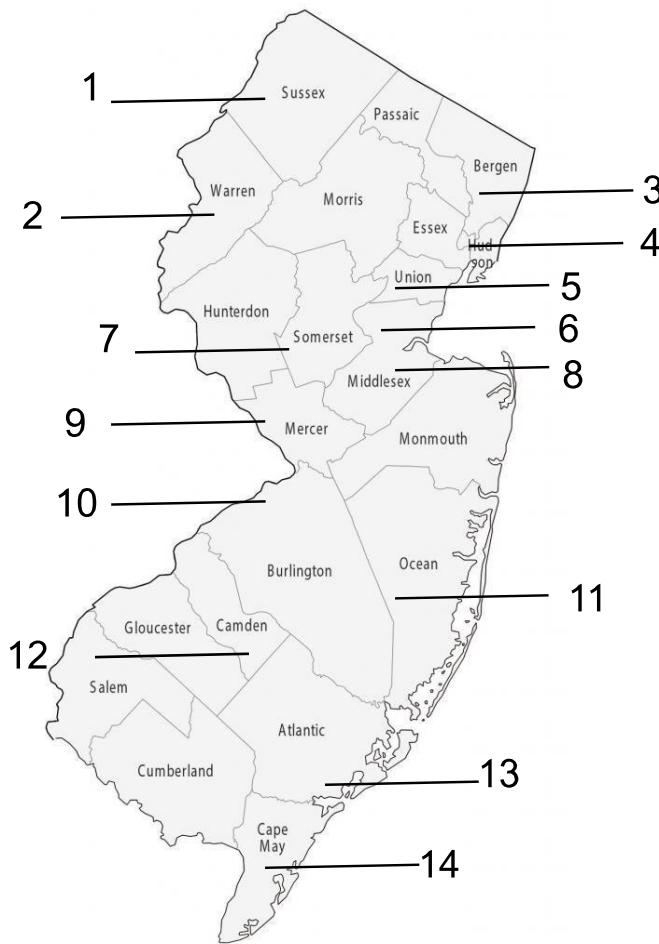




Visit Your Local Food Pantry

615 x 1,024



1. Sussex Help Center Food Pantry (973-702-1922) 20 Main St, Sussex, NJ 07461
2. River of Life (908-213-1377) 445 S Main St, Phillipsburg, NJ 08865
3. St Joseph Food Pantry (201-342-6300) 115 Fort Lee Rd, Bogota, NJ 07603
4. Secaucus Food Pantry (201-330-2014) 101 Centre Ave #156, Secaucus, NJ 07094
5. Rahway Food for Friends (732-381-7201) 1221 New Brunswick Ave, Rahway, NJ 07065
6. Christ Episcopal Church (732-545-6262) 5 Paterson St, New Brunswick, NJ 08901
7. Franklin Food Bank (732-246-0009) 224 Churchill Ave, Somerset, NJ 08873
8. Highland Park Community Pantry (732-819-0052) 220 S 6th Ave, Highland Park, NJ 08904
9. United Progress (609-392-2161) 162 W State St, Trenton, NJ 08608
10. St Ann's Church (609-893-3246) 22 Trenton Rd, Browns Mills, NJ 08015
11. St Gregory's Pantry (732-892-8105) 804 Bay Ave, Point Pleasant Beach, NJ 08742
12. New Hope Temple Church (856-966-0343) 448 Jackson St, Camden, NJ 08104
13. Main St Food Pantry (609-625-9446) 6011 Main St, Mays Landing, NJ 08330
14. Community Food Closet (609-600-7715) 500 Hughes St, Cape May, NJ 08204

Breakfast

Lunch

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| Oatmeal with Fruit and Nuts | Cook oats and top with sliced bananas, berries, and a sprinkle of nuts for added texture and nutrients | Rice and Bean Burrito | Fill whole wheat tortillas with rice, black beans, and your favorite vegetables, top with salsa for flavor |
| Greek Yogurt Parfait | Layer Greek yogurt with granola and fresh fruit for a protein-packed and satisfying breakfast | Pasta Salad with Vegetables | Mix whole wheat pasta with cherry tomatoes, cucumbers, and olives, and dress with olive oil and herbs |
| Egg and Vegetable Omelet | Whisk eggs and cook them with diced vegetables like bell peppers, onions, and tomatoes for a nutritious omelet | Quinoa Bowl with Roasted Vegetables | Cook quinoa and top it with roasted vegetables like broccoli, carrots, and bell peppers |
| Whole Grain Toast with Peanut Butter/Nut Butter | Spread natural peanut butter or any other nut butter on whole-grain toast for a quick and filling breakfast | Vegetable and Lentil Soup | Prepare a hearty soup with lentils, carrots, celery, and spinach. It's a filling and budget-friendly option! |

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| Baked Chicken/Tofu with Sweet Potatoes | Bake chicken breasts or sautee tofu with sweet potato wedges and a side of steamed broccoli for a balanced dinner |
| Salmon with Quinoa and Asparagus | Roast salmon fillets alongside quinoa and asparagus for a healthy and omega-3 rich dinner |
| Spaghetti with Tomato Sauce and Spinach | Cook whole wheat spaghetti and toss it with a homemade tomato sauce and fresh spinach |
| Grilled Veggie Quesadillas | Grill whole wheat tortillas with a mix of grilled vegetables and a sprinkle of cheese for a tasty dinner |