



The  
**M.C.F.O.O.D.S.**  
**Directory**

MIDDLESEX COUNTY FOOD ORGANIZATION  
AND OUTREACH DISTRIBUTION SERVICES

732-729-0880

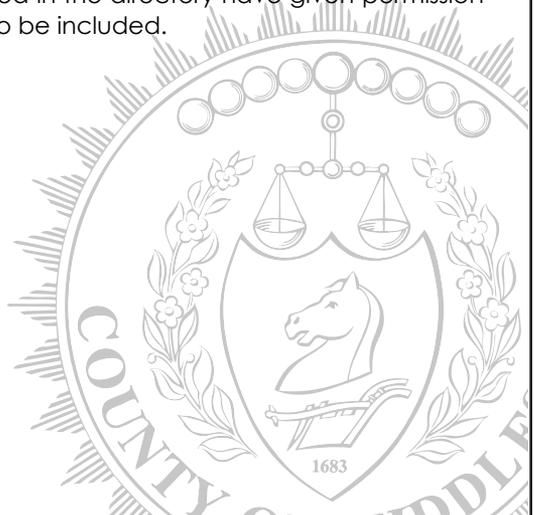
# INTRODUCTION

To help achieve local food security and provide access to nutritionally adequate food and other basic necessities to all residents in Middlesex County, at all times, the Middlesex County Food Organization and Outreach Distribution Services (M.C.F.O.O.D.S.) was created in 1994. Assisting in this fight to ease local hunger, the Middlesex County Board of Chosen Freeholders and the Middlesex County Improvement Authority (MCIA) have been working with M.C.F.O.O.D.S. to coordinate food drives through schools, municipalities and corporate businesses.

Since long-term, sustainable, development oriented approaches are necessary to meet the community food needs, many, government and non-profit agencies and organizations, churches, schools and businesses have formed a partnership to help achieve our goals. This directory includes a listing of many food pantries and soup kitchens throughout the County that offer assistance to Middlesex County residents.

This directory will enable agencies, churches, municipal officials, police departments, etc. to have vital information at hand when asked for assistance by a Middlesex County resident. While this directory is not intended to be distributed to the public, it will provide information for the public.

All sites listed in the directory have given permission for their names to be included.



# FOOD PANTRIES BY TOWN

Page

<u>CARTERET</u>	Calvary Baptist Church, Reflection of God the Way Ministry	4
	Favor Ministries	8
	Living Water Family Outreach	14
	St. Joseph's Parish, Society of St. Vincent DePaul Food Pantry	21
<u>CRANBURY</u>	First Presbyterian Church of Cranbury - Skeet's Food Pantry	9
<u>EAST BRUNSWICK</u>	The Crisis Room at Aldersgate	23
<u>EDISON</u>	Community Presbyterian Church	6
	Guardian Angels Church - Society of St. Vincent De Paul	12
	Hands of Hope at St. James Episcopal Church	12
	New Beginnings Church of the Nazarene	15
	St. Paul's Evangelical Lutheran Church	21
<u>HELMETTA</u>	St. George's Church	20
<u>HIGHLAND PARK</u>	A Better World Café	4
	Highland Park Food Pantry	12
<u>JAMESBURG</u>	Presbyterian Church - Deacons Food Cupboard	17
	St. James The Less Soup Kitchen	20
<u>METUCHEN</u>	First Presbyterian Church of Metuchen	10
	St. Francis Cathedral Social Concerns	20
<u>MILLTOWN</u>	Jewish Family Services of Middlesex County	13
<u>MONROE</u>	Jewish Family Services of Middlesex County	14
	Monroe Township Office of Senior Services	15
<u>NEW BRUNSWICK</u>	Bayard Street Presbyterian Church	4
	Christ Church New Brunswick	5
	Deliverance Prayer Revival Tabernacle Church	7
	Ebenezer Baptist Church, Feed My Sheep Ministry, Soup Kitchen	7
	Elijah's Promise	7
	Emanuel Lutheran Church	8
	Five Loaves Pantry Store at Second Reformed Church	11
	PRAB, Inc. - Preschools	16
	PRAB, Inc. - Service Action Center	17
	Salvation Army Family & Community Emergency Services	17
	St. Alban's Church Food Pantry	19
	St. Vincent De Paul Food Pantry	22
	Suydam Street Reformed Church	23
	Tabernacle Baptist Church	23

# FOOD PANTRIES BY TOWN

Page

<u>NORTH BRUNSWICK</u>	Community Church Fixer of Hearts	6
	North Brunswick Township Food Bank	15
<u>OLD BRIDGE</u>	Calvary Chapel Old Bridge Broken Loaves Food and Raiment	5
	Old Bridge Township Food Bank	15
	St. Lawrence Church Food Pantry	21
<u>PERTH AMBOY</u>	Cathedral CDC Social Services - Mercy House Food Pantry	5
	Cathedral CDC Social Services - Soup Kitchen	5
	Deacons Table at Holy Spirit Roman Catholic Church	6
	Iglesia Ciudad de Refugio	13
	Our Lady of Fatima Bread of Life Food Pantry	16
	Salvation Army	18
	St. Peter's Episcopal Church, Peter's Pantry	22
	St. Vincent DePaul Food Pantry	23
	Vida Church	25
<u>PISCATAWAY</u>	Fish, Incorporated	11
	James O. Bryant Food Pantry	13
	Zion Hill Baptist Church Faith Kitchen	25
	Zion Hill Baptist Church Food Pantry	25
<u>PLAINSBORO</u>	Plainsboro Township Food Pantry	16
<u>SAYREVILLE</u>	Faith Fellowship Ministries, World Outreach Center	8
	Sayreville Care & Share Food Bank	18
<u>SOUTH AMBOY</u>	First Presbyterian Church of South Amboy	10
	St. Mary's Church Food Pantry	21
<u>SOUTH BRUNSWICK</u>	Abundant Life Christian Center "Living Waters"	4
	South Brunswick Township Food Pantry	18
<u>SOUTH PLAINFIELD</u>	Sacred Heart Social Concerns	17
	South Plainfield Social Services Department	19
<u>SOUTH RIVER</u>	South River Food Bank	19
	Union Baptist Church, Joshua Center Food Bank	24
<u>SPOTSWOOD</u>	Churches United For People	6
	St. Peter's Episcopal Church	22
<u>WOODBIDGE</u>	Fellowship Bible Church	8
	First Baptist Church of Woodbridge	9
	First Congregational Church of Woodbridge	9
	First Presbyterian Church of Avenel	9
	First Presbyterian Church of Iselin	10
	First Presbyterian Church of Woodbridge	11
	Heaven's Helpers	12
	Metro Park Assembly of God	14
	St. Cecelia's Food Pantry	19
	St. James Emergency Food Pantry	20
	Trinity Church Food Pantry	24
	Trinity Church Soup Kitchen	24
	Senior Meal Program of Middlesex County	26

## **A BETTER WORLD CAFÉ, HIGHLAND PARK**

Contact: Rachel Weston  
 Telephone: 732-510-1572  
 Address: 19 South 2<sup>nd</sup> Avenue  
 Highland Park (in the Reformed Church)  
 Hours of Operation: Monday-Friday 11:00 a.m.-3:00 p.m.

