
INTRODUCTION

To help achieve local food security and provide access to nutritionally adequate food and other basic necessities to all residents in Middlesex County, at all times, the Middlesex County Food Organization and Outreach Distribution Services (M.C.F.O.O.D.S.) was created in 1994. Assisting in this fight to ease local hunger, the Middlesex County Board of Chosen Freeholders and the Middlesex County Improvement Authority (MCIA) have been working with M.C.F.O.O.D.S. to coordinate food drives through schools, municipalities and corporate businesses.

Since long-term, sustainable, development oriented approaches are necessary to meet the community's food needs, many government and non-profit agencies and organizations, churches, schools and businesses have formed partnerships to help achieve our goals.

This directory includes a listing of many food pantries and soup kitchens throughout the county that offer assistance to Middlesex County Residents. This directory will enable agencies, churches, municipal officials, police departments, etc. to have vital information at hand when asked for assistance by a Middlesex County resident.

All sites listed in the directory have given permission for their names to be included.

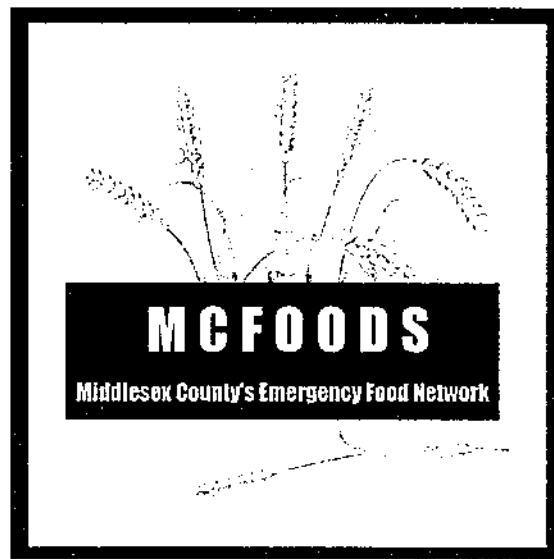


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DIRECTORY LISTINGS

CONTACT INFO

CARTERET

CARTERET CALVARY BAPTIST CHURCH REFLECTION OF GOD THE WAY MINISTRY

Contact: Diahann Thomas-Spencer
Telephone: 732-541-9169 (Office) or 732-912-6007 (Help Line)
Address: 38 McKinley Avenue
Carteret, NJ 07008
Hours of Operation: Last Saturday of the month
11:00 a.m. – 1:00 p.m.

Community outreach program providing emergency food to the people of Carteret.

LIVING WATER FAMILY OUTREACH

Contact: Cheryl Underwood
Telephone: 732-216-6593
Email: cherylunderwood80@gmail.com
Address: 104 Union Street
Carteret, NJ 07008
Hours of Operation: 3rd Saturday of the month
10:00 a.m. – 2:00 p.m. (Any resident in need)
Open for delivery the 4th Tuesday of the month
9:00 a.m. – 2:00 p.m. (Senior citizens in need only)

Clients must be 18 years or older and supply proof of income and address. Clients are limited to once a month pick-ups. Emergency food and clothing are available. Elder care assistance is also available to seniors in the area. Community workshops to assist, improve and empower clients in job searching, health care and education are usually held quarterly.

ST. JOSEPH'S PARISH, ST. VINCENT DEPAUL FOOD PANTRY

Contact: Barbara McHale
Telephone: 732-541-6003
Address: 55 High Street
Carteret, NJ 07008
Hours of Operation: Every 3rd Saturday
9:30 a.m. – 10:30 a.m.

Nonperishable food items available to Carteret residents in need. Proof of residency is required.

CRANBURY

**FIRST PRESBYTERIAN CHURCH OF CRANBURY -
SKEET'S PANTRY**

Contact: Church Office - Carol Kientz
Telephone: 609-426-0690
Address: 22 South Main Street
Cranbury, NJ 08512
Website: www.cranburypres.org
Hours of Operation: Every 3rd Friday
8:00 a.m. – 10:00 a.m.
(Doors open between 7:30 a.m. – 8:00 a.m.)

Nonperishable food items and some perishable items are available to any county resident in need.

EAST BRUNSWICK

THE CRISIS ROOM AT ALDERSGATE

Contact: Diane Hutchins
Telephone: 732-254-7361 Church Office
or 908-239-9098 (Diane's Cell)
Address: 562 Ryders Lane
East Brunswick, NJ 08816
Hours of Operation: Tuesday and Friday 12:30 p.m. – 2:30 p.m.
Sunday 1:00 p.m. – 3:00 p.m.

LM

Emergency food and clothing are provided to those in need. Must be a resident of Middlesex County. Referral is required for assistance.

EDISON

COMMUNITY PRESBYTERIAN CHURCH

Contact: Church Secretary
Telephone: 732-287-1666
Address: 75 Glenville Road
Edison, NJ 08817
Hours of Operation: Tuesday & Thursday
9:00 a.m. – 11:00 a.m.

A three-day supply of food is available once a month for Edison Township residents, proof of residence is required (driver's license, utility bill, etc.).

M.C.F.O.O.D.S. Directory

**GUARDIAN ANGELS CHURCH,
SOCIETY OF ST. VINCENT DE PAUL**

Contact: Food Pantry
Telephone: 732-247-4657; for Spanish call 732-589-8595
Address: 37 Market Street
Edison, NJ 08817
Hours of Operation: Every other Wednesday (calendar available)
9:30 a.m. – 11:30 a.m.

Food Pantry services are available during the designated hours.

**HANDS OF HOPE AT
ST. JAMES EPISCOPAL CHURCH**

Contact: Jackie Goedesky
Telephone: 732-236-3330
Address: 2136 Woodbridge Avenue, PO Box 1057
Edison, NJ 08818
Website: <http://handsofhopenj.net>
Hours of Operation: 1st & 3rd Saturday of the month
11:00 a.m. – 1:30 p.m.

Soup Kitchen and food pantry available to any Middlesex County resident in need.
An intake application must be completed and proof of residency is required.

NEW BEGINNINGS CHURCH OF THE NAZARENE

Contact: Joan Naraine
Telephone: 732-985-7097
Address: 80 Jefferson Blvd.
Edison, NJ 08817
Hours of Operation: 4th Saturday of each month
1:00 p.m. – 3:00 p.m.

