGIBILITY:

- Household eligibility is determined based on income and household size.
- Factors considered for eligibility include:
 - Gross monthly income: Below a certain threshold based on family size.
 - Net income: After deductions for allowable expenses such as shelter, dependent care, and utilities.
 - Resources: Limited assets and savings

APPLICATION PROCESS:

1. Fill out an [application](#).

To fill out this application, you will need the following information for yourself and the people for whom you want to apply:

Name

Birthdate

Income (money received from a job, government benefits, rental properties, and any other sources)

Expenses (money spent on rent/mortgage/property taxes, utilities, child support, child and adult care, and medical expenses for those age 60 and over or with a disability)

Only for those people who you want to get assistance:

Social Security Number

U.S. citizenship or immigration status

Current home address (unless you are experiencing homelessness)

2. Have a phone or in-person interview

In most cases, the county has 30 days after you turn in your application to determine if you will get SNAP. During the 30 days, the county will interview you. The interview will be either over the phone or in person. During the interview, the county will go over your application with you.

3. Submit verification

If you are applying online, you can upload your documents [online](#).

Need help applying? A SNAP Navigator can answer your questions and can assist with your application.

Areas Served	SNAP Navigator Organization Name	Email Address	Phone Number
Atlantic, Bergen, Cape May Cumberland, Essex, Hudson, Middlesex, Morris, Passaic, Somerset, Union	Community FoodBank of New Jersey	SNAPOutreach@cfnj.org	1-908-838-4831
Edison Township (Middlesex) and southern New Jersey	Tzu Chi	newjersey_charity@tzuchi.us	1-973-857-8666
Middlesex	Raritan Bay Area YMCA	SNAPoutreach@rbaymca.org	732-771-9910
Middlesex	Raritan Valley YMCA	marketing@raritanvalleyymca.org	732-257-4114

<https://www.nj.gov/humanservices/njsnap/index.shtml>

NAME: WOMEN INFANT CHILD (WIC)

SERVICE PROVIDED:

- Nutritious food for pregnant women, breastfeeding women, infants, and children up to age 5.
- Nutrition education to promote healthy eating.
- Breastfeeding support, including counseling and supplies.
- Health screenings and referrals to healthcare services.

WHO CAN APPLY:

- Pregnant women
- Breastfeeding women (up to one year postpartum)
- Non-breastfeeding postpartum women (up to six months postpartum)
- Infants and children up to age 5
- Fathers, grandparents, or guardians who care for eligible children

ELIGIBILITY:

Applicants must meet all of the following eligibility requirements:

Categorical:

- Women: Pregnant, postpartum (up to 6 months), or breastfeeding (up to baby's first birthday)
- Infants: Up to their first birthday
- Children: Up to their fifth birthday

Residential:

- Must live in the state where applying. No set residency duration required before applying.

Income:

- Income must be at or below state-set levels (100% to 185% of federal poverty guidelines).
- Automatic eligibility if already enrolled in programs like SNAP, Medicaid, or TANF.

Nutrition Risk:

- A health professional must assess nutritional risk, often for free at a WIC clinic (e.g., anemia, underweight, poor diet).

ADDITIONAL INFORMATION:

What to Bring to a WIC Appointment:

- All family members applying, including children
- Proof of identity
- Proof of pregnancy
- Proof of income
- Proof of residency
- Health care referral form (if completed by your doctor)
- Your children's Universal Child Health Record (UHR)
- Your children's vaccination records

For a quick check, use the WIC online prescreening tool, and contact your local WIC agency to apply.

LOCAL WIC AGENCY:

Middlesex County

Visiting Nurses Association (VNA) of Central Jersey WIC Program

EMAIL: wic@vnahg.org

How Lane Health Center 123 How Lane (Rear of Building) New Brunswick, NJ 08901	(732) 249-3513
Presbyterian Church of Jamesburg 177 Gatzmer Avenue Jamesburg, NJ 08831	(732) 249-3513
Edison Township Health Department 80 Idlewild Road Edison, NJ 08817	(732) 249-3513
Perth Amboy WIC Program 313 State Street Second Floor Perth Amboy, NJ 08861	(732) 376-1188
Acelero Head Start 301 Augusta Street South Amboy, NJ 08879	(732) 376-1188

NAME: COMMUNITY FOODBANK OF NEW JERSEY (CFBNJ)

SERVICE PROVIDED:

- CFBNJ distributes food through various community partners like food pantries and soup kitchens.
- Offers support programs for vulnerable populations such as children and seniors.

WHO CAN APPLY:

- Individuals and families experiencing food insecurity can access services provided by CFBNJ's community partners.
- Those in need of additional resources can also seek assistance.

ELIGIBILITY:

- There are no strict income requirements, but services are aimed at those facing food insecurity.
- It's best to check with individual locations for specific criteria.

ADDITIONAL INFORMATION:

- Use the CFBNJ website <https://cfbnj.org/find-foods-services/> to locate nearby food resources by entering your zip code.
- You can text “FindFood” (for English) or “Comida” (for Spanish) to 908-224-7776 to receive assistance on your phone.
- CFBNJ also offers a multilingual Food Assistance Line at 908-838-4831 for additional help.
- Always confirm details like address and hours with the specific organization, as they may change.

NAME: REPLENISH FOOD BANK**SERVICE PROVIDED:**

- REPLENISH operates from a 5,000-square-foot warehouse, distributing food and supplies to over 160 pantries across Middlesex County.
- Collaborates with local governments, nonprofits, schools, businesses, food pantries, food banks, soup kitchens, and churches.
- [REPLENISH Directory](#) is a resource guide that connects individuals with local agencies that offer emergency food assistance.

WHO CAN APPLY:

- Middlesex County residents in need of food assistance can access services through REPLENISH’s partner pantries, soup kitchens, and community organizations.

ELIGIBILITY:

- Services are aimed at those experiencing food insecurity (income requirements not specified).
- It is best to contact local partner organizations for specific guidelines on food distribution.

CONTACT:

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East Brunswick, NJ 08816
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replenish@co.middlesex.nj.us

ⁱ Information on the food related resources listed in this document have been updated as of 10/28/2024.