



FAQ and Resources

ARE SCHOOLS PROVIDING MEALS FOR CHILDREN DURING THE PANDEMIC?

Yes, many New Jersey districts are providing meals to families through distribution sites or by delivering to homes. Service varies from district to district. Parents and other caregivers should contact their local school for information on meal distribution.

WHAT IS NJ SNAP?

New Jersey’s Supplemental Nutrition Assistance Program provides food assistance to families with low incomes to help them buy groceries through a benefits card accepted in most food retail stores and some farmers markets. Eligibility is set by several factors such as income and resources. You can use SNAP benefits to stretch your food budget and buy nutritious foods that can keep you and your family healthy.

During this public health crisis, we are making the application process for SNAP food assistance simpler by removing some parts in the process. For example, a hard copy signature for your application and an interview are no longer required to apply for SNAP during this emergency.

You can apply online at NJHelps.org or if you do not have a computer, you can apply by phone by calling your local board of social services. You can also download the application and mail it into the local board of social services.

Effective from October 1, 2019 through September 30, 2020.

Household size	Gross monthly income limit*	Net monthly income limit	Max benefit
1	\$1,926	\$1,041	\$194
2	\$2,607	\$1,410	\$355
3	\$3,289	\$1,778	\$509
4	\$3,970	\$2,146	\$646
5	\$4,652	\$2,515	\$768
6	\$5,333	\$2,883	\$921
7	\$6,015	\$3,251	\$1,018
8	\$6,696	\$3,620	\$1,164
Each additional member	+ \$682	+ \$360	+ \$146

_ * If your household includes an elderly (60+) or disabled person, a higher gross income might still qualify._

WHAT IS NJ WIC?

New Jersey WIC is a public health nutrition program that provides education, nutritious food and improved access to health care and social services for low or moderate-income pregnant women, new mothers and children younger than five years of age. Each participant receives healthy WIC foods estimated at about \$60.00 per month. To learn more about WIC call 1-800-328-3838 or contact your local WIC office.



❖ Whole Grains

Whole Wheat Bread
Brown Rice
100% Whole Wheat Pasta
Whole Wheat/Corn Tortillas
Breakfast Cereals

❖ Protein

Eggs
Peanut Butter
Dry and Canned Beans
Tofu

❖ Vegetables/ Fruits

Fresh
Frozen
Canned
Juice

❖ Dairy

Milk
Soy Milk
Cheese
Yogurt

❖ Infant

Infant Cereal
Baby Food Vegetable
Baby Food Fruit
Infant Formula

WHAT ARE SCHOOL BREAKFAST AND LUNCH PROGRAMS?

Schools send school meal applications home at the beginning of each school year. However, you may apply for school meals any time during the school year by submitting an application directly to your **school or district**. Grab N' Go Meals provided during school closings/virtual learning days.

WHAT IS THE SUMMER MEALS PROGRAM?

Free Summer Meals for all children under the age of 18. Summer meals sites include Boys and Girls Clubs, Park and Recreation Departments, School districts, community and faith-based organizations. To find a summer meal site nearest you, go to www.summerfoodrocks.org.

HOW DO I FIND A FOOD PANTRY?

Call 211 to find a pantry near you or search use the Community Food Bank of NJ search tool (<https://cfbnj.org/findfood>)

CONTACT INFORMATION:

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