



Food and Nutrition

Tuesday, February 16, 2021

Organization	Phone 1	Phone 2	Address	Town	State	Zip Code	Info	Website	Notes
Adult Day Center of Somerset	908-725-0068		872 East Main Street	Bridgewater	NJ	08807		http://www.adultdaycenter.org/	Daily care for senior citizens with supervised services and activities.
American Academy of Nutrition and Dietetics	800-877-1600	312-899-0040	120 South Riverside Plaza, Suite 2190	Chicago	Illinois	60606-6995		www.eatright.org	Professional association for Registered dietitians but has many fact sheets and articles for public such as "Be Merry: Enjoy Guilt-Free Holiday Celebrations"
American Institute of Cancer Research	800-843-8114		1560 Wilson Blvd. Suite 1000	Arlington	VA	22209		http://www.aicr.org/	A great resource for learning about cancer prevention and treatment, BUT my favorite are their recipes, lots of great healthy veggie recipes; also has the New American Plate program which promotes healthy eating
Bentley Community Services, Inc.	908-227-0684		PO Box 1093	Belle Mead	NJ	08502		www.bentleycommunityservices.org	Dorothy Stearns-Holmes; Brant Holmes; Food Warehouse for the working poor not on food stamps; Monthly fee
BMI Calculator								http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm	Figure out your Body Mass Index easily.
Center for Eating Disorders Care	877-932-8935	609-853-7575	1 Plainsboro Rd	Plainsboro	NJ	08536	Yes	princetonhcs.org/eatingdisorders	University Medical Center of Princeton at Plainsboro; Residential for 8 years old and older

Organization	Phone 1	Phone 2	Address	Town	State	Zip Code	Info	Website	Notes
Center for Science in the Public Interest (CSPI)	866-293-CSPI	202-332-9110	CSPI, 1220 L St. NW, Suite 300	Washington	DC	20005		http://www.cspinet.org/	Great nutrition and food info for public with monthly newsletter that only costs \$10 per year; has monthly articles on "Food Porn" showing the worst and best foods new to the market; lots of materials like "Salt: The Silent Killer"
Community Soup Kitchen & Outreach Center, Inc.	973-267-0709		36 South St.	Morristown	NJ	07960		www.cskmorristown.org	Soup Kitchen: M-F 11:30 am - 1 pm - 365 days per year; local social services
Cooperative Extension Service of Somerset County (Rutgers University)	908-526-6295	908-526-6291	310 Milltown Rd	Bridgewater	NJ	08807-3587		http://njaes.rutgers.edu/extension	Educational programs for food, nutrition, environmental, and health.
Feeding Hands Pantry	908-725-2678		100 Grant Ave.	Somerville	NJ	08876		http://www.feedinghandspantry.org/	At Emmanuel Church on Tues. 1-3 pm and 7-8:30 pm
Food & Nutrition Labeling								http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/default.htm	Guidelines nutrition facts label.
Food Bank Network of Somerset County, NJ	732-560-1813		PO Box 149	Bound Brook	NJ	08805		http://somersetfoodbank.org	
Food Banks, Co-Ops and Pantries in Morris and Somerset Counties							Yes		List compiled of all area programs
Fruits and Vegetables: More Matters	302-235-2329		8816 Manchester Road, PMB #408	Brentwood	MO			http://www.fruitsandveggiesmorematters.org/	Learn about all fruits and veggies, nut nutrition, what's in season, unusual f or v like Seville oranges or Thai chili, phytochemicals, f and v storage etc

Organization	Phone 1	Phone 2	Address	Town	State	Zip Code	Info	Website	Notes
God's Co-op Pantry of Bernardsville & Basking Ridge	908-766- 1616		c/o The First Presbyterian Church One East Oak Street	Basking Ridge	NJ	07920	Yes	https://brpc.org/mission/gods-co-op-pantry/	For residents of Basking rRdge & Bernardsville struggling financially. Located at the First Presbyterian Church of Bernardsville.
Interfaith Food Pantry	973-538- 8049		2 Executive Dr.	Morris Plains	NJ	07960		www.mcifp.org	Call for appointment and info
International Food Information Council								http://www.foodinsight.org/	Wonderful Nutrition and food info for public such as Holiday food traditions contest with reliable nutrition info such as “Dietary Fats: Balancing Health & flavor”
Kids Health								www.kidshealth.org	Online resources about nutrition and all health issues for parents, kids, and teens
Living Plate	908-234- 1160		22 Peapack Road, PO Box 158	Far Hills	NJ	07931		www.livingplate.com	In-person one-to-one counseling for nutrition health and therapeutic nutrition. Group nutrition and food prep classes.
Mayo Clinic - Nutrition Basics								http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477	Nutrition basics, supplements, cooking, diets, etc.
Meals on Wheels - Somerset County	908-704- 6346		92 E. Main St.	Somerville	NJ	08876- 1262		https://www.co.somerset.nj.us/government/human-services/aging-disability-services	

