



FOOD/NUTRITION ASSISTANCE-BERGEN COUNTY

Meals on Wheels

Bergen County Division of Senior Services - Meals on Wheels Program

Phone: 201-336-7420

Email: seniors@co.bergen.nj.us

Address: One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601

Description:

Bergen County Meals on Wheels is a program designed to enable homebound and disabled adults to remain in their community with independence and dignity. A nutritionally balanced meal is delivered to eligible individuals who are unable to prepare their own meals or shop for food, and do not have anyone to prepare meals or shop for them. There are a number of home delivered meal programs in Bergen County. Residents are served through government or non-profit agencies.

Eligible For Enrollment:

- Bergen County Resident
- Age 60 years and older; or age 18-59 with a disability and living alone
- Homebound and unable to shop and/or prepare a nutritious meal for oneself
- Receives in-home assistance for no greater than 4 hours per day
- Does not require a special diet

Weekday meals, Monday – Friday.

Clients have a choice between the Hot Meal Plan or the Frozen Meal plan:

- Hot Meal Plan: One hot meal delivered each weekday
- Frozen Meal Plan: Five fully cooked, flash frozen meals delivered once a week on a specified day.

Weekend meals are available for nutritionally high-risk clients only

Community Meals Inc.

Phone: 201-447-8295

Email: www.communitymealsonwheels.org

Address: Christ Church, 105 Cottage Place, Ridgewood, NJ 07450

Description:

Serving those of all ages that are ill or disabled. Special diet meals available. Two meals per day, Monday-Friday.

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Serving: Allendale, Glen Rock, Ho Ho Kus, Midland Park, Ridgewood, parts of Saddle River and Waldwick

Jewish Family & Children's Services of Northern New Jersey (Kosher)

Phone: 201-837-9090

Address: 1485 Teaneck Road, Teaneck, NJ 07666

Description:

One box of 5 or 7 frozen meals delivered once per week, serving all of Bergen County.

Meals on Wheels- North Jersey

Phone: 201-358-0050

Email: www.mealsonwheelsnorthjersey.org

Address: 100 Madison Avenue, Westwood, NJ 07676

Description:

Services homebound persons of all ages. Hot lunch and sandwiches delivered, Monday-Friday for \$7.35 per day or one hot meal for a donation based upon availability. Special diet meals available.

Serving: Alpine, Closter, Cresskill, Demarest, Dumont, Emerson, Franklin Lakes, Harrington Park, Haworth, Hillsdale, Mahwah, Montvale, New Milford, Northvale, Norwood, Oakland, Old Tappan, Oradell, Paramus, Park Ridge, Ramsey, River Edge, River Vale, Rockleigh, Saddle River, Tenafly, Upper Saddle River, Washington Township, Westwood, Woodcliff Lake.

Wyckoff Meals on Wheels

201-891-4840

Town Hall, Franklin Avenue, Wyckoff, NJ 07481

Monday-Friday, Special Diets Available, All ages

Serving: Wyckoff

Mom's Meals

1-877-508-6667

Fresh made meals delivered to clients. Special diet menus

www.momsmeals.com

Senior Farmers Market Nutrition Program

The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, and fresh-cut herbs) at

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certified farmers at local farmer's markets. The coupons are generally distributed annually in the summer. Bergen County's program is coordinated by the Bergen County Division of Senior Services. For information and instructions on how to apply, contact the DSS at **201- 336-7400**

Nutrition Counseling and Nutrition Education

Bergen County Division of Senior Services Nutrition

counseling with a registered dietitian is available to all seniors over 60 years of age living in Bergen County. Any questions regarding a special diet, how to adopt a healthier lifestyle, or better manage your health are welcomed. For an appointment, please call **201-336-7420**

NJ SNAP (formerly known as foodstamps)

The Food Stamp Program has been renamed the Supplemental Nutrition Assistance Program (SNAP). The Bergen County Board of Social Services operates the SNAP Program under the operational guidelines of the U. S. Department of Agriculture, Food & Nutrition Services. The Bergen County Board of Social Services office establishes eligibility and continuing eligibility for persons who apply for the program, and issues Food Stamp benefits.

