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Food Resources

Community Food Bank of New Jersey

Locate food pantries near you.

https://cfbnj.org/findfood? ga=2.179537188.1203159918.1588633025-1092002439.1588633025

Fulfill-New Jersey

Locate food pantries for residents of Monmouth and Ocean Counties.

https://fulfillnj.org/get-help/locate-a-pantry/

Mercer Street Friends

Located food pantries for residents of Mercer County.

https://docs.google.com/document/d/1ifcoRiFGVWLtstl4603myQPk6Guv4UO0cEp6Y8rSoZw/edit

Norwescap

Locate food pantries for residents of Hunterdon, Morris, Somerset, Sussex or Warren Counties.

https://norwescap.org

New Brunswick Food Resources

Ebenezer Baptist Church Feed My Sheep Ministry, Soup Kitchen and Pantry

126 Lee Ave, New Brunswick, NJ 08901

Open Thursdays and Fridays / Abierto Jueves y Viernes: 11 AM – 2 PM

*Home deliveries available / Entrega a domicillio disponible

Phone/Telefono: (732) 247 – 2459

Five Loaves Food Pantry Store at Second Reformed Church of New Brunswick

100 College Ave, New Brunswick, NJ 08901

Open Monday & Tuesday / Abierto Lunes y Martes: 10 AM – 1 PM

*Wednesday – Friday by appointment only / Miercoles – Viernes solo por cita

**Closed the 3rd Wednesday of the month / Cerrado el 3er Miercoles del mes

Phone/Telefono: (732) 545 - 1019

Salvation Army

287 Handy Street PO Box 5724 New Brunswick, NJ 08901

Monday – Friday / Lunes – Viernes: 10 AM – 12 PM & 1 PM – 2 PM *Photo ID needed. Clients must sign in and provide a phone number / Necesita ID con foto. Los participantes deben de firmar y proveer un numero de teléfono

Phone/Telefono: (732) 545-1477 ext. 112

Christ Church New Brunswick Food Pantry

5 Paterson Street, New Brunswick, NJ 08901-1204

Open 2^{nd} and 3^{rd} Wednesday of the month / Abierto 2do y 3er miercoles del mes: 6-7:30 PM

Last 2 Fridays of the month / Ultimos 2 Viernes del mes: 9-10:30 AM

Last 2 Saturdays of the month / Ultimos 2 Sabados del mes: 10:30 AM – 12 PM

Phone/Telefono: (732) 545-6262 or (732) 543 – 3065

St. Vincent De Paul Food Pantry

29 Abeel Street, New Brunswick, NJ 08901

Open Wednesday and Saturday / Abierto los Miercoles y Sabados: 10 AM – 1 PM

*Only proof of New Brunswick residency is required / Solo necesitan prueba de residencia en New Brunswick

Phone/Telefono: (732) 309 - 2142

Puerto Rican Action Board Inc.

All services are by phone only and the Food Pantry is delivery only. For more information call / Todos los servicios y la depensa de alimentos estan disponibles por teléfono. Para mas información llaman.

Phone/teléfono: (732) 828 – 4510

Greater Brunswick Charter School

429 Joyce Kilmer Ave, New Brunswick, NJ 08901

Open Wednesdays / Abierto los miercoles: 11 AM – 1 PM

For more information call / Para mas informacion llama:

Phone/Telefono: (732) 448 - 1052 x 104

New Brunswick Seventh Day Adventist Church

339 Livingston Ave, New Brunswick, NJ 08901

Open Sunday / Abierto domingos: 12 – 2 PM

*Accepting new clients / Estan aceptando nuevos clientes

Phone/Telefono: (732) 745-4858

Bayard Street Presbyterian Church

107 Bayard St, New Brunswick, NJ 08901

Open the last Saturday of the month / Abierto el ultiomo sabado del mes: 12 – 2PM