Nonperishable food is available for any Middlesex County resident over the age of 18
who is in need. ID is required.

ST. PAUL'S EVANGELICAL LUTHERAN CHURCH

Contact: Church Office - Kathy
Telephone: 732-287-0888
Address: 445 Old Post Road
Edison, NJ 08817
Hours of Operation: Wednesday & Thursday
10:00 a.m. – 12:00 p.m.

Produce is available every first and third Wednesday. Clients may come once a month
for non-perishable items. Nonperishable canned foods are available on an emergency
basis.

M.C.F.O.O.D.S. Directory

CONTACT INFO

*Spoke up,
America.*

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Volume

HELMETTA**NEW LIFE PANTRY AT ST. GEORGE'S CHURCH**

Contact: Kristen Tabert
 Telephone: 732-521-0169
 Address: 56 Main Street
 Helmetta, NJ 08828
 Website: www.NewLifeFoodPantry.org
 Hours of Operation: Tuesday 10:00 a.m. – 12:00 p.m.
 3rd Thursday of the month 4:30 p.m. – 6:00 p.m.
 Produce distribution on the other Thursdays
 2:00 p.m. – 3:00 p.m.

no going

Frozen foods, produce, bread, dairy products, nonperishable food and personal care items are available to anyone in need. Patrons may come once per week. Please bring photo ID. All are welcome!

HIGHLAND PARK**HIGHLAND PARK FOOD PANTRY**

Contact: Nicole Huff or Janice Ballou
 Telephone: 732-819-0052 (Nicole) or 908-410-7618 (Janice)
 Address: Highland Park Youth & Senior Center
 220 South 6th Avenue
 Highland Park, NJ 08904
 Hours of Operation: 2nd & 4th Thursdays of the month
 9:00 a.m. – 10:45 a.m. (or later if distribution takes longer)
 6:00 p.m. – 7:00 p.m. (or later if distribution takes longer)
 The Saturdays following the 2nd and 4th Thursdays
 of the month – 9:30 a.m. – 10:30 a.m.

Nonperishable food distribution is available to Highland Park residents in need. Proof of residency is required. USDA food is distributed to qualified clients. Appointments can be made for emergencies.

JAMESBURG**CALVARY CHAPEL CROSSFIELDS**

Contact: Fran Napoli
 Telephone: 732-521-0382 (Office) or 609-664-2973 (Fran)
 Address: 15 Half Acre Road
 Jamesburg, NJ 08831
 Website: www.cccrossfields.org
 Hours of Operation: Friday 6:00 p.m. – 8:30 p.m.

Provides food and clothing. Requires client intake form requesting name, address, and financial situation.

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**PRESBYTERIAN CHURCH OF JAMESBURG -
DEACONS FOOD CUPBOARD**

Contact: Church Office
Telephone: 732-521-1711
Address: 177 Gatzmer Avenue
Jamesburg, NJ 08831
Hours of Operation: 3rd Saturday of the month by appointment only

Please call the church office for specific information, however, proof of residency in Jamesburg, Helmetta, or Spotswood is required and an application must be completed.

**ST. JAMES THE LESS ROMAN
CATHOLIC CHURCH SOUP KITCHEN**

Contact: Deacon Patrick J. Smith
Telephone: 732-521-0100
Address: 36 Lincoln Avenue
Jamesburg, NJ 08831
Hours of Operation: Tuesday 3:00 p.m. – 6:00 p.m.

A meal is provided on site and clients are sent home with a package. All are welcome.

METUCHEN

FIRST PRESBYTERIAN CHURCH OF METUCHEN

Contact: Sarah Teti, Food Pantry Coordinator
Telephone: 732-491-2300 (Office) or 732-491-2325 (Food Pantry)
Address: 270 Woodbridge Avenue
Metuchen, NJ 08840
Hours of Operation: Wednesday & Thursday
9:00 a.m. – 12:00 noon

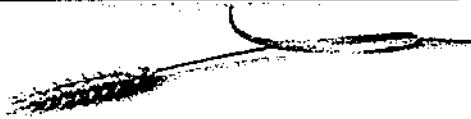
Emergency food distribution is available to residents of Edison and Metuchen; proof of residency must be provided. All requests must come in by phone by 3PM on Tuesday so that volunteers can make an appointment to "shop" Wednesday or Thursday OR volunteers can package the food for pick up on Thursday. Emergency requests are also arranged. Limited to once a month. Suggested donations include: Parmalat Milk, peanut butter and jelly, maple syrup and pancake mix (mix with water), dry cereal, canned meats, juices, and vegetables, soups, spaghetti sauce and pasta. We do not accept perishable items.

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MCFOODS

Middlesex County's Emergency Food Network



DIRECTORY

Phone: 732-729-0880



Follow Us:



To Whom It May Concern,

Saint Peter's University Hospital Community Health Services would like to help you, help your patrons this year. As part of the Saint Peter's University mission, our goal is to provide free health screenings and help navigate those in need to healthcare services.

As you are aware, many people face the decision of whether to feed their families, refill their medications, or see their physician. In our experience, too large of a population is going without access to medical care to improve their quality of life. We can come out to your location, provide the screenings and have an opportunity to learn what barriers to care an individual may have, and refer them to local healthcare facilities and/or services in their area. Our team coming to your location will be staffed with Registered Nurses and technicians that have an in-depth knowledge of the services available to participants in need.

Our screenings are not just open to the patrons of your food pantry/soup kitchen, but also for the staff that tirelessly volunteer to help a population in need.

Our department provides many services, please see the attached flyer for a detailed list.

If this is a service you would be interested in, please contact our office at 732-745-8600 extension 8903.



Treating you better...for life.



Community Mobile Health Unit (732) 339-7675

When members of the community can't get to Saint Peter's University Hospital for health care, Saint Peter's takes health care into the community. Our 34-foot health van has traveled thousands of miles throughout central New Jersey visiting schools, retirement

communities, day care centers, homeless shelters, senior centers, public housing complexes, shopping centers, and corporations. We are staffed with advanced practice and registered nurses. We cover Middlesex and Somerset Counties—especially those areas where healthcare services may be limited. Some of the services our Community Mobile Health Unit staff provides are:

- Blood sugar screenings
- Blood pressure screenings
- Cholesterol screenings
- Osteoporosis screenings
- Skin cancer screenings
- Immunizations
- Referrals for community healthcare services
- Healthcare education
- Stroke risk assessment screenings
- Follow-up healthcare services

If you would like our Community Mobile Health Unit staff to perform health screenings for your company or to be present at an event, please call 732-745-8600, ext. 8903. Our Community Mobile Health Unit was grant funded and we are licensed by the state of New Jersey. The van fulfills Saint Peter's mission to serve our community in a most direct way and has become a symbol of our commitment to the public.