Call: 800-687-9512 or 201-420-3000

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

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Bergen County Senior Lunch (Congregate Meals)

The goal of the nutrition program for active adults, Senior Lunch, is to provide well-balanced meals, foster social interaction, and provide access to other supportive services available to Bergen County seniors. To be eligible, an individual must be age 60 or older, or the spouse of a participant. Lunch is served Monday-Friday at the programs listed. Transportation may be available.

****Reservations must be made at least 1 day in advance. Please call the location of your choice for information and reservations.****

Bergenfield

Senior Activity Ctr.
Brookside Gardens
293 Murray Hill Terrace
201-387-7212

Garfield

Senior Activity Ctr.
480 Midland Avenue
973-478-0502

Palisades Park

Senior Activity Ctr
300 Highland Avenue
201-944-5616

Cliffside Park

Senior Activity Ctr.
Gerald A. Calabrese Complex
500 Gorge Road
201-943-3768

Garfield

Housing Auth. Golden Towers
225 Midland Avenue
973-340-4179

Ridgefield Park

Senior Activity Ctr.
159 Park Street
201-641-1220

East Rutherford

SW Senior Activity Ctr
147 Hackensack Street
201-935-8920

Garfield

Housing Auth. Belmont Gardens
377 Midland Avenue
973-340-4177

Teaneck

Richard Rodda Center
250 Colonial Court
201-837-7130

Elmwood Park

Senior Activity Ctr.
500 Mola Boulevard
201-796-3342

Hackensack

American Unidas
101 Hudson Street
201-336-3320

Teaneck AWCA

Asian Women's
Christian Association
9 Genesee Avenue
201-862-1665

Englewood

Bergen Family Adult Day Care
44 Armory Street
201-568-0187

Hackensack

MLK Senior Center
375 First Street
201-342-2654

Tenafly

Korean Comm. Ctr
100 Grove Street
201-541-1200

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Fair Lawn

Senior Center
11-05 Gardiner Rd
201-796-1191

Lyndhurst

Nutrition Group
281 Stuyvesant Avenue
201-896-1629

Tenafly (Kosher)

JCC on the Palisades
411 East Clinton Ave.
201-569-7900

Fair Lawn (Kosher, T/Th)

Temple Beth Shalom
40-25 Fair Lawn Ave
201-666-6610 ext. 2

Midland Park

NW Senior Activity Ctr
46-50 Center Street
201-445-5690

Wallington

Senior Activity Ctr
24 Union Boulevard
973-777-5815

Fort Lee

Richard & Catherine Nest Adult
319 Main Street
201-592-3754

North Arlington

Senior Activity Ctr.
11 York Road
201-988-5636

Wash. Twn. (Kosher)

Temple Beth Or
56 Ridgewood Road
201-666-6610 (T,Th)

Bergen County Food Pantries (Call Before Visiting Pantry)

Town	Name of Site	Address	Phone Number	Eligibility Req.
Bergenfield	Bergenfield Borough Hall	198 N. Washington Avenue	201-387-4055	Proof of Bergenfield Residence
Bergenfield	St. John the Evangelist	29 N. Washington Avenue	201-384-0101	Bergenfield Residents/Parish Members
Bogota	St. Joseph's Church	115 E. Fort Lee Road	201-342-6300	Bogota and Teaneck Residents
Cliffside Park	Church of the Epiphany Food Pantry	247 Knox Avenue	201-943-7320	Cliffside Park residents/Neighboring towns
Closter	Closter Borough Hall	295 Closter Dock Road	201-784-0600 ext. 429	Closter residents/neighboring communities without pantries