Community Cafe serving seasonal, local and organic foods. Open for the public. The "Pay A Fair Price" system allows patrons to create a plate that fits their budget, volunteer in exchange for a meal or enjoy the daily complimentary dish.

## **ABUNDANT LIFE CHRISTIAN CENTER, LIVING WATERS**

Contact: Rhondi Sabo  
 Telephone: 732-355-0225 Church  
 Address: 2245 Route 130, Suite 101  
 Dayton, NJ 08810  
 Website: <http://abundantlifechristian.com/ministries>  
 Hours of Operation: Saturday 8:00 a.m. – 11:00 a.m.  
 Call for an appointment

Services provided include food and prayer. Clients may obtain services every other week and must show proof of ID. Nonperishable foods and toiletries are accepted as donations.

## **BAYARD STREET PRESBYTERIAN CHURCH**

Contact: Pastor Joseph Bodnar  
 Telephone: 732-247-0384 or 732-672-3793  
 Address: 107 Bayard Street, PO Box 1207  
 New Brunswick, NJ 08901  
 Hours of Operation: Last Saturday of the month  
 12:00 p.m. - 2:00 p.m.

Nonperishable food, toiletries, clothing, household items, and paper goods available to those in need.

## **CALVARY BAPTIST CHURCH - REFLECTION OF GOD THE WAY MINISTRY**

Contact: John Nelen  
 Telephone: 732-541-9169 office or 732-912-6007, help line  
 Address: 38 McKinley Avenue  
 Carteret, NJ 07008  
 Hours of Operation: Last Saturday of the month  
 11:00 a.m. – 1:00 p.m.

Community outreach program providing emergency food to the people of Carteret.

**CALVARY CHAPEL OLD BRIDGE  
BROKEN LOAVES FOOD & RAIMENT MINISTRY**

Contact: Dave Galya  
 Telephone: 732-679-4837  
 Address: 139 White Oak Lane  
 Old Bridge, NJ 08857  
 Hours of Operation: Fridays  
 10:30 a.m. - 1:00 p.m. and 6:30 p.m. - 8:30 p.m.

Services offered include food, clothing, counseling, and prayer. An appointment must be made by calling in advance – office hours are Tuesday, Wednesday and Thursday from 10:30 a.m.-2:30 p.m. Walk-ins are not accepted and services are limited to once a month.

**CATHEDRAL CDC SOCIAL SERVICES -  
MERCY HOUSE FOOD PANTRY**

Contact: Damaris Ramirez or Juana Kearney  
 Telephone: 732-826-0447  
 Fax: 732-826-8202  
 Website: [www.thecathedral.org](http://www.thecathedral.org)  
 Address: 282 McClellan Street  
 Perth Amboy, NJ 08861  
 Hours of Operation: Tuesday – Friday: 10:15 a.m. – 1:45 p.m.

Food pantry is available to Middlesex county residents in need twice a month. Clients must register every six months. Clothing is also available.

**CATHEDRAL CDC SOCIAL SERVICES -  
SOUP KITCHEN**

Contact: Damaris Ramirez or Juana Kearney  
 Telephone: 732-826-0447  
 Fax: 732-826-8202  
 Website: [www.thecathedral.org](http://www.thecathedral.org)  
 Address: 272 Madison Avenue  
 Perth Amboy, NJ 08861  
 Hours of Operation: Wednesday: 4:00 p.m. – 6:00 p.m.

A hot meal is available to Middlesex county residents in need every Wednesday evening.

**CHRIST CHURCH NEW BRUNSWICK  
FOOD PANTRY**

Contact: Church Office  
 Telephone: 732-545-6262 or 732-743-8513  
 Address: 5 Paterson Street  
 New Brunswick, NJ 08901  
 Hours of Operation: 2nd & 3rd Wednesdays of the month, 6:00 p.m. – 7:30 p.m.  
 Last 2 Fridays of the month, 9:00 a.m. - 10:00 a.m.  
 Last 2 Saturdays of the month, 10:30 a.m. – 11:30 a.m.

Emergency food distribution is subject to items available.

## CHURCHES UNITED FOR PEOPLE

Contact: Jeannie Fitzpatrick  
 Telephone: 732-307-7939  
 Address: 455 Main Street  
 Spotswood, NJ 08884  
 Website: <http://www.stpetersspotswood.org/cohm.htm>  
 Hours of Operation: Tuesday - Thursday  
 9:30 a.m. - 11:30 a.m. & 1:30 p.m. - 3:30 p.m.

Emergency food is provided to those in need one time per month. Must be a resident of Middlesex County and provide proof of residence (ie: Driver's License, Photo ID, Utility Bill).

## COMMUNITY CHURCH FIXER OF HEARTS

Contact: Pastor Barry Habib  
 Telephone: 732-297-2792  
 Address: 1210 Cozzens Lane  
 North Brunswick, NJ 08902  
 Website: <http://www.heygotchurch.com/>  
 Hours of Operation: Every Wednesday 10:30 a.m. – 1:00 p.m.  
 Second Wednesday 5:00 p.m. - 7:00 p.m.  
 Closed on holidays and every fifth Wednesday

Perishable and non perishable food is provided to those in need during hours of operation. Please do not call; just show up. We are a very busy pantry and can not return calls. Our mission statement: Neighbors Helping Neighbors - No one goes to bed hungry in our County.

## COMMUNITY PRESBYTERIAN CHURCH

Contact: Church Secretary  
 Telephone: 732-287-1666  
 Address: 75 Glenville Road  
 Edison, NJ 08817  
 Hours of Operation: Tuesday & Thursday mornings  
 By appointment only

A three-day supply of food is available once a month for Edison Township residents, proof of residence is required (driver's license, utility bill, etc.). You must call ahead and make an appointment.

## DEACON'S TABLE AT HOLY SPIRIT ROMAN CATHOLIC CHURCH

Contact: Deacon Sam Costantino  
 Telephone: 732-816-2754  
 Address: Corner of Hazel & Brace Avenues  
 Perth Amboy, NJ 08861  
 Hours of Operation: Every Wednesday  
 4:30 pm – 6:00 pm

A delicious pasta dinner with all the trimmings is served each Wednesday. Bring your family and friends. All are welcome!