ST. FRANCIS CATHEDRAL SOCIAL CONCERNS

Telephone: 732-548-0100 ext. 225 for Social Concerns
 Address: 45 Library Place
 Metuchen, NJ 08840
 Hours of Operation: Monday – Thursday 9:30 a.m. – 11:30 a.m.

Emergency food distribution is available.

MILLTOWN**JEWISH FAMILY SERVICES OF
MIDDLESEX COUNTY, MILLTOWN**

Contact: Intake
 Telephone: 732-777-1940
 Website: www.jfsmiddlesex.org
 Address: 32 Ford Avenue, 2nd Floor
 Milltown, NJ 08850 (United Way Bldg., street parking)
 Hours of Operation: By appointment

Family, couple, and individual counseling, older adult services, vocational and career services, emergency food (non-perishable), Kosher Meals on Wheels delivery, referrals for essential needs. Immigration and citizenship classes, and the Women's Center for Displaced Homemakers are among the services available. To get food, must be a Middlesex County resident, 18 or older, must show proof of name, address and income. Requests are limited to once a month or for emergency circumstances. Nonperishable kosher food is provided to those in need. Monetary donations and kosher non-perishable food donation are accepted from the community and organizations.

MONROE**JEWISH FAMILY SERVICES
OF MIDDLESEX COUNTY, MONROE**

Contact: Intake
 Telephone: 609-395-7979
 Website: www.jfsmiddlesex.org
 Address: 52 Concordia Shopping Center
 Monroe Twp., NJ 08831
 Hours of Operation: By appointment

Family, couple, and individual counseling, older adult services, vocational and career services, emergency food (non-perishable), Kosher Meals on Wheels delivery, referrals for essential needs. Immigration and citizenship classes, and the Women's Center for Displaced Homemakers are among the services available. To get food, must be a Middlesex County resident, 18 or older, must show proof of name, address and income. Requests are limited to once a month or for emergency circumstances. Monetary donations and kosher non-perishable food donation are accepted.

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**MONROE TOWNSHIP
OFFICE OF SENIOR SERVICES**

Contact: Karen Theer or Claire Kelly
 Telephone: 609-448-7140
 Address: 12 Halsey Reed Road
 Monroe, NJ 08831
 Hours of Operation: 1st Wednesday of the month
 8:30 a.m. – 11:00 a.m. by appointment only

Nonperishable food distribution is available on the 1st Wednesday of each month from 8:30 a.m. - 11:00 a.m. Emergency calls are taken Monday – Friday from 8:30 a.m. to 4:30 p.m. Proven financial eligibility and proof of residency in Monroe Township is required.

NEW BRUNSWICK

BAYARD STREET PRESBYTERIAN CHURCH

Contact: Pastor Joseph Bodnar
 Telephone: 732-247-0384 or 732-672-3793
 Address: 107 Bayard Street, PO Box 1207
 New Brunswick, NJ 08901
 Hours of Operation: Last Saturday of the month
 12:00 p.m. – 2:00 p.m.

Nonperishable food, toiletries, clothing, household items, and paper goods available to those in need.

CHRIST CHURCH NEW BRUNSWICK FOOD PANTRY

Contact: Church Office
 Telephone: 732-545-6262 or 732-543-3065
 Address: 5 Paterson Street
 New Brunswick, NJ 08901
 Hours of Operation: 2nd & 3rd Wednesdays of the month, 6:00 p.m. – 7:30 p.m.
 Last 2 Fridays of the month, 9:00 a.m. – 10:30 a.m.
 Last 2 Saturdays of the month, 10:30 a.m. – 12:00 p.m.

Emergency food distribution is subject to items available.

**EBENEZER BAPTIST CHURCH,
FEED MY SHEEP MINISTRY, SOUP KITCHEN**

Contact: Victor Hoagland or Louie Rolon
 Telephone: 732-247-2459 Fax 732-247-7357
 Address: 126 Lee Avenue
 New Brunswick, NJ 08901
 Hours of Operation: Tuesdays 11:00 a.m. – 1:00 p.m. (Soup Kitchen)

Hot meals are provided to all those in need. Other donated food items are also distributed as received.

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ELIJAH'S PROMISE

Contact: Pamela Johnson
 Telephone: 732-545-9002 Ext. 116
 Address: 18 Neilson Street
 New Brunswick, NJ 08901
 Website: <http://www.eljahspromise.org>
 Hours of Operation: Community Soup Kitchen Hours
 Monday - Friday 11:00 a.m. - 7:00 p.m.
 Saturday - Sunday 12:00 p.m. - 1:30 p.m.

Prepared meals, health services, educational services, information and referral services are available. Prepared "Meals to Go" program is available for people who are working and unable to attend regular meal times. "Fresh is Best" program offers perishable and non-perishable food for people with HIV/AIDS by appointment only. Suggested donations include food and paper supplies.

FIVE LOAVES FOOD PANTRY STORE AT SECOND REFORMED CHURCH OF NEW BRUNSWICK

Contact: Catherine Verduci
 Telephone: 732-545-1019
 Address: 100 College Avenue
 New Brunswick, NJ 08901
 Hours of Operation: Regular Hours (September - April)
 Monday - Friday 10:00 a.m. - 2:00 p.m.
 Monday & Wednesday 5:00 p.m. - 8:00 p.m.

Summer Hours (May - August)
 Monday, Tuesday & Wednesday
 10:00 a.m. - 2:00 p.m.
 Wednesday 5:00 p.m. - 8:00 p.m.
 *Closed 3rd Wednesday of the month

Please call 732-545-1019 before coming at any time, since our staff is totally volunteer and sometimes unavailable to keep hours established. Basic emergency food is available to people and families in economic hardship. Proof of name, current address, proof of any dependents and valid photo ID. Food is distributed by client choice, not prepackaged bags. Staff speaks English and Spanish.