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Cresskill	St. Therese/Cresskill Food Pantry	65 B Madison Avenue	201-569-5400	
Dumont		39 Dumont Avenue	201-387-5022	Dumont residents
Edgewater	Holy Rosary Church Pantry	56 Edgewater Place	201-945-6329	Those in need
Englewood	Center for Food Action	192. W Demarest Avenue	201-569-1804	Those in need/ Call for an appointment
Englewood	St. Cecilia Office of Concern	85 Demarest Avenue	201-568-1465	Those in need
Fair Lawn	Center for Food Action	239 Anderson Avenue	201-945-5831	
Fair Lawn	Fair Lawn Health Department	8-01 Fair Lawn Avenue	201-794-5327	Fair Lawn Residents
Fair Lawn	Jewish Family & Children Services of North Jersey	17-10 River Road	201-837-9090	Call for an appointment (Kosher available)
Fairview	Franciscan CDC	239 Anderson Avenue	201-941-1000	Those in need
Garfield	Calvary Baptist Food & Clothing Pantry	217-245 Passaic Street	973-773-2444	Those in need
Hackensack	Center for Food Action	316 First Street	201-883-9375	Those in need
Hackensack	Bergen Co. Housing Health and Human Services	120 South River Street	201-336-6475	Bergen County Residents
Hasbrouck	Hasbrouck	320 Boulevard	201-288-0195	Hasbrouck Heights

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Heights	Heights Borough Hall			Residents
Hillsdale	Helping Hands Interfaith Food Pantry	349 Hillsdale Avenue	201-664-0600	Hillsdale Residents/Neighboring Towns
Little Ferry	St. Margaret Food Pantry	31 Chamberlain Avenue	201-641-2988	Little Ferry/Moonachie Residents
Lyndhurst	Sacred Heart Church	324 Ridge Road	201-438-1147	Lyndhurst Residents
Lyndhurst	Lyndhurst Food Pantry	253 Stuyvesant Avenue	201-804-2500	Lyndhurst Residents Only
Mahwah	Center for Food Action	90 Ridge Road	201-529-2029	Those in need
Maywood/Rochelle Park	Welfare	151 W. Passaic Street, Rm 160	201-581-7730	
New Milford	Church of Ascension	256 Azalea Drive	201-836-8961	New Milford Residents/Neighboring Towns
North Arlington	Queen of Peace Church	174 Ridge Road	201-997-0700	North Arlington Residents
Old Tappan		224 Old Tappan Road	201-664-1849 ext. 25	Old Tappan Residents
Paramus	Paramus Dept. of Human Resources	105 N. Fairview Avenue	201-265-2100 ext. 635	Paramus Residents
Park Ridge	Pascack Food Center	65 Pascack Road	201-573-9083	Park Ridge Residents/Neighboring Towns
Ridgefield Park	St. Francis Food for Friends	114 Mt. Vernon Street	201-641-6464	Ridgefield Park Residents
Ridgewood	Social Services of Ridgewood	6 Station Plaza	201-444-2980	Ridgewood/Wyckoff/Ho Ho Kus/ Midland Park/

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				Waldwick/ Glen Rock Residents
River Edge	St. Peter the Apostle Catholic Church	445 5th Avenue	201-261-3366	River Edge/ New Milford/ Oradell Residents
River Vale		334 River Vale Road	201-280-0721	River Vale Residents
Rutherford	Rutherford Community Food Pantry	176 Park Avenue	201-460-3000 ext. 3168	Rutherford Residents
Saddle Brook	Center for Food Action	224 Midland Avenue	201-703-9857	Call for an appointment
Teaneck	Faith & Hope Food Pantry	480 Warwick Avenue	201-833-4502	Those in need
Teaneck	Jewish Family & Children's Services	1485 Teaneck Road	201-837-9090	Call for an appointment
Teaneck	Helping Hands Food Pantry	191 The Plaza	201-357-2545	
Westwood	St. Andrews Church	120 Washington Avenue	201-666-1100	Westwood Residents/Neighboring Towns

****Contact houses of worship in your municipality to see if they have a food pantry****