M.C.F.O.O.D.S. Directory

**DELIVERANCE PRAYER REVIVAL TABERNACLE**

Contact: Office  
 Telephone: 732-220-8266  
 Address: 306 Somerset Street  
 New Brunswick, NJ 08901  
 Website: [www.deliveranceprayer.com](http://www.deliveranceprayer.com)  
 Hours of Operation: Sunday, 11:00 am – 1:00 pm  
 Tuesday, 7:00 pm – 9:00 pm  
 Friday, 7:00 pm – 9:00 pm

Nonperishable food, prepared meals and clothing are provided to those in need once a week.

**EBENEZER BAPTIST CHURCH, FEED MY SHEEP MINISTRY, SOUP KITCHEN**

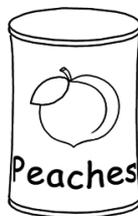
Contact: Victor Hoagland or Louie Rolon  
 Telephone: 732-247-2459 Fax 732-247-7357  
 Address: 126 Lee Avenue  
 New Brunswick, NJ 08901  
 Hours of Operation: Soup Kitchen: Tuesdays, 11:00 a.m. – 1:15 p.m.

Hot meals are provided to all those in need.

**ELIJAH'S PROMISE**

Contact: Pamela Johnson  
 Telephone: 732-545-9002 Ext. 1116  
 Address: 18 Neilson Street  
 New Brunswick, NJ 08901  
 Website: <http://www.elijahspromise.org>  
 Hours of Operation: Community Soup Kitchen Hours  
 Monday - Friday, 11:00 a.m. - 7:00 p.m.  
 Saturday/Sunday, 1:00 p.m. - 4:00 p.m.

Prepared meals, health services, educational services, information and referral services are available. Prepared "Meals to Go" program is available for people who are working and unable to attend regular meal times. "Fresh is Best" program offers perishable and non-perishable food for people with HIV/AIDS by appointment only. Suggested donations include food and paper supplies.



**EMANUEL LUTHERAN CHURCH**

Contact: Jeffrey C. Eaton, Vanessa Dunzik  
 Telephone: 732-545-2673  
 Address: New & Kirkpatrick Streets  
 New Brunswick, NJ 08901  
 Website: [www.emanualnb.org](http://www.emanualnb.org)  
 Hours of Operation: Wednesdays 10:00 a.m.-12:00 p.m.  
 The Saturday following the 3rd Thursday of the  
 month 9:00 a.m. – 11:00 a.m.

Emergency food distribution is available. Services may be used once every month and are limited by availability of food. Nonperishable foods and baby supplies may be donated.

**FAITH FELLOWSHIP MINISTRIES,  
 WORLD OUTREACH CENTER**

Contact: Reverend Ali Pena  
 Telephone: 732-727-9500 x1300  
 Address: 2707 Main Street  
 Sayreville, NJ 08872  
 Hours of Operation: 3rd Thursday of every month  
 9:00 a.m. – 1:00 p.m.

Emergency food, clothing and shelter referrals are available to anyone in need. Identification for each recipient is required. Special arrangements can also be made for emergencies. The church is also open for prayer and counseling, please call for an appointment.

**FAVOR MINISTRIES**

Contact: Pastor David or Cindy Foster  
 Telephone: 1-877-5-Favored/1-877-532-8673  
 Address: 1508 Roosevelt Avenue  
 W. Carteret, NJ 07008  
 Hours of Operation: 3rd Saturday of the month  
 9:00 a.m.-12:00 p.m.

Services are provided to those in need. Emergency food is available as needed; new clothes are provided on a quarterly basis and toys are distributed for Christmas.

**FELLOWSHIP BIBLE CHURCH**

Contact: Louis Devizia  
 Telephone: 732-636-7727  
 Address: 121 East Prospect Avenue  
 Woodbridge, NJ 07095  
 Website: <http://www.yourfamilychurch.com/elijahsbread.html>  
 Hours of Operation: Sundays at Noon

Nonperishable food is available to residents of Woodbridge, Perth Amboy, and Carteret.

## FIRST BAPTIST CHURCH OF WOODBRIDGE

Contact: Idamiz Roman / Deacon Clifton Jones  
 Telephone: 848-565-1886 / 347-930-4764  
 Address: 130 Sewaren Avenue  
 Sewaren, NJ 07077  
 Hours of Operation: Every Wednesday 9:00 a.m. -11:00 a.m.

Emergency food is provided to those in need. Must be a resident of Woodbridge and provide proper ID, address verification and proof of income.

## FIRST CONGREGATIONAL CHURCH OF WOODBRIDGE

Contact: Church Office  
 Telephone: 732-634-0582  
 Address: 539 Barron Avenue  
 Woodbridge, NJ 07095  
 Hours of Operation: Must call for an appointment

Call in advance for information and to set up an appointment. Emergency food is available by appointment only and proof of need is required.

## FIRST PRESBYTERIAN CHURCH OF AVENEL

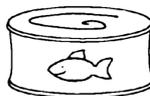
Contact: Carolyn Stockl  
 Telephone: 732-634-1631  
 Address: 621 East Woodbridge Avenue  
 Avenel, NJ 07001  
 Website: <http://avenelpresbyterianchurch.org>  
 Hours of Operation: Last Tuesday of the month  
 10:00 a.m. - 11:30 a.m.

Emergency food distribution is available. If it is an emergency, you may call the church office for immediate assistance. Food donations and toiletries are accepted.

## FIRST PRESBYTERIAN CHURCH OF CRANBURY SKEET'S PANTRY

Contact: Church Office  
 Telephone: 609-395-0897  
 Address: 22 South Main Street  
 Cranbury, NJ 08512  
 Hours of Operation: Every Third Friday  
 8:30 a.m.-11:00 a.m.  
 (Doors open between 7:30-8:00 am)

Nonperishable food items and some perishable items are available to any county resident in need.



**FIRST PRESBYTERIAN CHURCH OF ISELIN**

Contact: Marion Feliks, Nancy Abel or Margarita Estrada  
 Telephone: 732-283-1188  
 Address: 1295 Oaktree Road  
 Iselin, NJ 08830  
 Hours of Operation: Call for Appointment  
 Monday - Friday  
 9:00 a.m.-12:30 p.m.

Food is distributed on Monday. You must call in advance – by Friday to receive food on Monday. Food is supplied once a month. Identification and recommendation are usually required.

**FIRST PRESBYTERIAN CHURCH OF METUCHEN**

Contact: Church Office  
 Telephone: 732-491-2300  
 Address: 270 Woodbridge Avenue  
 Metuchen, NJ 08840  
 Hours of Operation: Thursday  
 9:00 a.m. - 12:00 p.m.