M.C.F.O.O.D.S. Directory

NEW BRUNSWICK SEVENTH DAY ADVENTIST CHURCH

Contact: Oneka Edwards
 Telephone: 732-745-4858
 Address: 339 Livingston Avenue
 New Brunswick, NJ 08901
 Website: www.NBSDAC.com
 Hours of Operation: Sunday 12:00 p.m. – 2:00 p.m.

Emergency food is available to New Brunswick residents and those within the church community every Wednesday. Food, prayer, counseling, and clothing are available. Advanced appointment recommended for services other than food. Valid photo ID and proof of address are required.

PRAB – PRESCHOOLS

Contact: Family Workers
 Telephone: 18 Drift Street ECC 732-828-4709
 Mario Gonzalez Child Dev Center 732-828-4572
 Downtown ECC 732-545-0426
 Raritan Gardens ECC 732-247-5640
 Address: Preschool
 P.O. Box 240
 New Brunswick, NJ 08901
 Hours of Operation: Monday – Friday
 7:30 a.m. – 5:30 p.m.

Emergency food assistance is available to any Puerto Rican Action Board Preschool Family. Suggested donations include rice, beans, tomato sauce and spaghetti.

PRAB, INC. – SERVICE ACCESS CENTER

Contact: Service Access Center Representative
 Telephone: 732-828-4510
 Address: 90 Jersey Avenue, P.O. Box 240
 New Brunswick, NJ 08901
 Hours of Operation: Agency hours are Monday – Friday 9:00 a.m. – 5:00 p.m.
 Wednesday 9:00 a.m. – 6:00 p.m.
 Pantry is only available on Thursdays to a limited number of families

Cases are determined on individual need. Clients are eligible for assistance once a month and for emergencies as needed.

M.C.F.O.O.D.S. Directory

SALVATION ARMY FAMILY AND COMMUNITY EMERGENCY CENTER

Contact: Loraine Ramos
 Telephone: 732-545-1477 ext. 113
 Address: 287 Handy Street, P.O. Box 5724
 New Brunswick, NJ 08901
 Hours of Operation: Monday – Friday
 9:00 a.m. – 3:00 p.m.

Services include food pantry. Photo ID, birth certificate for all household members, and proof of address are required. Clients are eligible for assistance once every month (excluding holiday assistance). Must be a resident of New Brunswick, East Brunswick, North Brunswick, Highland Park or Milltown.

SHARON BAPTIST CHURCH

Contact: Edmund DeVeaux
 Telephone: 201-478-9446 (Cell) 732-846-0669 (Church)
 Website: www.sharonbaptistnj.com
 Address: 25 Howard Street
 New Brunswick, NJ 08901
 Hours of Operation: 2nd Wednesday of the month
 12:00 p.m. – 2:00 p.m.

Sharon Baptist Church will serve those in need on a 'first come, first serve' basis. We will serve until either supplies or time expires.

ST. ALBAN'S CHURCH FOOD PANTRY

Contact: Enid Atkins
 Telephone: 732-247-0808
 Address: 148 Lee Avenue
 New Brunswick, NJ 08901
 Hours of Operation: Wednesday 7:00 p.m. – 8:30 p.m.

Emergency food is available for those in need.

ST. VINCENT DE PAUL FOOD PANTRY, NEW BRUNSWICK

Contact: Walter Mulyk
 Telephone: 732-309-2142
 Address: 29 Abeel Street
 New Brunswick, NJ 08901
 Hours of Operation: Wednesday & Saturday
 10:00 a.m. – 1:00 p.m.

Emergency food distribution is provided. Need must be established under TEFAP guidelines. Food may be picked up weekly. To register as a client, individuals must provide evidence of New Brunswick residency.

M.C.F.O.O.D.S. Directory

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SUYDAM STREET REFORMED CHURCH

Contact: Virginia Previte
 Telephone: 732-249-6803
 Address: 74 Drift Street
 New Brunswick, NJ 08901
 Hours of Operation: Saturday 9:00 a.m. – 10:30 a.m.
 Sunday 7:30 a.m. – 8:30 a.m.
 Monday 9:00 a.m. – 10:00 a.m.

Canned and packaged goods are available through the pantry and bread and pastries are distributed on Sundays. Clients must sign a form, and present a proper ID, adults only. Services are limited to once a month. Donations accepted include canned and packaged goods.

**VANESSA'S PANTRY AT
EMANUEL LUTHERAN CHURCH**

Contact: Vanessa Dunzik
 Telephone: 732-545-2673
 Address: New & Kirkpatrick Streets
 New Brunswick, NJ 08901
 Website: www.emanuelnb.org
 Hours of Operation: Wednesday 10:00 a.m. – 11:45 a.m.
 The Saturday following the 3rd Thursday of the month
 9:00 a.m. – 10:45 a.m.

Emergency food distribution is available. Services may be used once every month and are limited by availability of food. Nonperishable foods and baby supplies may be donated.

NORTH BRUNSWICK**NEW DESTINY FAMILY WORSHIP CENTER**

Contact: Julienne Whitten
 Telephone: 732-246-8850
 Address: 1330 Livingston Avenue
 North Brunswick, NJ 08902
 Hours of Operation: Every Wednesday 11:00 a.m. – 1:00 p.m.
 Closed on holidays and every 5th Wednesday

Perishable and non-perishable food is provided to those in need during hours of operation. Please do not call on Wednesdays, just show up. We are a very busy pantry and cannot return calls. Our mission statement: Neighbors Helping Neighbors – No one goes to bed hungry in our county.

M.C.F.O.O.D.S. Directory

NORTH BRUNSWICK FOOD BANK

Contact: Kathleen Aruta
Telephone: 732-247-0922 ext. 293
Address: 710 Hermann Road
North Brunswick, NJ 08902
Hours of Operation: Tuesday 10:00 a.m. – 12:00 p.m.
Thursday 6:00 p.m. – 8:00 p.m.

Food is available for North Brunswick residents who are in need of assistance. Driver's license, picture ID with address, or County ID with recent official mailing address showing are necessary for verification of residency.

OLD BRIDGE

**CALVARY CHAPEL OLD BRIDGE
BROKEN LOAVES FOOD & RAIMENT MINISTRY**

Contact: James Shevchenko
Telephone: 732-679-4837
Address: 139 White Oak Lane
Old Bridge, NJ 08857
Hours of Operation: Friday 10:30 a.m. – 1:00 p.m. & 6:30 p.m. – 8:30 p.m.