Phone/Telefono: (732) 247-0384 or (732) 672 - 3793

Sharon Baptist Church

25 Howard St, New Brunswick, NJ 08901

Open Wednesday / Abierto miercoles: 12 – 2 PM

Phone/Telefono: (732) 846-0669 (Church) or (201) 478 - 9446 (Cell)

Suydam Street Reformed Church

74 Drift St, New Brunswick, NJ 08901

Open Saturday / Abierto Sabados: 9 – 10:30 AM

Open Sunday / Abierto Domingos: 7:30 – 8:30 AM

Open Monday / Abierto Lunes: 9 – 10 AM

Phone/Telefono: (732) 249-6803

Elijah's Promise

18 Neilson St, New Brunswick, NJ 08901

Open Daily / Abierto diariamente: 11 AM – 1 PM

*To go meals only / solo comidas para llevar

** No calls please / no llamadas telefónicas por favor

Phone/Telefono: (732) 545-9002

Unity Square Food Distribution

81 Remsen Ave, New Brunswick, NJ 08901

Open Tuesday / Abierto Martes: 1 – 3 PM

Phone/Telefono: (732) 545-0329\

St. Alban's Church Food Pantry

148 Lee Ave, New Brunswick, NJ 08901

Open Wednesday / Abierto Miercoles: 7 – 8:30 PM

Phone: (732) 247-0808

ICNA Relief

1320 Hamilton St. Suite 107. Somerset, NJ 08873

Open every Tuesday / Abierto Martes 4 – 6 PM

Open last Saturday of every month / Abierto ultimo Sabado de cada mes:

10 AM - 12 PM

Phone/Telefono: (732) 509-914

Newark Food Resources

ICNA Relief

224 Roseville Ave, Newark 07107

Open second Saturday of every month / Abierto el Segundo Sabado de

cada mes: 2 – 4 PM

Phone/Telefono: (973) 273-3414

National Action Network & World Central Kitchen - Meal

Distribution

Nan Newark Tech World - 400 Hawthorne Ave, Newark 07112

Open Monday to Saturday / Abierto Lunes – Sabado: 12 – 4 PM*

*or while supplies last /o hasta agotar existencias

Phone/Telefono: (973) 494-9303

www.techworld400.net

Abundant Hope Ministries & Sardis Temple Baptist Church – Fresh Produce & Food

Sardis Temple Baptist Church - 508 18th Ave, Newark 07103

Open every Sunday / Abierto cada Domingo: 10 AM – 1 PM

Phone/Telefono: (973) 642-3565

The Pleasant House of Hope – Weekly Food Distributions

The Pleasant Grove Baptist Church – 198 Chadwick Avenue - Newark, NJ

Open every Friday / Abierto cada Viernes: 9 AM - 12 PM

The Community Church of God – 13 Grant Avenue – Newark, NJ

Open every Friday / Abierto cada Viernes: 9 AM – 11 AM

*Bags are pre-packed for grab and go / Las bolsas están preempaquetadas para llevar

For more information please email / para mas información por favor mandan correo electrónico a: communitydevelopmentcorp@gmail.com

The Salvation Army – Newark Area Services

To schedule food distribution please call / Para programar una cita para recoger comida por favor llaman

Call window / Ventana de llamadas: Monday – Friday / Lunes – Viernes: 9 AM - 3 PM

Phone/Telefono: (973) 792-8682 and press 1

(973) 792-8682 y presione 2

- *Food distribution by appointment only / distribution de comida solo por cita
- *Once every two weeks / Una vez cada dos semanas
- *Available to Newark residents only / Disponible solo para residentes de Newark

Newark Board of Education - Breakfast and Lunch Program

Breakfast and lunch for the week will be distributed on Mondays and Thursdays at all of the Food Service Program site / El desayuno y el almuerzo de la semana se distribuirán los Lunes y Jueves en todos los sitios del Programa de Servicio de Comida

Open Mondays and Thursdays / Abierto los Lunes y Jueves: 9:30 – 11:30 AM

*Mondays pickups will include meals for Monday, Tuesday, and Wednesday / Las recogidas de Lunes incluirán comida para Lunes, Martes y Miércoles