Emergency food distribution is available to residents of Edison and Metuchen; proof of residency must be provided. All requests must come in by phone by 3 PM on Tuesday so that volunteers can package the food for pick up on Thursday. Emergency requests are also arranged. Limited to once a month. Suggested donations include: Parmalat Milk, Peanut Butter and Jelly, Maple Syrup and Pancake Mix (mix with water), Dry Cereal, Canned meats, juices, and vegetables, Soups, Spaghetti Sauce and Pasta. We do not accept perishable items.

**FIRST PRESBYTERIAN CHURCH OF SOUTH AMBOY**

Contact: Church Office  
 Telephone: 732-721-4516  
 Address: 150 North Broadway, PO Box 787  
 South Amboy, NJ 08879  
 Hours of Operation: 3<sup>rd</sup> Saturday of each month  
 9:00 a.m. - 11:00 a.m.  
 Emergencies by appointment

Emergency food distribution is available once a month. Must show identification, be over the age of 18 and complete paperwork for proof of need and low income.



## FIRST PRESBYTERIAN CHURCH OF WOODBRIDGE

Contact: Church Office  
 Telephone: 732-634-1024  
 Address: 600 Rahway Avenue  
 Woodbridge, NJ 07095  
 Hours of Operation: First two Mondays of each month  
 9:00 a.m.-11:00 a.m. (emergencies upon notification)

Emergency groceries SFPP and T.E.F.A.P. commodities are provided to all residents in need. To receive T.E.F.A.P. food, proof of residency, address, social services information and ID card are required. Proper notification is also required. Food is given to registered adults only. Families are welcome, but food is only distributed to adults.

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### FISH, INC.

Contact: Hotline  
 Telephone: 732-356-0081  
 Address: 456 New Market Road  
 Piscataway, NJ 08854  
 Hours of Operation: Monday, Wednesday & Friday  
 9:00 a.m. - 12:00 p.m. call for appointment

Emergency food and clothing are available. Clients are limited to once a month and must show proof of residency of Piscataway, Middlesex, Dunellen, Highland Park, Edison or South Plainfield. Clients must also provide proof of need through participation in TANF, SSI, WIC, Food Stamps or Medicaid or Welfare, or show proof of household income not in excess of guidelines. Nonperishable foods are accepted as donations.

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### FIVE LOAVES FOOD PANTRY AT SECOND REFORMED CHURCH OF NEW BRUNSWICK

Contact: Catherine Verducci  
 Telephone: 732-545-1019  
 Address: 100 College Avenue  
 New Brunswick, NJ 08901  
 Hours of Operation: Monday through Friday  
 10:00 a.m. – 2:00 p.m.  
  
 Monday and Wednesday  
 5:00 pm – 8:00 pm  
 \*Closed third Wednesday of the month

Basic emergency food is available to people and families in economic hardship. Proof of name, current address, proof of any dependents and valid photo ID. Food is distributed by client choice, not prepackaged bags. Staff speaks English and Spanish.

## GUARDIAN ANGELS CHURCH, SOCIETY OF ST. VINCENT DE PAUL

Contact: Food Pantry  
 Telephone: 732-247-4657  
 Address: 37 Market Street  
 Edison, NJ 08817  
 Hours of Operation: Every other Wednesday (calendar available)  
 10:00 a.m. – 12:00 noon

Food Pantry services are available during the designated hours.

## HANDS OF HOPE AT ST. JAMES EPISCOPAL CHURCH

Contact: Jackie Goedesky  
 Telephone: 732-985-5552 or 732-236-3330  
 Address: 2136 Woodbridge Avenue, PO Box 1057  
 Edison, NJ 08818  
 Website: <http://handsofhopenj.net>  
 Hours of Operation: 1st & 3rd Saturday of the Month from 11:00 a.m. – 1:30 p.m.

Soup Kitchen and food pantry available to any Middlesex County resident in need. An intake application must be completed and proof of residency is required.

## HEAVEN'S HELPERS

Contact: Kathy Hoffman or Deloris Androvich  
 Telephone: 732-742-8942 or 732-501-7972  
 Address: VFW Post 4410 – 393 Pearl Street  
 Woodbridge, NJ 07095  
 Hours of Operation: First Thursday of the month  
 (emergencies by appointment)  
 10:30 a.m. - 11:30 p.m.

Kosher foods, and paper goods are available upon request. Recipients are limited to once a month and must complete a registration form with proper identification. Donations of all foods are accepted. Frozen foods, fresh fruit & vegetables, dairy goods and meats can be accepted with a few hours notice. We have freezers and storage facilities available.

## HIGHLAND PARK FOOD PANTRY

Contact: Andrea Greenberg and Nicole Huff  
 Telephone: 732-819-0052 (Nicole) and 732-828-9943 (Andrea)  
 Address: Highland Park Youth & Senior Center  
 220 South 6<sup>th</sup> Avenue  
 Highland Park, NJ 08904  
 Hours of Operation: 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the month  
 9:00 a.m. – 10:45 a.m. (or later if distribution takes longer)  
 6:00 p.m. – 7:00 p.m. (or later if distribution takes longer)  
 The Saturdays following the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays  
 of the month - 9:30 a.m. - 10:30 a.m.

Nonperishable food distribution is available to Highland Park residents in need. Proof of residency is required. Appointments can be made for emergencies.

M.C.F.O.O.D.S. Directory

## IGLESIA CIUDAD DE REFUGIO

Contact: Rev. Eduardo Almonte  
 Telephone: 732-826-0058  
 Address: 436 Market Street  
 Perth Amboy, NJ 08861  
 Hours of Operation: Wednesday 11:00 a.m.  
 Thursday 7:30 p.m. - 8:30 p.m.

Emergency food is provided to those in need in the church community.

## JAMES O. BRYANT FOOD PANTRY

Contact: Wilhelmina A. Bryant  
 Telephone: 732-985-4384  
 Address: 6 Ethel Road  
 Piscataway, NJ 08854  
 Hours of Operation: 3<sup>rd</sup> and 4<sup>th</sup> Saturday of the month- 9:00 a.m. - 11:30 a.m.

Basic foods and necessities are provided once a month to Piscataway area residents who are receiving TANF, SSI, WIC, food stamps, disability, income and unemployment or low income assistance. Must provide proof of identity, residency and may come once a month.

## JEWISH FAMILY SERVICES OF MIDDLESEX COUNTY

Contact: Intake  
 Telephone: 732-777-1940  
 Website: [www.jfsmiddlesex.org](http://www.jfsmiddlesex.org)  
 Address: 32 Ford Avenue, 2<sup>nd</sup> Floor  
 Milltown, NJ 08850  
 (United Way Bldg., street parking)  
 Hours of Operation: By appointment

Family, couple, and individual counseling, older adult services, vocational and career services, emergency food (non-perishable), Kosher Meals on Wheels delivery, referrals for essential needs, and the Women's Center for Displaced Homemakers are among the services available. Must be a Middlesex County resident, 18 or older, must show proof of name, address and income. Requests are limited to once a month or for emergency circumstances. Nonperishable food, preferably Kosher, and money for the purchase of perishables may be donated.