Services offered include food, clothing, counseling, and prayer. An appointment must be made by calling in advance – office hours are Tuesday, Wednesday and Thursday from 10:30 a.m.-2:30 p.m. Walk-ins are not accepted and services are limited to once a month.

OLD BRIDGE TOWNSHIP FOOD BANK

Contact: Anahita Feltz
Telephone: 732-721-5600 ext. 2022
Address: One Old Bridge Plaza
Old Bridge, NJ 08857
Hours of Operation: Tuesday, Wednesday & Thursday
10:00 a.m. – 12:00 p.m. (By appointment only)

Initial contact should be made with Middlesex County Board of Social Services (SNAP) program. Clients will be required to provide proof of SNAP benefits or denial letter prior to applying in Old Bridge. For an intake appointment call 732-721-5600 ext. 6625. Required Information: 2 proofs of residency, proof of income, SSI/SSD award letter, SNAP award/denial letter.

M.C.F.O.O.D.S. Directory

ST. LAWRENCE CHURCH FOOD PANTRY

Contact: Joan Langan
 Telephone: 732-583-9361
 Address: 109 Laurence Parkway
 Laurence Harbor, NJ 08879
 Hours of Operation: Monday & Saturday
 8:30 a.m. – 10:00 a.m.

Approximately 1 week of emergency food items are available to anyone in need. Holiday baskets are also prepared for Christmas, Easter and Thanksgiving.

PERTH AMBOY**CATHEDRAL CDC SOCIAL SERVICES -
MERCY HOUSE FOOD PANTRY**

Contact: Damaris Ramirez or Juana Kearney
 Telephone: 732-826-0447
 Fax: 732-826-1238
 Website: www.thecathedral.org
 Address: 282 McClellan Street
 Perth Amboy, NJ 08861
 Hours of Operation: Monday 9:30 a.m. – 1:00 p.m.
 Tuesday – Friday
 9:30 a.m. – 3:00 p.m.

Food pantry is available to Middlesex County residents in need twice a month. Clients must register every six months. Clothing is also available.

IGLESIA CIUDAD DE REFUGIO

Contact: Rev. Eduardo Almonte
 Telephone: 732-826-0058
 Address: 436 Market Street
 Perth Amboy, NJ 08861
 Hours of Operation: Wednesday 11:00 a.m. (after food pick up)
 Thursday 7:30 p.m. – 8:30 p.m.

Emergency food is provided to those in need in the church community.

**OUR LADY OF FATIMA
BREAD OF LIFE FOOD PANTRY**

Contact: Reverend Alberto Ruiz / Carmen Inoa,
 Food Pantry Administrator
 Telephone: 732-442-6634
 Address: 380 Smith Street
 Perth Amboy, NJ 08861
 Hours of Operation: Every 3rd Wednesday of the month 2:30 p.m. – 6:30 p.m.
 The Saturday that follows 1:00 p.m. – 4:00 p.m.

Emergency food is available to any Middlesex County resident in need.

M.C.F.O.O.D.S. Directory

SALVATION ARMY

Contact: Jhoanny Duran, Capt. Alex Rodriguez
 Telephone: 732-826-7040
 Address: 433 State Street
 Perth Amboy, NJ 08861
 Hours of Operation: Monday – Friday, **EXCEPT** Tuesday
 9:00 a.m. – 12:00 noon (By appointment)

Food pantry is available twice a month. Clients must register with We Care every six months. Must show proof of need and show ID with proof of address. A soup kitchen and emergency winter shelter for men and transitional housing for veterans is also provided. Call for additional information and appointment.

**ST. PETER'S EPISCOPAL CHURCH,
PETER'S PANTRY**

Contact: Maureen Erickson
 Telephone: 732-742-3205
 Address: 183 Rector Street
 Perth Amboy, NJ 08861
 Hours of Operation: Monday 5:00 p.m. – 7:00 p.m.
 Thursday 10:00 a.m. – 12:00 p.m.

Emergency food is available to Perth Amboy residents. Must provide proof of residence; picture ID, proof of all income (tax return, child support / alimony info, WIC affiliation etc.)

**ST. VINCENT DE PAUL FOOD PANTRY,
PERTH AMBOY**

Contact: Jerry Yaros or Joe Serrao
 Telephone: 732-548-4317 or 732-254-4153
 Address: 230 New Brunswick Avenue
 Perth Amboy, NJ 08861
 Hours of Operation: Saturday 9:45 a.m. – 12:45 p.m.

Emergency food available for those in need.

PISCATAWAY**FISH, INC. DUNELLEN AREA**

Contact: Hotline
 Telephone: 732-356-0081
 Address: 456 New Market Road
 Piscataway, NJ 08854
 Hours of Operation: Monday, Wednesday & Friday
 9:00 a.m. – 12:00 p.m. call for appointment

Emergency food and clothing are available. Clients are limited to once a month and must show proof of residency in Piscataway, Middlesex, Dunellen, Highland Park, Edison or South Plainfield. Clients must also provide proof of need through participation in TANF, SSI, WIC, Food Stamps or Medicaid or Welfare, or show proof of household income not in excess of guidelines. Nonperishable foods are accepted as donations.

M.C.F.O.O.D.S. Directory

JAMES O. BRYANT FOOD PANTRY

Contact: Wilhelmina A. Bryant
 Telephone: 732-985-4384
 Address: 6 Ethel Road
 Piscataway, NJ 08854
 Hours of Operation: 3rd and 4th Saturday of the month
 9:00 a.m. – 11:30 a.m.

Basic foods and necessities are provided once a month to Piscataway area residents who are receiving TANF, SSI, WIC, food stamps, disability, unemployment or low income assistance. Must provide proof of identity, residency and income and may come once a month.

**MUSLIM CENTER OF MIDDLESEX COUNTY -
OPEN DOOR FOOD PANTRY**

Contact: Muhammad Asif Barlas
 Telephone: 732-463-2004
 Address: 1000 Hoes Lane
 Piscataway, NJ 08854
 Hours of Operation: Every Wednesday
 5:00 p.m. – 7:00 p.m.

Nonperishable food and supplies are available to anyone in need.