Organization	Phone 1	Phone 2	Address	Town	State	Zip Code	Info	Website	Notes
MyPlate								http://www.choosemyplate.gov/	Materials for public based on MyPlate (replacement for Food Guide Pyramid) including Let's Move! And The People's Garden programs
NJ Division of Human Services/Division of Family Development (DFD) (Welfare, Food Stamps, etc)	609-588-2000	800-792-9773	Division of Family Development, PO Box 716	Trenton	NJ	08625		http://www.state.nj.us/humanservices/dfd/index.html	
NJ SNAP (Formerly Food Stamps)	800-687-9512						Yes	http://www.state.nj.us/humanservices/dfd/programs/njsnap/	Formerly Food Stamps
NORWESCAP (Northwest New Jersey Copmmunity Action Partnership)	908-685-8282	908-454-7000	120 Finderne Ave., #4	Bridgewater	NJ	08807		http://norwescap.org/index.php	Community Action programs for Somerset, Morris, Sussex, Warren, Hunterdon Counties: food banks, WIC, CEED, housing , energy assitance, etc.
Pesticide Info in Fruits/Vegetables	202-667-6982		1436 U Street NW, Suite 100	Washington	DC	20009		http://www.ewg.org/foodnews/	Dirty Dozen and Clean Fifteen: Environmental Working Groups guide to pesticides in produce
Portion Distortion I & II								www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm	Set of slides showing the size of food portions and how they have changed.
Somerset County Board of Social Services (Food Stamps, Temporary Assistance to Needy Families, Medicaid Assitance, Work First/Welfare)	908-526-8800		73 East High St., PO Box 936	Somerville	NJ	08876		https://www.co.somerset.nj.us/government/affiliated-agencies/social-services	Emergency housing, transitional housing and security deposits

Organization	Phone 1	Phone 2	Address	Town	State	Zip Code	Info	Website	Notes
Somerset County Food Bank	732-560-1813		7 Easy Street, PO Box 149	Bound Brook	NJ	08807		http://somersetfoodbank.org/	
Somerset County Office on Aging Easy Access Single Entry System (EASE)	888-747-1122	908-704-6346						https://www.co.somerset.nj.us/government/human-services/aging-disability-services	
Somerset County Senior Wellness Center - Bernards	908-204-3435		202 Mount Airy Road	Basking Ridge	NJ	07920			
TeensHealth								http://kidshealth.org/teen/	Good online resource for teens, kids, and parents.
The DASH Diet								http://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf	Top rated low sodium healthy eating.
Therapeutic Lifestyle Changes for Heart Health								https://www.nhlbi.nih.gov/health-topics/heart-healthy-lifestyle-changes	Handouts and materials for heart health
U.S. Department of Health and Human Services								http://healthyeating.nhlbi.nih.gov/ingre.aspx	Keep the Beat: Delicious Healthy Eating and Shopping Tips & Recipes
Whole Grains Council	617-421-5500		266 Beacon St., Suite 1	Boston	MA	02116		http://wholegrainscouncil.org/	Helps consumer find whole grains and know their health benefits; learn anything about whole grains
WIC (Women, Infants, and Children) Morris County	973-754-4575	800-328-3838	6 Sussex Avenue	Morristown	NJ	07960	Yes	https://www.state.nj.us/health/fhs/wic/home/about.shtml	
WIC (Women, Infants, and Children) Somerset County	908-685-8282		120 Finderne Ave., Room 4	Bridgewater	NJ	08807	Yes	http://www.nj.gov/health/fhs/wic/participants/find-wic/-somerse	