*Thursday pickups will include meals for Thursday and Friday / Las recogidas de Jueves incluiran comida para Jueves y Viernes

**An adult should accompany their child to pick up meals at any one of the sites nearest to their home or current location / Un adulto debe acompañar a su hijo a recoger comidas en cualquiera de los sitios más cercanos a su hogar o ubicación actual

Pickup Locations / Lugar de recogida:

Central Ward

- Central High School 246 18th Avenue, Newark, NJ 07108
- Dr. E. Alma Flagg 150 3rd Street Newark, NJ 07107
- Quitman Street School 21 Quitman Street Newark, NJ 07103

East Ward

- East Side High School - 238 Van Buren Street Newark, NJ 07105

- Hawkins Street School 8 Hawkins Street Newark, NJ 07105
- South Street School 44 Hermon Street Newark, NJ 07105

North Ward

- First Avenue School 214 First Avenue Newark, NJ 07107
- McKinley Elementary School 1 Colonnade Place Newark, NJ 07104
- Park Elementary School 120 Manchester Place Newark, NJ 07104
- Rafael Hernandez Elementary School 345 Broadway Newark, NJ 07104

South Ward

- Belmont Runyon School 1 Belmont Runyon Way Newark, NJ 07108
- George Washington Carver School 333 Clinton Place Newark, NJ 07112
- Weequahic High School 279 Chancellor Avenue Newark, NJ 07112 West Ward
 - Mount Vernon School 142 Mount Vernon Place Newark, NJ 07106
 - Speedway Avenue 701 South Orange Avenue Newark, NJ 07106
 - Thirteenth Avenue School 359 13th Avenue Newark, NJ 07103

Table to Table's Mobile Market

Located at Bessie Green Community, INC. "The Red Door" at North Reformed Church – 510 Broad St, Newark 07102

Open Fridays / Abierto los Viernes: 12:30 PM - 2 PM

- *Outside in rear parking lot / afuera en el estacionamiento trasero
- ** Inside if it rains / adentro si llueve

For more information / para mas information: www.bessiegreen.org

KIPP Newark Food Distribution

Two Locations / Dos Ubicaciones:

- KIPP Newark Collegiate Academy 129 Littleton Ave, Newark, NJ 07103
- KIPP Thrive/BOLD Academy 229 18th Ave, Newark, NJ 07108

Open Mondays and Wednesday / Abierto Lunes y Miercoles: 10:30 AM – 1:30 PM

**Open to <u>ALL</u> children under the age of 18 and to KIPP Newark KTC Alumni /

Abierto a <u>TODOS</u> los niños menores de 18 años y para KIPP Newark KTC Alumno

Paterson Food Resources

Special Supermarket Shopping Hours for Senior Citizen (Ages 60+)

*Horario Especial de Compras en los Supermercados para Adultos Mayores (60+)

Open Monday, Wednesday, and Friday / Abierto Lunes, Miercoles, y Viernes

Golden Mango Supermarket – 200 Broadway, Paterson 07501; 8 Am – 9 AM

C-Town Supermarket – 444 20th Ave, Paterson 07513; 7 Am – 8 AM

Universal – 492 Ellison St, Paterson 07501; 8 AM – 9 AM

PriceRite – 301 Main St, Paterson 07505; 8 AM – 9 AM -> WEDNESDAYS ONLY/ SOLO LOS MIERCOLES

For more information please call / para mas informacion por favor llama: Hilda Diaz – (973) 321-1242

Elizabeth Food Resources

Meal Distribution:

Open Monday – Saturday / Abierto Lunes – Sabado: 12 – 2 PM

Two Locations / Dos Ubicaciones:

O'Donnell Dempsy Center – 618 Salem Ave. Elizabeth, NJ 07208

Stephen Sampson Center – 800 Anna St. Elizabeth, NJ 07201

Financial Assistance

New Jersey One App

You can screen online to see if you and your family qualify for Health and Social Services. Screening takes about 10 - 15 minutes. The information you provide is private and confidential.

https://oneapp.dhs.state.nj.us/default.aspx

^{*}Must show ID / Deben mostrar una identificación

United Way-Northern New Jersey

https://alicerecovery.org

Applications available on website. Please have undocumented folks call 973-993-1160 x700 and leave a message stating they need to speak to someone in Spanish. They do not need to leave a long message. If they have an email address that is preferable, but we understand that is often not the case with the undocumented population. One of our Spanish language team members will get back to them.