ZION HILL BAPTIST CHURCH - FAITH'S KITCHEN

Contact: Bettie Davis or Zelma Andrews
 Telephone: 732-463-7776 or 732-740-5980
 Address: 450 Highland Avenue
 Piscataway, NJ 08854
 Hours of Operation: Thursday from 11:30 a.m. – 2:00 p.m.

Faith's (Soup) Kitchen provides and serves a free, nutritious lunch every Thursday (excluding holidays) to those in need. Other donated food items are also distributed as received.

**ZION HILL BAPTIST CHURCH
FOOD PANTRY**

Contact: Rosalee Battiste / Ella Mack / Roy Brinson
 Telephone: 732-463-9074
 Address: 450 Highland Avenue
 Piscataway, NJ 08854
 Hours of Operation: 3rd Tuesday 4:00 p.m. – 6:30 p.m.
 Every Thursday 10:00 a.m. – 1:00 p.m.

Nonperishable commodities are distributed to those in need twice a month.

M.C.F.O.O.D.S. Directory

PLAINSBORO**PLAINSBORO TOWNSHIP FOOD PANTRY**

Contact: Erum Ladak
 Telephone: 609-799-0909 ext. 1711
 Address: 641 Plainsboro Road
 Plainsboro, NJ 08536
 Hours of Operation: 2nd and 4th Thursday
 1:00 p.m. – 3:00 p.m. and 5:30 p.m. – 7:00 p.m.

Distribution of nonperishable food items and occasionally perishables and personal care items to residents of Plainsboro Township. Proof of residency and income eligibility is required.

SAYREVILLE**FAITH FELLOWSHIP MINISTRIES,
WORLD OUTREACH CENTER**

Contact: Rachel Cedeno
 Telephone: 732-727-9500 ext. 1405
 Address: 2707 Main Street
 Sayreville, NJ 08872
 Hours of Operation: 3rd Thursday 10:00 a.m. – 7:00 p.m.

Emergency food, clothing and shelter referrals are available to anyone in need. Identification for each recipient is required. Special arrangements can also be made for emergencies. The church is also open for prayer and counseling, please call for an appointment.

SAYREVILLE CARE & SHARE FOOD BANK

Contact: Sue Paul
 Telephone: 732-721-8053
 Address: Senior Center
 423 Main Street
 Sayreville, NJ 08872
 Hours of Operation: Certain Tuesdays (Call for specific dates)
 10:00 a.m. – 11:00 a.m.

M.C.F.O.O.D.S. Directory

SOUTH AMBOY**FIRST PRESBYTERIAN CHURCH OF SOUTH AMBOY**

Contact: Church Office
 Telephone: 732-721-4516
 Address: 150 North Broadway, PO Box 787
 South Amboy, NJ 08879
 Hours of Operation: 3rd Saturday 9:30 a.m. – 11:30 a.m.
 Emergencies by appointment

Food distribution is available once a month. Must show identification and proof of residency, be over the age of 18 and complete paperwork for proof of need. Our pantry is available to residents in our local area: South Amboy, Parlin, Sayreville and Laurence Harbor.

SOUTH BRUNSWICK**ABUNDANT LIFE CHRISTIAN CENTER,
LIVING WATERS**

Contact: Rhondi Sabo
 Telephone: 732-355-0225 Church
 Address: 2245 Route 130, Suite 101
 Dayton, NJ 08810
 Website: www.nlifetchurch.com
 Hours of Operation: Saturday 8:00 a.m. – 11:00 a.m.
 Call for an appointment.

Services provided include food and prayer. Clients may obtain services every other week and must show proof of ID. Nonperishable foods and toiletries are accepted as donations.

SOUTH BRUNSWICK TOWNSHIP FOOD PANTRY

Contact: Jeanne Wert
 Telephone: 732-329-4000 ext. 7674
 Address: South Brunswick Municipal Building
 540 Ridge Road, Social Services Office
 Monmouth Junction, NJ 08852
 Hours of Operation: Monday – Friday
 8:30 a.m. – 4:30 p.m. (By appointment only)

Food box and, if available, food certificates. Cases are determined on individual need for South Brunswick residents only. An application is required. Information must be updated every visit. Food is available as emergency aid only. Donations accepted include cereal, Parmalat, peanut butter, jelly, pasta, sauces, tuna fish, snack foods, beverages, macaroni & cheese, and canned meats.

M.C.F.O.O.D.S. Directory

SOUTH PLAINFIELD

SACRED HEART CHURCH SOCIAL CONCERNS

Contact: S. Neil Towey
Telephone: 908-756-0633 ext. 112
Fax: 908-757-5655
Email: socialconcerns@churchofthesacredheart.net
Address: 200 Randolph Avenue
South Plainfield, NJ 07080
Hours of Operation: Monday, Wednesday and Friday 9:00 a.m. – 11:00 a.m.

Food is available for South Plainfield residents who are in need of assistance. Driver's license or picture ID with address is necessary for verification of residency.

SOUTH PLAINFIELD SOCIAL SERVICES DEPARTMENT

Contact: Heather L. Barry, LSW
Telephone: 908-226-7628
Address: 90 Maple Avenue
South Plainfield, NJ 07080
Hours of Operation: Tuesday & Thursday 8:30 a.m. – 12:00 p.m.

Emergency nonperishable food distribution is available for South Plainfield residents in need. Proof of residency is required.

SOUTH RIVER

SOUTH RIVER FOOD BANK

Contact: Debra A. Jones
Telephone: 732-257-1999 ext. 118
Address: 98 Jackson Street
South River, NJ 08882
Hours of Operation: Wednesday 10:00 a.m. – 12:00 p.m.
1st & 2nd Saturday 10:00 a.m. – 12:00 p.m.

requesting

Nonperishable food is provided to South River residents whom are in need of assistance. Driver's license or picture ID with address is necessary for verification of residency.

**UNION BAPTIST CHURCH,
JOSHUA CENTER FOOD BANK**

Contact: Joann Jackson, Director
Telephone: 732-690-3673
Address: 76 Washington Street
South River, NJ 08882
Hours of Operation: 1st and 3rd Thursday 9:30 a.m. – 11:30 a.m.
1st and 3rd Saturday 9:30 a.m. – 11:30 a.m.

A soup kitchen and food pantry provides services to any Middlesex County resident in need. Community based outreach services are also available to help individuals in need find appropriate resources.

