



# Food and Nutrition

Monday, October 15, 2018

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		<a href="http://www.adultdaycenter.org/">http://www.adultdaycenter.org/</a>	Daily care for senior citizens with supervised services and activities.
American Academy of Food and Nutrition								<a href="http://www.eatright.org">www.eatright.org</a>	
American Academy of Nutrition and Dietetics	800-877-1600	312-899-0040	120 South Riverside Plaza, Suite 2000	Chicago	Illinois	60606-6995		<a href="http://www.eatright.org">www.eatright.org</a>	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	(202) 328-7744	1759 R Street, NW,	Washington	DC	20009		<a href="http://www.aicr.org/">http://www.aicr.org/</a>	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	908-963-9870	PO Box 1093	Belle Mead	NJ	08502		<a href="http://www.bentleycommunityservices.org">www.bentleycommunityservices.org</a>	Dorothy Stearns-Holmes; Brant Holmes; Food Warehouse for the working poor not on food stamps; Monthly fee
BMI Calculator								<a href="http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm">http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm</a>	Figure out your Body Mass Index easily.
Center for Eating Disorders Care	877-932-8935	609-455-7183	1 Plainsboro Rd	Plainsboro	NJ	08536	Yes	<a href="http://princetonhcs.org/eatingdisorders">princetonhcs.org/eatingdisorders</a>	University Medical Center of Princeton at Plainsboro; Residential for 8 years old and older

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Center for Science in the Public Interest (CSPI)								<a href="http://www.cspinet.org/">http://www.cspinet.org/</a>	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		<a href="http://www.cskmorristown.com">www.cskmorristown.com</a>	Soup Kitchen: M-F 11:30 am - 1 pm - 365 days per year; local social services
Cooperative Extension Service of Somerset County (Rutgers University)	908-526-6644	908-526-6295	310 Milltown Rd	Bridgewater	NJ	08807-3587		<a href="http://njaes.rutgers.edu/extension">http://njaes.rutgers.edu/extension</a>	Educational programs for food, nutrition, environmental, and health.
Feeding Hands Pantry	908-725-2678		100 Grant St.	Somerville	NJ	08876		<a href="http://www.feedinghandspantry.org/">http://www.feedinghandspantry.org/</a>	At Emmanuel Church on Tues. 1-3 pm and 7-8:30 pm
Food & Nutrition Labeling								<a href="http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/default.htm">http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/default.htm</a>	Guidelines nutrition facts label.
Food Bank Network of Somerset County, NJ	732-560-1813		7 Easy St. Middlebrook	Bridgewater	NJ	08807		<a href="http://somersetfoodbank.org">http://somersetfoodbank.org</a>	
Food Banks, Co-Ops and Pantries in Morris and Somerset Counties							Yes		List compiled of all area programs
Fruits and Vegetables: More Matters								<a href="http://www.fruitsandveggiesmorematters.org/">http://www.fruitsandveggiesmorematters.org/</a>	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

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God's Co-op Pantry of Bernardsville & Basking Ridge	908-279-5979	908-766-1616 x18 (Janet Bentley)	c/o The First Presbyterian Church One East Oak Street		NJ	07920	Yes	<a href="https://brpc.org/mission/gods-co-op-pantry/">https://brpc.org/mission/gods-co-op-pantry/</a>	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		<a href="http://www.mcifp.org">www.mcifp.org</a>	Call for appointment and info
International Food Information Council								<a href="http://www.foodinsight.org/">http://www.foodinsight.org/</a>	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								<a href="http://www.kidshealth.org">www.kidshealth.org</a>	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		<a href="http://www.livingplate.com">www.livingplate.com</a>	In-person one-to-one counseling for nutrition health and therapeutic nutrition. Group nutrition and food prep classes.
Mayo Clinic - Nutrition Basics								<a href="http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477">http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477</a>	Nutrition basics, supplements, cooking, diets, etc.
Meals on Wheels - Somerset County	908-704-6346		PO Box 3000	Somerville	NJ	08876-1262			

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MyPlate								<a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>	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						<a href="http://www.state.nj.us/humanservices/dfd/index.html">http://www.state.nj.us/humanservices/dfd/index.html</a>	
NJ SNAP (Formerly Food Stamps)	800-687-9512						Yes	<a href="http://www.state.nj.us/humanservices/dfd/programs/njsnap/">http://www.state.nj.us/humanservices/dfd/programs/njsnap/</a>	Formerly Food Stamps
NORWESCAP (Northwest New Jersey Community Action Partnership)	908-454-4778	908-454-7000	350 Marshall St.	Phillipsburg	NJ	08865		<a href="http://norwescap.org/index.php">http://norwescap.org/index.php</a>	Community Action programs for Somerset, Morris, Sussex, Warren, Hunterdon Counties: food banks, WIC, CEED, housing , energy assistance, etc.
Olive Oil Resources								<a href="http://www.truthinoliveoil.com">www.truthinoliveoil.com</a>	Learn all about which olive oil is high quality
Pesticide Info in Fruits/Vegetables								<a href="http://www.ewg.org/foodnews/">http://www.ewg.org/foodnews/</a>	Dirty Dozen and Clean Fifteen: Environmental Working Groups guide to pesticides in produce
Portion Distortion I & II								<a href="http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm">www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm</a>	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 Assistance, Work First/Welfare)	908-526-8800		73 High St.	Somerville	NJ	08876		<a href="http://www.socialservices.co.somerset.nj.us">http://www.socialservices.co.somerset.nj.us</a>	Emergency housing, transitional housing and security deposits

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Somerset County Food Bank	732-560-1813		7 Easy Street, Middlebrook	Bridgewater	NJ	08807		<a href="http://somersetfoodbank.org/">http://somersetfoodbank.org/</a>	
Somerset County Office on Aging Easy Access Single Entry System (EASE)	888-747-1122	908-704-6346						<a href="mailto:officeonaging@co.somerset.nj.us">officeonaging@co.somerset.nj.us</a>	
Somerset County Senior Wellness Center - Bernards	908-204-3435	908-704-6343	202 Mount Airy Road	Basking Ridge	NJ	07920			
TeensHealth								<a href="http://kidshealth.org/teen/">http://kidshealth.org/teen/</a>	Good online resource for teens, kids, and parents.
The DASH Diet								<a href="http://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf">http://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf</a>	Top rated low sodium healthy eating.
Therapeutic Lifestyle Changes for Heart Health								<a href="http://www.nhlbi.nih.gov/health/public/heart/cholesterol/cholesterol_tlc.htm">http://www.nhlbi.nih.gov/health/public/heart/cholesterol/cholesterol_tlc.htm</a>	Handouts and materials for heart health
U.S. Department of Health and Human Services								<a href="http://healthyeating.nhlbi.nih.gov/ingre.aspx">http://healthyeating.nhlbi.nih.gov/ingre.aspx</a>	Keep the Beat: Delicious Healthy Eating and Shopping Tips & Recipes
Whole Grains Council								<a href="http://wholegrainscouncil.org/">http://wholegrainscouncil.org/</a>	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	185 6th Avenue	Paterson	NJ	07524	Yes	<a href="http://www.nj.gov/health/fhs/wic/participants/find-wic/-morris">http://www.nj.gov/health/fhs/wic/participants/find-wic/-morris</a>	
WIC (Women, Infants, and Children) Somerset County	800-527-0125	908-454-1210					Yes	<a href="http://www.nj.gov/health/fhs/wic/participants/find-wic/-somerset">http://www.nj.gov/health/fhs/wic/participants/find-wic/-somerset</a>	