United Way-Union County

Providing up to \$750 for rental or utility assistance due to loss of income related to COVID-19 pandemic. Apply with Vanessa Rodriguez 908-353-7171 ext. 115; vanessa.rodriguez@uwguz.org

United Way-Bergen County

Compassion Fund/COVID-19 Fund-Call 2-1-1 and ask for assistance with rent or utilities to be connected to a social worker for assistance.

https://bergenunitedway.org/the-compassion-fund/

Medical Services

CDC Recommendations & Facts about Coronavirus

Take steps to care for yourself and help protect others in your home and community. Information on symptoms of COVID-19, how to protect yourself, what to do if you're sick, and much more.

https://www.cdc.gov/coronavirus/2019-nCoV/index.html (English)

https://espanol.cdc.gov/coronavirus/2019-

ncov/index.html?CDC AA refVal=https%3A%2F%2Fwww.cdc.gov%2Fcor onavirus%2F2019-ncov%2Findex-sp.html (Spanish)

COVID-19 UPDATE 3/20/2020

HOSPITALS AND FEDERALLY QUALIFIED
HEALTH CENTERS ARE NOW REQUIRED TO
WAIVE PATIENT FEES FOR TESTING
AND RELATED DIAGNOSTIC SERVICES
FOR THOSE WHO LACK HEALTH INSURANCE



Federally Qualified Health Centers

Find your nearest Federally Qualified Health Center in NJ-at least one in every county

Hospitals and FQHC's have been mandated to waive fees for individuals who do not have health insurance for any testing and any diagnostic testing related to COVID-19.

https://healthapps.state.nj.us/fhs/cphc/cphcSearch.aspx

Medicare Telemedicine Information

https://www.cms.gov/newsroom/fact-sheets/medicare-telemedicine-health-care-provider-fact-sheet

https://www.medicare.gov/coverage/telehealth

COVID-19 Testing Resources

Union County - COVID-19 Drive-Thru Screening

Open to all Union County residents, first responders, and healthcare professionals *free of charge*

Call to be tested, available 24/7: (908) 373-5105

COVID-19 Test Site Finder

Testing sites have various operating hours and requirements. Most require an appointment in advance. Some require proof of residency in New Jersey or a specific county or municipality. Please verify hours and requirements with a test site before visiting.

https://covid19.nj.gov/pages/testing#test-sites

Testing/Treatment Information for those Uninsured or

Undocumented

COVID-19 testing and treatment is available to everyone in New Jersey regardless of their insurance or immigration status. Here you will find resources for free testing and treatment as well as how to apply for health insurance.

https://covid19.nj.gov/faqs/nj-information/general-public/how-can-i-get-testing-or-treatment-for-covid-19-if-im-uninsured-or-undocumented-how-do-i-cover-health-costs-associated-with-covid-19

Mental Health Services

Hotlines for Help

Crisis Text Line: Text "NJ" to 741741

Family Helpline: 1-800-843-5437

Domestic Violence Hotline: 1-800-572-7233

Mental Health Hotline: 866-202-4357

Hackensack Meridian Health – Virtual Bereavement & Support

Group

Tuesdays from 3:00 to 4:00 pm - Call (732) 202-8071 To Register and Receive Sign in Information Presented by HMH Palliative Care Team

NJ Mental Health Cares

If you are concerned about your mental health or the mental health of someone you love, **NJMentalHealthCares** can help. The **free helpline** offers telephone counseling, emotional support, information and assistance.