M.C.F.O.O.D.S. Directory

SPOTSWOOD**CHURCHES UNITED FOR PEOPLE**

Contact: Jen Alexander
 Telephone: 732-307-7939
 Address: 455 Main Street
 Spotswood, NJ 08884
 Website: <http://www.cohmspotswoodnj.com>
 Hours of Operation: Tuesday – Thursday
 9:30 a.m. – 11:30 a.m.
 and 1:30 p.m. – 3:30 p.m.
 Tuesday 5:00 p.m. – 7:00 p.m.

Emergency food is provided to those in need one time a month. Must be a resident of Middlesex County and provide proof of residence (i.e.: driver's license, photo ID, utility bill).

ST. PETER'S EPISCOPAL CHURCH

Contact: Katey Harrington
 Telephone: 732-251-2449
 Address: 505 Main Street
 Spotswood, NJ 08884
 Website: <http://www.cohmspotswoodnj.com>
 Hours of Operation: Wednesday 6:00 p.m. – 7:00 p.m.

Free supper to anyone needing a meal and/or fellowship.

WOODBIDGE**FELLOWSHIP BIBLE CHURCH**

Contact: Louis Devizia
 Telephone: 732-636-7727
 Address: 121 East Prospect Avenue
 Woodbridge, NJ 07095
 Website: <http://www.yourfamilychurch.com>
 Hours of Operation: Sunday 12:00 p.m. – 2:00 p.m.

Nonperishable food is available to residents of Woodbridge, Perth Amboy, and Carteret.

**FIRST CONGREGATIONAL CHURCH
OF WOODBRIDGE**

Contact: Church Office
 Telephone: 732-634-0582
 Address: 539 Barron Avenue
 Woodbridge, NJ 07095
 Hours of Operation: Must call for an appointment (Sunday pick up)

Call in advance for information and to set up and an appointment. Emergency food is available by appointment only and proof of need is required.

M.C.F.O.O.D.S. Directory

FIRST PRESBYTERIAN CHURCH OF AVENEL

Contact: Carolyn Stockl
 Telephone: 732-634-1631
 Address: 621 East Woodbridge Ave
 Avenel, NJ 07001
 Website: <http://avenelpresbyterianchurch.org/>
 Hours of Operation: Last Tuesday of the month 10:00 a.m. - 11:00 a.m.

Emergency food distribution is available. If it is an emergency you may call the church office for immediate assistance. Food donations and toiletries are accepted.

FIRST PRESBYTERIAN CHURCH OF ISELIN

Contact: Marion Feliks or Margarita Estrada
 Telephone: 732-283-1188
 Address: 1295 Oaktree Road
 Iselin, NJ 08830
 Hours of Operation: Call for appointment
 1st Wednesday 10:00 a.m. - 1:00 p.m.

Food is distributed once a month (1st Wednesday). You must call by Friday before to be eligible to receive food. Identification and recommendation are usually required.

FIRST PRESBYTERIAN CHURCH OF WOODBRIDGE

Contact: Church Office
 Telephone: 732-634-1024
 Address: 600 Rahway Avenue
 Woodbridge, NJ 07095
 Hours of Operation: First two Mondays of each month
 9:00 a.m. – 11:00 a.m. (emergencies upon notification)

Emergency groceries SFPP and T.E.F.A.P. commodities are provided to all residents in need. To receive T.E.F.A.P. food, proof of residency, address, social services information and ID card are required. Proper notification is also required. Food is given to registered adults only. Families are welcome, but food is only distributed to adults.

HEAVEN'S HELPERS

Contact: Kathy Hoffman or Doloris Androvich
 Telephone: 732-742-8942 (Kathy) or 732-501-7972
 Address: 393 Pearl Street – VFW Post 4410
 Woodbridge, NJ 07095
 Hours of Operation: 1st Thursday of the month (emergencies by appointment)
 12:30 p.m. – 3:00 p.m.

Kosher foods and paper goods are available upon request. Recipients are limited to once a month and must complete a registration form with proper identification. Donations of all foods are accepted with a few hours' notice. We have freezers and storage facilities available.

M.C.F.O.O.D.S. Directory

H.O.P. CENTER

Contact: Myrna Torres
 Telephone: 732-407-9353 or 732-874-5893
 Address: 1284 St. George's Ave. 2nd floor
 Avenel, NJ 07001
 Hours of Operation: September – May: Thursday 6:00 p.m. – 7:30 p.m.
 June – August: Wednesday 6:00 p.m. – 7:30 p.m.

Distribution of non-perishable food, clothing, parenting workshops, support groups for PPD, and music classes. Personal identification required.

METRO PARK ASSEMBLY OF GOD

Contact: Pastor Leslie Samuel
 Telephone: 732-283-3440 or 732-710-3663
 Address: 48 Berkley Street
 Iselin, NJ 08820
 Website: www.metroparkassembly.org
 Hours of Operation: Last Thursday of the month
 (November & December 3rd Thursday of the month)
 7:00 p.m. – 8:30 p.m.

Emergency food is available to anyone in need.

ST. ANTHONY OF PADUA FOOD PANTRY

Contact: Parish Office
 Telephone: 732-634-1403
 Address: 436 Port Reading Avenue
 Port Reading, NJ 07064
 Hours of Operation: 3rd Wednesday 10:00 a.m. – 12:00 p.m. &
 7:00 p.m. – 8:30 p.m. (Emergencies upon notification)

A registration form must be filled out. You will be required to show ID and proof of income (driver's license, social security card, pay stub). Non-perishable food is available for Port Reading and Sewaren residents.

ST. CECELIA'S FOOD PANTRY

Contact: Joanne Berg
 Telephone: 732-283-0150 ext. 1023
 Address: St. Cecelia's Parish Center
 45 Wilus Way
 Iselin, NJ 08830
 Hours of Operation: Tuesday 10:00 a.m. – 1:30 p.m. (By appointment only)

Emergency food is available. A registration form must be completed and you will be required to show some ID and a proof of income (driver license, social security card, utility bill, pay stub or letter from SSI). Food is available once a month for Woodbridge residents.

M.C.F.O.O.D.S. Directory

ST. JAMES EMERGENCY FOOD PANTRY

Contact: Peggy Foley
 Telephone: 732-636-4310 or 732-636-6343
 Address: 174 Grove Street
 Woodbridge, NJ 07095
 Hours of Operation: Tuesday, Wednesday and Thursday
 9:00 a.m. – 11:00 a.m.
 Thursday 7:00 p.m. – 8:30 p.m.

