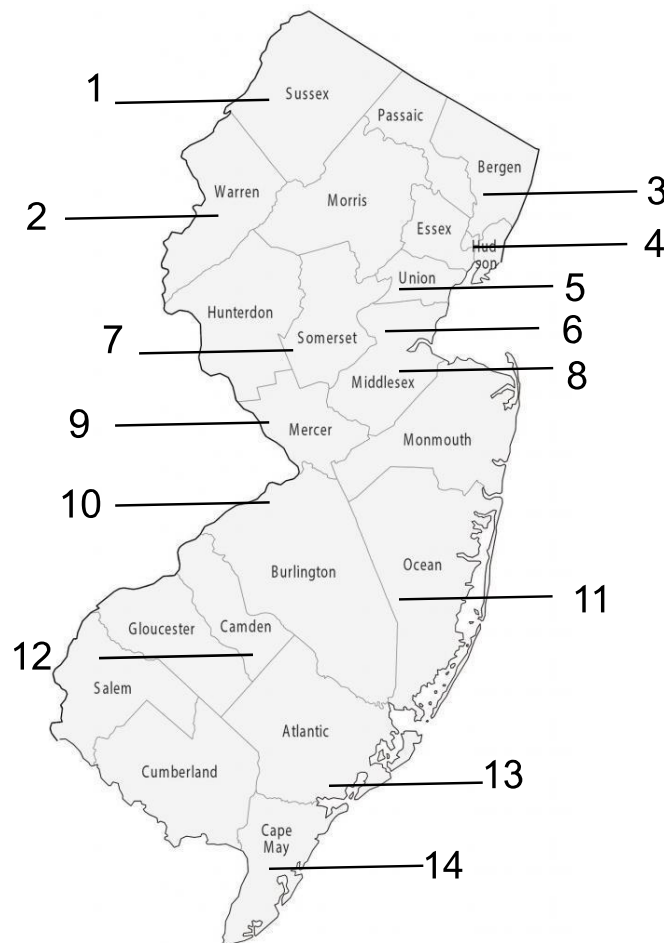




Visit Your Local Food Pantry



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

Oatmeal with Fruit and Nuts	Cook oats and top with sliced bananas, berries, and a sprinkle of nuts for added texture and nutrients
Greek Yogurt Parfait	Layer Greek yogurt with granola and fresh fruit for a protein-packed and satisfying breakfast
Egg and Vegetable Omelet	Whisk eggs and cook them with diced vegetables like bell peppers, onions, and tomatoes for a nutritious omelet
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

Rice and Bean Burrito	Fill whole wheat tortillas with rice, black beans, and your favorite vegetables, top with salsa for flavor
Pasta Salad with Vegetables	Mix whole wheat pasta with cherry tomatoes, cucumbers, and olives, and dress with olive oil and herbs
Quinoa Bowl with Roasted Vegetables	Cook quinoa and top it with roasted vegetables like broccoli, carrots, and bell peppers
Vegetable and Lentil Soup	Prepare a hearty soup with lentils, carrots, celery, and spinach. It's a filling and budget-friendly option!

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