



# State Resources for Seniors in New Jersey

At PayingforSeniorCare, we understand that learning about and accessing the assistance you need isn't easy. We created this guide to help seniors and their families learn about the available financial assistance options for senior living and senior care in your state so you can focus on what matters: finding the right senior care for your loved one. In the following resource guide, learn about the financial assistance options for senior care and senior living in your state, what benefits the different programs offer, who is eligible, and how to apply.

# Food Assistance Programs for Seniors

In 2020, more than 5 million seniors dealt with food insecurity or the lack of consistent access to nutritious food. Poor nutrition can lead to vitamin and mineral deficiencies or increase the risk of complications from certain health conditions. Fortunately, New Jersey offers Meals on Wheels programs, food banks and government-sponsored programs to help seniors access nutritious foods.

## Meals on Wheels

Meals on Wheels uses a network of volunteers to deliver meals to seniors throughout New Jersey. In addition to making sure seniors have access to nutritious meals, home meal delivery helps prevent social isolation by ensuring that program participants have an opportunity to talk to someone each day. The eligibility requirements vary by provider.

	Area Served	Address	Phone Number
<b>Meals on Wheels North Jersey</b>	Bergen County	100 Madison Avenue, Suite 3 Westwood, NJ 07675	(201) 358-0050
<b>Jersey City Meals on Wheels</b>	Jersey City area	Martin Luther King Jr. City Hall Annex One Jackson Square Jersey City, NJ 07305	(201) 547-6809
<b>Meals on Wheels of Burlington County</b>	Burlington County	795 Woodlane Road Westampton, NJ 08060	(609) 702-7053
<b>Meals on Wheels of Atlantic County</b>	Atlantic County	101 S. Shore Road Northfield, N.J. 08225	(888) 426-9243
<b>Meals on Wheels of Cumberland County New Jersey</b>	Cumberland County	800 East Commerce Street Bridgeton, NJ 08302	(856) 453-2159
<b>Meals on Wheels Mercer County</b>	Mercer County	320 Hollowbrook Drive Ewing, NJ 08638	(609) 695-3483
<b>Meals on Wheels of Monmouth County</b>	Monmouth County	810 Fourth Avenue Asbury Park, NJ 07712	(732) 775-0525, ext. 227

## Food Pantries

New Jersey has food pantries available to help seniors supplement their grocery budgets with rice, beans and other staples. Check with your local food pantry to learn more about what's available and find out if you're eligible for assistance.

	Area Served	Address	Phone Number
<b>The Food Bank of South Jersey</b>	Burlington County, Salem County, Camden County, Gloucester County	1501 John Tipton Boulevard Pennsauken, NJ 08110	(856) 662-4884
<b>Kitchen Door Food Pantry</b>	Egg Harbor City	245 Boston Avenue Egg Harbor City NJ 08215	(609) 965-1920
<b>Community FoodBank of New Jersey Mobile Food Pantries</b>	Atlantic County, Cumberland County, Cape May County	31 Evans Terminal Hillside, NJ 07205	(908) 838-4981
<b>Rutherford Food Pantry</b>	Bergen County	176 Park Avenue Rutherford, NJ 07070	(201) 460-3000, ext. 3168
<b>Goodwill Rescue Mission</b>	Essex County	79 University Avenue, Newark, NJ 07102	(973) 621-9560
<b>St. Aloysius Church</b>	Hudson County	691 West Side Avenue Jersey City, NJ 07304	(201) 433-6365
<b>Flemington Food Pantry</b>	Hunterdon County	154 Route 31 North Flemington, NJ	(908) 788-5568
<b>Catholic Charities</b>	Mercer County	383 West State Street Trenton, NJ 08607	(800) 360-7711
<b>First Presbyterian Church of Whippany</b>	Morris County	494 Route 10 Whippany, NJ 07981	(973) 887-2197
<b>Rahway Food for Friends</b>	Union County	1221 New Brunswick Avenue P. O. Box 1882 Rahway, NJ 07065	(732) 381-7201

## Government Assistance Programs

New Jersey also has public agencies that offer congregate meals and other nutrition-related programs for seniors.

	Area Served	Address	Phone Number
<b>Nutrition Program for Older Adults</b>	Mercer County	640 South Broad Street P.O. Box 8068 Trenton, NJ 08650-0068	Contact your local Mercer County senior center
<b>Bergen County Nutrition Program</b>	Bergen County	One Bergen County Plaza 2nd Floor Hackensack, NJ 07601-7076	(201) 336-7400
<b>Middlesex County Nutrition Services</b>	Middlesex County	75 Bayard Street New Brunswick, NJ 08901	(732) 745-3000
<b>Gloucester County Nutrition Program</b>	Gloucester County	115 Budd Boulevard West Deptford, NJ 08096	(856) 686-8327