Emergency food is provided once a month. Must show proof of residence in Woodbridge Township and proof of income. Food and monetary donations accepted.

TRINITY EPISCOPAL CHURCH FOOD PANTRY

Contact: Carroll Thomas
 Telephone: 732-634-7422 ext. 5
 Monday or Tuesday 9:00 a.m. – 1:00 p.m. ONLY
 Address: Trinity Church
 650 Rahway Avenue at Trinity Lane
 Woodbridge, NJ 07095
 Website: www.trinitywoodbridge.org
 Hours of Operation: Thursday (Red Building), 10:00 a.m. – 11:00 a.m.
 1st Saturday, 10:30 a.m. – 11:30 a.m. (diapers offered)

A three-day supply of emergency food is provided on a once a month basis. Please call on above days, speaking clearly, so that food packages may be prepared ahead for Thursday pick up.

TRINITY EPISCOPAL CHURCH SOUP KITCHEN

Contact: Carroll Thomas
 Telephone: 732-634-7422 ext. 5
 Address: Trinity Church, 650 Rahway Avenue at Trinity Lane
 Woodbridge, NJ 07095
 Website: www.trinitywoodbridge.org
 Hours of Operation: Friday 11:00 a.m. – 1:00 p.m.

A substantial hot lunch is provided to anyone who shows up – no questions asked.

M.C.F.O.O.D.S. Directory

**Middlesex County Office of Aging and
Disabled Services Senior Meal Program**

Anyone 60 and over is welcome at the following sites:

- Site 1: Thomas J. Deverin Community Center
100 Cooke Avenue
Carteret, NJ 07008
732-541-6221
Hours: 8:30 a.m. – 2:30 p.m.
- Site 2: Alexander J. Jankowski Community Center
1 Olive Street
Perth Amboy, NJ 08861
732-442-0930
Hours: 8:30 a.m. – 2:30 p.m.
- Site 3: Sayreville Senior Center
423 Main Street
Sayreville, NJ 08872
732-254-4299
Hours: 8:30 a.m. – 2:30 p.m.
- Site 4: Edison Senior Center
2963 Woodbridge Ave.
Edison, NJ 08817
732-452-0377
Hours 8:30 a.m. – 2:30 p.m.
- Site 5: Piscataway Senior Center
700 Buena Vista Boulevard
Piscataway, NJ 08854
732-743-9844
Hours: 8:30 a.m. – 2:30 p.m.
- Site 6: South Brunswick Senior Center
540 Ridge Road
Monmouth Junction, NJ 08852
732-329-6171
Hours: 8:30 a.m. – 2:30 p.m.
- Site 7: Old Bridge Senior Center
1 Old Bridge Plaza
Old Bridge, NJ 08857
732-607-1582
Hours: 8:30 a.m. – 2:30 p.m.
- Site 8: South Plainfield Senior Center
90 Maple Ave.
South Plainfield, NJ 07080
908-753-1040
Hours: 8:30 a.m. – 2:30 p.m.

M.C.F.O.O.D.S. Directory

Middlesex County Office of Aging and Disabled Services
Senior Meal Program
732-745-2062

Round-trip transportation available to all sites.
Home-delivered meals available for mobility-impaired.
Suggested Meal Donation: Congregate: \$2.25
Home Delivered: \$2.75

To obtain general information on resources available for seniors and the disabled in Middlesex County contact the Office of Aging and Disabled at 732-745-3295 and request a Resource Directory be mailed to your home. The directory includes comprehensive lists of various agencies in Middlesex County, there is a multitude of information ranging from housing options, adult day care facilities, support groups and counseling agencies, as well as many other social service, state and federal organizations.

The Middlesex County Area Transit (MCAT) program provides transportation for senior citizens (60 years and older) and persons with disabilities to enable them to maintain the necessities of life. Transportation is provided within Middlesex County and up to 5 miles outside the County. All transportation is curb-to-curb and individuals must register with MCAT in order to request a ride. To register for MCAT contact 732-745-7456.

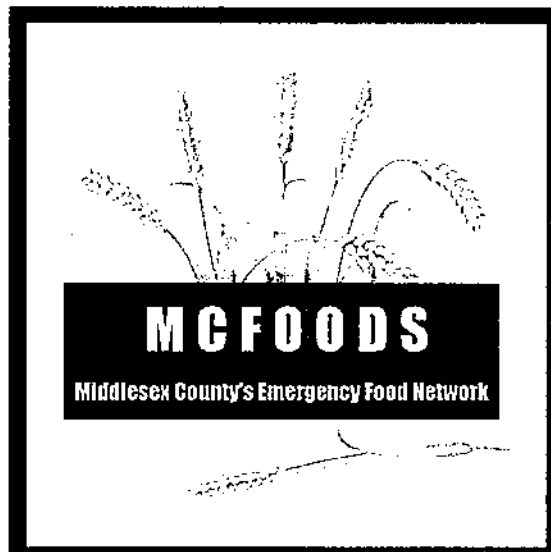
M.C.F.O.O.D.S. Directory

M.C.F.O.O.D.S. Membership & Information

If you would like additional information about the M.C.F.O.O.D.S. program or if your organization is interested in becoming a part of the M.C.F.O.O.D.S. network please contact the Director to obtain an application packet detailing membership requirements.

Jennifer Apostol
M.C.F.O.O.D.S. Director
c/o MCIA
101 Interchange Plaza, Suite 202
Cranbury, NJ 08512

Phone: 609-409-5033
Fax: 609-655-4748
Email: ja@mciauth.com
Website: <http://www.mciauth.com>



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Middlesex County Board of Chosen Freeholders

Ronald G. Rios, *Freeholder Director*

Charles E. Tomaro, *Deputy Director*

Kenneth Armwood, Charles Kenny, Leslie Koppel, Shanti Narra, Blanquita B. Valenti



MCIA Board Members

Paul Abbey, Christine D'Agostino, Jose A. Jimenez, Jr., Anthony Raczynski

Charles E. Tomaro


Freeholder Deputy Director & MCIA Liaison

H. James Polos

Executive Director

www.mciauth.com

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www.middlesexcountynj.gov

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