## JEWISH FAMILY SERVICES OF MIDDLESEX COUNTY

Contact: Intake  
 Telephone: 609-395-7979  
 Website: [www.jfsmiddlesex.org](http://www.jfsmiddlesex.org)  
 Address: 52 Concordia Shopping Center  
 Monroe Twp., NJ 08831  
 Hours of Operation: By appointment

Family, couple, and individual counseling, older adult services, vocational and career services, emergency food (non-perishable), Kosher Meals on Wheels delivery, referrals for essential needs, and the Women's Center for Displaced Homemakers are among the services available. Must be a Middlesex County resident, 18 or older, must show proof of name, address and income. Requests are limited to once a month or for emergency circumstances. Nonperishable food, preferably Kosher, and money for the purchase of perishables may be donated.

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## LIVING WATER FAMILY OUTREACH

Contact: Cheryl Underwood  
 Telephone: 732-541-5683 or 732-216-6593  
 Email: [cunderwood104@verizon.net](mailto:cunderwood104@verizon.net)  
 Address: 104 Union Street  
 Carteret, NJ 07008  
 Hours of Operation: Third Saturday of the month  
 10:00 a.m. – 2:00 p.m. Any resident in need  
 Fourth Tuesday of the month  
 9:00 a.m. – 2:00 p.m. Senior citizens in need only

Clients must be 18 years or older and supply proof of income and address. Clients are limited to once a month. Emergency food and clothing are available. Elder care assistance is also available to seniors in the area. Community workshops to assist, improve and empower clients in job search, health care and education are usually held quarterly.

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## METRO PARK ASSEMBLY OF GOD

Contact: Pastor Leslie Samuel  
 Telephone: 732-283-3440  
 Address: 48 Berkley Street  
 Iselin, NJ 08820  
 Website: [www.metroparkassembly.org](http://www.metroparkassembly.org)  
 Hours of Operation: Last Thursday of the month (November and  
 December 3<sup>rd</sup> Thursday of the month)  
 7:00 p.m. - 8:30 p.m.

Emergency food is available to anyone in need.

M.C.F.O.O.D.S. Directory

## MONROE TOWNSHIP OFFICE OF SENIOR SERVICES

Contact: Bonnie Leibowitz or Carol Merwin  
 Telephone: 609-448-7140  
 Address: 12 Halsey Reed Road  
 Monroe, NJ 08831  
 Hours of Operation: 1<sup>st</sup> Wednesday of the month  
 8:30 a.m. - 11:00 a.m. by appointment only.

Nonperishable food distribution is available on the 1<sup>st</sup> Wednesday of each month from 8:30 a.m. - 11:00 a.m. Emergency calls are taken Monday - Friday from 8:30 a.m. to 4:30 p.m. Proven financial eligibility and proof of residency in Monroe Township is required.

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## NEW BEGINNINGS CHURCH OF THE NAZARENE

Contact: Lucy Mendoza  
 Telephone: 732-985-7097  
 Address: 80 Jefferson Blvd.  
 Edison, NJ 08817  
 Hours of Operation: 4<sup>th</sup> Saturday of each month 1:00 p.m. - 3:00 p.m.

Nonperishable food is available for any Middlesex County resident over the age of 18 who is in need. ID is required.

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## NORTH BRUNSWICK FOOD BANK

Contact: Kathleen Aruta  
 Telephone: 732-247-0922 ext. 293  
 Address: 710 Hermann Road  
 North Brunswick, NJ 08902  
 Hours of Operation: Tuesday 10:00 a.m. - 12:00 p.m.  
 Thursday 6:00 p.m. - 8:00 p.m.

Food is available for North Brunswick residents who are in need of assistance. Driver's license, picture ID with address, or County ID with recent official mailing address showing are necessary for verification of residency.

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## OLD BRIDGE FOOD BANK

Contact: Diane Amabile or Rose Welsh  
 Telephone: 732-721-5600 ext. 2022  
 Address: One Old Bridge Plaza  
 Old Bridge, NJ 08857  
 Hours of Operation: Tuesday, Wednesday and Thursday  
 10:00 a.m.-12:00 p.m. By appointment only

Initial contact should be made with Middlesex County Board of Social Services (SNAP) program. Clients will be required to provide proof of SNAP benefits or denial letter prior to applying in Old Bridge. For an intake appointment call 732-721-5600 ext. 2022. Required Information: 2 proofs of residency, proof of income, SSI/SSD award letter, SNAP award/denial letter.

**M.C.F.O.O.D.S. Directory**

**OUR LADY OF FATIMA  
BREAD OF LIFE FOOD PANTRY**

Contact: Reverend Alberto Ruiz / Carmen Inoa,  
Food Pantry Administrator  
Telephone: 732-442-6634  
Address: 380 Smith Street  
Perth Amboy, NJ 08861  
Hours of Operation: Every 3<sup>rd</sup> Wednesday of the month and the  
Saturday that follows 2:00 p.m. - 5:30 p.m.

Emergency food is available to any Middlesex County resident in need.

**PLAINSBORO TOWNSHIP FOOD PANTRY**

Contact: Maria Benerofe  
Telephone: 609-799-0909 x 1719  
Address: 641 Plainsboro Road  
Plainsboro, NJ 08536  
Hours of Operation: Second and Fourth Thursday  
1:00 – 3:30 p.m. and 5:30 to 7:00p.m.

Distribution of nonperishable food items and occasionally perishables and personal care items to residents of Plainsboro Township. Proof of residency and income eligibility is required.

**PRAB – PRESCHOOLS**

Contact: Family Workers  
Telephone: 18 Drift Street ECC 732-828-4709  
Mario Gonzalez Child Dev Center 732-828-4572  
St. Ladislaus ECC 732-342-7425  
Downtown ECC 732-545-0426  
Raritan Gardens ECC 732-247-5640  
Child Development Center 732-640-1590  
Address: Preschool  
P.O. Box 240, New Brunswick, NJ 08901  
Hours of Operation: Monday - Friday, 7:30 a.m. - 5:30 p.m.

Emergency food assistance is available to any Puerto Rican Action Board Preschool Family. Suggested donations include rice, beans, tomato sauce and spaghetti.



## **PRAB, INC. – SERVICE ACCESS CENTER**

Contact: Service Access Center Representative  
 Telephone: 732-828-4510  
 Address: 90 Jersey Ave, PO Box 240  
 New Brunswick, NJ 08901  
 Hours of Operation: Agency hours are Monday-Friday  
 9:00 a.m. – 5:00 p.m., Wednesday until 6:00p.m.  
 Pantry is only available on Thursdays to a limited  
 number of families

Cases are determined on individual need. Clients are eligible for assistance once a month and for emergencies as needed.

