



Food and Nutrition

Wednesday, January 11, 2017

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 Food and Nutrition								www.eatright.org	
American Academy of Nutrition and Dietetics	800-877-1600	312-899-0040	120 South Riverside Plaza, Suite 2000	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	(202) 328-7744	1759 R Street, NW,	Washington	DC	20009		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	908-963-9870	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

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Center for Science in the Public Interest (CSPI)								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.com	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		http://njaes.rutgers.edu/extension	Educational programs for food, nutrition, environmental, and health.
Feeding Hands Pantry	908-725-2678		100 Grant St.	Somerville	NJ	08876		http://www.somervillechurch.com/foodpantry.html	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		7 Easy St. Middlebrook	Bridgewater	NJ	08807		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								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

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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	Basking Ridge	NJ	07920	Yes		For residents of Basking Ridge & 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		PO Box 3000	Somerville	NJ	08876-1262			

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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						http://www.state.nj.us/humanservices/dfd/index.html	
NJ SNAP (Formerly Food Stamps)	800-687-9512						Yes		Formerly Food Stamps
NORWESCAP (Northwest New Jersey Community Action Partnership)	908-454-4778	908-454-7000	350 Marshall St.	Phillipsburg	NJ	08865		http://norwescap.org/index.php	Community Action programs for Somerset, Morris, Sussex, Warren, Hunterdon Counties: food banks, WIC, CEED, housing , energy assistance, etc.
Olive Oil Resources								www.truthinliveoil.com	Learn all about which olive oil is high quality
Pesticide Info in Fruits/Vegetables								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 Assistance, Work First/Welfare)	908-526-8800		73 High St.	Somerville	NJ	08876		http://www.socialservices.co.somerset.nj.us	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		http://somersefoodbank.org/	
Somerset County Office on Aging Easy Access Single Entry System (EASE)	888-747-1122	908-704-6346						officeonaging@co.somerset.nj.us	
Somerset County Senior Wellness Center - Bernards	908-204-3435	908-704-6343	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								http://www.nhlbi.nih.gov/health/public/heart/cholesterol/tlc.htm	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								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	185 6th Avenue	Paterson	NJ	07524	Yes	http://www.state.nj.us/health/fhs/wic/localagencies.shtml	
WIC (Women, Infants, and Children) Somerset County	800-527-0125	908-454-1210					Yes	http://www.state.nj.us/health/fhs/wic/localagencies.shtml	