## **PRESBYTERIAN CHURCH OF JAMESBURG - DEACON'S FOOD CUPBOARD**

Contact: Church Office  
 Telephone: 732-521-1711  
 Address: 177 Gatzmer Avenue  
 Jamesburg, NJ 08831  
 Hours of Operation: Third Saturday of the month by appointment only

Please call the church office for specific information, however, proof of residency in Jamesburg, Helmetta, or Spotswood is required and an application must be completed.

## **SACRED HEART CHURCH SOCIAL CONCERNS**

Contact: S. Neil Towey  
 Telephone: 908-756-0633 X 112  
 Fax: 908-757-5655  
 Email: [socialconcerns@churchofthesacredheart.net](mailto:socialconcerns@churchofthesacredheart.net)  
 Address: 200 Randolph Avenue  
 South Plainfield, NJ 07080  
 Hours of Operation: Monday, Wednesday, Friday - 9:00 am – 11:00 am

Food is available for South Plainfield residents who are in need of assistance. Driver license, or picture ID with address are necessary for verification of residency.

## **SALVATION ARMY FAMILY AND COMMUNITY EMERGENCY SERVICES**

Contact: Jeannette Vargas de Lugo  
 Telephone: 732-545-1477 x110  
 Address: 287 Handy Street, P.O. Box 5724  
 New Brunswick, NJ 08901  
 Hours of Operation: Last seven days of the month  
 10:00 a.m. - 12:00 noon.

Services include food pantry. Photo ID, birth certificate for all household members, and proof of address are required. Clients are eligible for assistance once every month (excluding Holiday assistance). Must be a resident of Middlesex County.

**M.C.F.O.O.D.S. Directory**

## SALVATION ARMY

Contact: Jhoanny Duran, Lt. Alex Rodriguez  
 Telephone: 732-826-7040  
 Address: 433 State Street  
 Perth Amboy, NJ 08861  
 Hours of Operation: Monday - Friday, **EXCEPT Tuesday**  
 9:00 a.m. - 12:00 noon

Food pantry is available twice a month. Clients must register with We Care every six months. Must show proof of need and show ID with proof of address. A soup kitchen and emergency winter shelter for men and transitional housing for veterans is also provided. Call for additional information and appointment.

## SAYREVILLE CARE & SHARE FOOD BANK

Contact: Sue Paul  
 Telephone: 732-721-8053  
 Address: Senior Center, 423 Main Street  
 Sayreville, NJ 08872  
 Hours of Operation: Certain Tuesdays (Call for specific dates)  
 10:00 a.m. - 11:00 a.m.

Emergency food distribution is provided. Clients must have a referral from clergy or Welfare Department. Services are limited to once a month and clients must be Sayreville residents. Only nonperishable foods are accepted for donations.

## SOUTH BRUNSWICK TOWNSHIP FOOD PANTRY

Contact: LouAnne Wolf  
 Telephone: 732-329-4000 ext. 6674  
 Address: South Brunswick Municipal Building  
 540 Ridge Road, Social Services Office  
 Monmouth Junction, NJ 08852  
 Hours of Operation: By appointment only  
 Monday: 9:00 a.m. - 2:00 p.m.  
 Tuesday: 9:00 a.m. - 3:00 p.m.  
 Wednesday: 9:00 a.m. - 2:00 p.m.  
 Thursday: 9:00 a.m. - 11:30 p.m.

Food box and, if available, food certificates. Cases are determined on individual need for South Brunswick residents only. An application is required. Information must be updated every visit. Food is available as emergency aid only. Donations accepted include cereal, Parmalat, peanut butter, jelly, pasta, sauces, tuna fish, snack foods, beverages, macaroni & cheese, canned meats.



## SOUTH PLAINFIELD SOCIAL SERVICES DEPARTMENT

Contact: Margaret Ackerman  
 Telephone: 908-226-7628  
 Address: 90 Maple Avenue  
 South Plainfield, NJ 07080  
 Hours of Operation: Tuesday and Thursday  
 8:30 a.m. to 11:30 a.m.

Emergency nonperishable food distribution is available for South Plainfield residents in need. Proof of residency is required.

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### SOUTH RIVER FOOD BANK

Contact: Debra A. Jones  
 Telephone: 732-257-1999 ext. 118  
 Address: 55 Reid Street (Human Services Building)  
 South River, NJ 08882  
 Hours of Operation: Every Wednesday 10:00 a.m. – 12:00 Noon  
 The first & second Saturday of each month –  
 10:00 am - 12:00 Noon

Nonperishable food is provided to needy South River residents. A valid ID and current proof of South River residence are required at each visit. Services are limited to one visit per month.

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### ST. ALBAN'S CHURCH FOOD PANTRY

Contact: Enid Atkins  
 Telephone: 732-247-0808  
 Address: 148 Lee Avenue  
 New Brunswick, NJ 08901  
 Hours of Operation: Wednesday, 7:00 – 8:30 p.m.

Emergency food is available for those in need.

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### ST. CECELIA'S FOOD PANTRY

Contact: Joanne Berg  
 Telephone: 732-283-0150 x1023  
 Address: St. Cecelia's Parish Center  
 45 Wilus Way  
 Iselin, NJ 08830  
 Hours of Operation: Tuesday  
 10:30 a.m. to 12:30 p.m. (by appointment only)

Emergency food is available. A registration form must be completed and you will be required to show some ID and a proof of income (driver license, social security card, utility bill, pay stub or letter from SSI). Food is available once a month for Woodbridge residents.

## ST. FRANCIS CATHEDRAL SOCIAL CONCERNS

Contact: Josepha Flanigan  
 Telephone: 732-548-0100 x 225 for Social Concerns  
 Address: 45 Library Place  
 Metuchen, NJ 08840  
 Hours of Operation: Monday - Thursday, 9:30 a.m. - 11:30 a.m.

Emergency food distribution is available.

## ST. GEORGE'S CHURCH

Contact: Kristen Tabert  
 Telephone: 732-521-0169  
 Address: 56 Main Street  
 Helmetta, NJ 08828  
 Website: [www.stgeorghelmetta.org](http://www.stgeorghelmetta.org)  
 Hours of Operation: Tuesday, 10:00 a.m. - 12:00 p.m.  
 Third Thursday of the month 4:30 pm – 6:00 pm

Frozen foods, produce and nonperishable food is available to anyone in need. Patrons may come once per week. Please bring ID. All are welcome!

## ST. JAMES EMERGENCY FOOD PANTRY

Contact: Peggy Catalano or Sister Marie Pierson  
 Telephone: 732-636-4310 or 732-636-6343  
 Address: 174 Grove Street  
 Woodbridge, NJ 07095  
 Hours of Operation: Tuesday, Wednesday and Thursday  
 9:00 a.m. - 11:00 a.m.  
 Thursday, 7:00 p.m. - 8:30 p.m.

Emergency food is provided once a month. Must show proof of residence in Woodbridge Township and proof of income. Food and monetary donations accepted.

## ST. JAMES THE LESS ROMAN CATHOLIC CHURCH SOUP KITCHEN

Contact: Patrick Smith  
 Telephone: 732-521-0100  
 Address: 36 Lincoln Avenue  
 Jamesburg, NJ 08831  
 Hours of Operation: Tuesday 3:00 p.m. – 5:30 p.m.

A meal is provided on site and clients are sent home with a package. All are welcome.



## **ST. JOSEPH'S PARISH, ST. VINCENT DE PAUL FOOD PANTRY**

Contact: Barbara McHale  
 Telephone: 732-541-6003  
 Address: 55 High Street  
 Carteret, NJ 07008  
 Hours of Operation: Every 3<sup>rd</sup> Saturday  
 9:30 a.m. - 10:30 a.m.

Nonperishable food items available to Carteret residents in need. Proof of residency is required.

## **ST. LAWRENCE CHURCH FOOD PANTRY**

Contact: Joseph Mondello  
 Telephone: 732-566-1093  
 Address: 109 Laurence Parkway  
 Laurence Harbor, NJ 08879  
 Hours of Operation: Mondays and Saturdays  
 8:30 a.m. - 10:00 a.m.

Approximately 1 week of emergency food items are available to anyone in need. Holiday baskets are also prepared for Christmas, Easter and Thanksgiving.

## **ST. MARY'S CHURCH FOOD PANTRY**

Contact: Stan Kusic  
 Telephone: 732-721-7418 (24-hour hotline)  
 Address: 256 Augusta Street  
 South Amboy, NJ 08879  
 Hours of Operation: 4<sup>th</sup> Saturday of the month  
 8:30 a.m. - 10:00 a.m.

Emergency food distribution is provided to residents of South Amboy, Sayreville and Old Bridge. Proof of residency is required.

## **ST. PAUL'S EVANGELICAL LUTHERAN CHURCH**

Contact: Church Office  
 Telephone: 732-287-0888  
 Address: 445 Old Post Road  
 Edison, NJ 08817  
 Hours of Operation: Monday - Friday  
 9:30 a.m. - 11:00 p.m.  
 Summer Hours: June 11 - August 14  
 Monday - Thursday  
 9:30 a.m. - 11:30 p.m.

Nonperishable canned foods are available on an emergency basis. Services are limited to once a month.

## ST. PETER'S EPISCOPAL CHURCH

Contact: Lisa Balewitz  
 Telephone: 732-251-2449  
 Address: 505 Main Street  
 Spotswood, NJ 08884  
 Website: <http://www.stpetersspotswood.org/cohm.htm>  
 Hours of Operation: Wednesdays, 6:00 p.m. - 7:00 p.m.

Free supper to anyone needing a meal and/or fellowship.

## ST. PETER'S EPISCOPAL CHURCH, PETER'S PANTRY

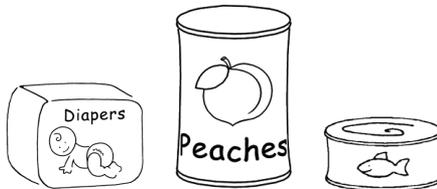
Contact: Maureen Erickson  
 Telephone: 732-742-3205  
 Address: 183 Rector Street  
 Perth Amboy, NJ 08861  
 Hours of Operation: Monday, 5:00 p.m. - 7:00 p.m.  
 Thursday, 10:00 a.m. - 12:00 p.m.

Emergency food is available to Perth Amboy residents. Must provide proof of residence; picture ID, proof of all income (tax return, child support / alimony info, WIC affiliation etc.)

## ST. VINCENT DE PAUL FOOD PANTRY, NEW BRUNSWICK

Contact: Walter Mulyk  
 Telephone: 732-309-2142  
 Address: 29 Abeel Street  
 New Brunswick  
 Hours of Operation: Wednesday & Saturday  
 10:00 a.m. - 1:00 p.m.

Emergency food distribution is provided. Need must be established under TEFAP guidelines. Food may be picked up weekly.



## ST. VINCENT DE PAUL FOOD PANTRY, PERTH AMBOY

Contact: Jerry Yaros or Joe Serrao  
 Telephone: 732-548-4317 or 732-254-4153  
 Address: 230 New Brunswick Avenue  
 Perth Amboy, NJ 08861  
 Hours of Operation: Saturday, 9:45 a.m. - 12:45 p.m.

Emergency food available for those in need.

## SUYDAM STREET REFORMED CHURCH

Contact: Virginia Previte  
 Telephone: 732-249-6803  
 Address: 74 Drift Street  
 New Brunswick, NJ 08901  
 Hours of Operation: Saturday, 9:00 a.m. - 10:30 a.m.  
 Sunday, 7:30 a.m. - 8:00 a.m.  
 Monday, 9:00 a.m. - 10:00 a.m.

Canned and packaged goods are available through the pantry and bread and pastries are distributed on Sundays. Clients must sign a form, and present a proper ID, adults only. Services are limited to once a month. Donations accepted include canned and packaged goods.

## TABERNACLE BAPTIST CHURCH

Contact: Mrs. Mary Graham  
 Telephone: 732-545-6617  
 Address: 239 George Street  
 New Brunswick, NJ 08901  
 Hours of Operation: 4<sup>th</sup> Thursday  
 10:00 a.m. - 12:00 p.m.

Emergency food is provided to the hungry and homeless.

## THE CRISIS ROOM AT ALDERSGATE

Contact: Diane Hutchins (Cell: 908-239-9098)  
 Telephone: 732-254-7361 Church Office  
 732-257-9920 Help Line  
 Address: 562 Ryders Lane  
 East Brunswick, NJ 08816  
 Hours of Operation: Tuesday and Friday, 12:30 p.m. - 3:00 p.m.  
 Sunday, 1:00 p.m. - 3:00 p.m.

Emergency food and clothing are provided to those in need. Referral is required for assistance.



## TRINITY EPISCOPAL CHURCH FOOD PANTRY

Contact: Carroll Thomas  
 Telephone: 732-634-7422 option 5  
 Monday or Tuesday 9:00 a.m. – 1:00 p.m.  
ONLY  
 Address: Trinity Church  
 650 Rahway Avenue  
 Woodbridge, NJ 07095  
 Website: [www.trinitywoodbridge.org](http://www.trinitywoodbridge.org)  
 Hours of Operation: Thursdays (Red Building), 10:00 a.m. - 12:00 noon

A three-day supply of emergency food is provided on a once a month basis. Please call on above days, speaking clearly, so that food packages may be prepared ahead for Thursday pick up.

## TRINITY EPISCOPAL CHURCH SOUP KITCHEN

Contact: Fr. Counselman  
 Telephone: 732-634-7422 option 3  
 Address: Trinity Church, 650 Rahway Avenue  
 Woodbridge, NJ 07095  
 Website: [www.trinitywoodbridge.org](http://www.trinitywoodbridge.org)  
 Hours of Operation: Fridays, 11:00 a.m. – 12:00 noon

A substantial hot lunch is provided to anyone who shows up - no questions asked.

## UNION BAPTIST CHURCH, JOSHUA CENTER FOOD BANK

Contact: Joann Jackson, Director  
 Telephone: 732-651-2770 or 732-254-0066  
 Address: 76 Washington Street  
 South River, NJ 08882  
 Hours of Operation: 1<sup>st</sup> and 3<sup>rd</sup> Thursday 9:30 a.m. to 11:30 a.m.  
 1<sup>st</sup> and 3<sup>rd</sup> Saturday 9:30 a.m. to 11:30 a.m.

A soup kitchen and food pantry provides services to any Middlesex County resident in need. Community based outreach services are also available to help individuals in need find appropriate resources.



## VIDA CHURCH

Contact: Vicky  
 Telephone: 732-442-7980  
 Website: [www.vidachurch.tv](http://www.vidachurch.tv)  
 Address: 189 Fayette Street  
 Perth Amboy, NJ 08861  
 Hours of Operation: 1<sup>st</sup> & 2<sup>nd</sup> Saturday  
 9:00 a.m. - 12:00 Noon

Emergency food assistance is provided to those in need.

## ZION HILL BAPTIST CHURCH FAITH'S KITCHEN

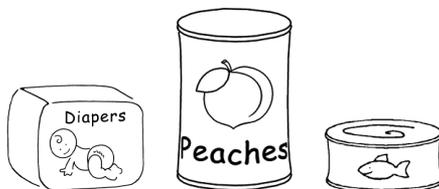
Contact: Dorothy Smith or Zelma Andrews  
 Telephone: 732-463-7776  
 Address: 450 Highland Avenue  
 Piscataway, NJ 08854  
 Hours of Operation: Every Thursday, 11:30 a.m. – 2:00 p.m.

Faith's (Soup) Kitchen provides and serves for free, nutritious lunch every Thursday (excluding holidays) to those in need. Other donated food items are also distributed as received.

## ZION HILL BAPTIST CHURCH FOOD PANTRY

Contact: Rosalee Battiste/ Ella Mack / Roy Brinson  
 Telephone: 732-463-9074  
 Address: 450 Highland Avenue  
 Piscataway, NJ 08854  
 Hours of Operation: 3<sup>rd</sup> Tuesday, 5:00 p.m. – 7:00 p.m.  
 Every Thursday, 10:00 a.m. – 1:00 pm

Nonperishable commodities are distributed to those in need twice a month.



**SENIOR MEAL PROGRAM OF MIDDLESEX COUNTY**

Anyone 60 and over is welcome at the following sites:

- Site 1: Thomas J. Deverin Community Center  
100 Cooke Avenue  
Carteret, NJ 07008  
732-541-6221  
Hours 8:00 am – 2:00 pm
- Site 2: Alexander J. Jankowski Community Center  
1 Olive Street  
Perth Amboy, NJ 08861  
732-442-0930  
Hours 8:00 am – 2:00 pm
- Site 3: Sayreville Senior Center  
423 Main Street  
Sayreville, NJ 08872  
732-254-4299  
Hours 8:00 am – 2:00 pm
- Site 4: Edison Senior Center  
2963 Woodbridge Ave.  
Edison, NJ 08817  
732-452-0377  
Hours 8:00 am – 2:00 pm
- Site 5: Piscataway Senior Center  
700 Buena Vista Boulevard  
Piscataway, NJ 08854  
732-743-9844  
Hours 8:00 am – 2:00 pm
- Site 6: South Brunswick Senior Center  
540 Ridge Road  
Monmouth Junction, NJ 08852  
732-329-6171  
Hours 8:00 am – 2:00 pm

- Site 7: Old Bridge Senior Center  
 1 Old Bridge Plaza  
 Old Bridge, NJ 08857  
 732-607-1582  
 Hours 8:00 am – 2:00 pm
- Site 8: South Plainfield Senior Center  
 90 Maple Ave.  
 South Plainfield, NJ 07080  
 908-753-1040  
 Hours 8:00 am – 2:00 pm

Middlesex County Department on Aging  
 732-745-2062 or 732-745-3295

Round-trip transportation available to all sites.

Home-delivered meals available for mobility-impaired.  
 Suggested Meal Donation: Congregate: \$2.25 Home  
 Delivered: \$2.75

To obtain general information on resources available in Middlesex County for seniors and the disabled contact the Office on Aging and Disabled at 732-745-3295 and request a Resource Directory be mailed to your home. The directory includes comprehensive lists of various agencies in Middlesex County, there is a multitude of information ranging from housing options, adult day care facilities, support groups & counseling agencies, as well as many other social service, state and federal organizations.

The Middlesex County Area Transit (MCAT) program provides transportation for senior citizens (60 years and older) and persons with disabilities to enable them to maintain the necessities of life. Transportation is provided within Middlesex County and up to 5 miles outside the County. All transportation is curb-to-curb and individuals must register with MCAT in order to request a ride. To register for MCAT contact 732-745-7456.

**M.C.F.O.O.D.S. Directory**

## **M.C.F.O.O.D.S. Membership & Information**

If you would like additional information about the M.C.F.O.O.D.S. program or if your organization is interested in becoming a part of the M.C.F.O.O.D.S. network please contact the Coordinator to obtain an application packet detailing membership requirements.

Jennifer Apostol  
M.C.F.O.O.D.S. Coordinator  
c/o MCIA  
101 Interchange Plaza, Suite 202  
Cranbury, NJ 08512

Phone: 609-409-5033  
Fax: 609-655-4748  
Email: [ja@mciauth.com](mailto:ja@mciauth.com)





MIDDLESEX COUNTY BOARD  
OF CHOSEN FREEHOLDERS

Ronald G. Rios  
Freeholder Director

Carol Bellante  
Freeholder Deputy Director and MCIA Liaison

Kenneth Armwood  
Charles Kenny  
H. James Polos  
Charles E. Tomaro  
Blanquita B. Valenti



MIDDLESEX COUNTY  
IMPROVEMENT AUTHORITY

Carol Bellante, Freeholder Deputy Director and MCIA Liaison

Leonard J. Roseman, Chairman

Robert J. Mantz  
Jacque Eaker  
Camille Fernicola  
Anthony Raczynski

Richard Pucci, Executive Director