Call: 866-202-HELP (4357)

7 Days per week, 8 AM – 8 PM

Latinx Therapists Action Network

We are a network of Latinx mental health practitioners that are committed to honoring and affirming the human dignity of Latinx

immigrant communities marginalized by violence, criminalization, detention, and deportation.

https://www.latinxtherapistsactionnetwork.org/home

National Alliance on Mental Illness - NJ Screening Centers

Screening Center — A public or private ambulatory care service designated by the Commissioner, which provides mental health services including assessment, emergency and referral services to mentally ill persons in a specified geographical area. Screening is the process by which it is ascertained that the individual being considered for commitment meets the standards for both mental illness and dangerousness as defined in P.L. 1987,c.116 (N.J.S.A. 30.4-27.1 et seq.) and that all stabilization options have been explored or exhausted.

Screening centers by County:

http://www.naminj.org/support/crisis-numbers/screening-centers/

Parent Resources

Webinar: Parents, Kids & Mental Health During the COVID-19 Crisis

This webinar from the NASW-NJ Chapter (live recorded on 3/18/20), featuring Pat Spencer, LCSW and Jennifer Thompson, MSW, discusses how parents can help their children and families cope during the COVID-19 crisis.

https://www.youtube.com/watch?v=TL7Jr5LPjNE

CDC: Coping After a Disaster – Children Activity Book (PDF)

The Center for Disease Control and Prevention has created this activity book to offer parents and educators an interactive way to talk to kids about how to cope after a disaster. To help children talk about their feelings after a disaster and learn positive ways to express their emotions in uncertain times.

https://www.cdc.gov/cpr/readywrigley/documents/RW Coping After a Disaster 508.pdf

Helping Children Navigate Coronavirus (PDF)

With the onset of Coronavirus, many parents have been reaching out asking for practical tips on how to help children cope with their fears and how to entertain them when they are home from school. We are going to provide a few tips to help you and your child deal with this new reality in a way that is reassuring and grounding.

https://naswnj.socialworkers.org/Helping-children-navigate-coronavirus

Parent Resources

These resources are to help parents learn more about the Coronavirus, also known as COVID-19, and how to teach your children health safety tips to help prevent the spread of germs.

(Contains articles and PDFs in English and Spanish)

https://www.rwjbh.org/patients-visitors/what-you-need-to-know-about-covid-19/covid-19-parent-resources/

Managing Anxiety (Teens)

People of all ages are concerned about the spread of the coronavirus, and teenagers, as a group, tend to experience emotions especially intensely.

If you are raising, teaching, or otherwise caring for an adolescent who is feeling very nervous about it, here are five things you can do.

https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html

Coping with Stress

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger

https://www.cdc.gov/coronavirus/daily-life-coping/managing-stress-anxiety

Educational Resources for Kids

Prekinders

If you are looking for teaching ideas and printable activities to help you teach Pre-K or Preschool, you are in the right place. You will find hundreds of classroom tested lessons and ideas to teach Pre-K: everything you need from math to literacy, fine motor to classroom management. Whether you are a teacher, parent, librarian, or anyone who wishes to teach early learners, you are welcome here!

https://www.prekinders.com/

Storyline Online

Reading aloud to children has been shown to improve reading, writing and communication skills, logical thinking and concentration, and general academic aptitude, as well as inspire a lifelong love of reading. Teachers use Storyline Online in their classrooms, and doctors and nurses play Storyline Online in children's hospitals.

https://www.storylineonline.net/

Housing Resources

Urban League of Union County

Services are designed to assist families or individuals in maintaining shelter and a stable environment.

Services include: Financial literacy seminar, Pre-purchase counseling,
Mortgage default and delinquency counseling, Foreclosure counseling,
Consumer credit and budget management, Rental assistance, Emergency
Solutions Grant (ESG) Homeless Prevention funded by the City of
Elizabeth, and Energy assistance and emergency assistance for:

 rent/mortgage, utilities, and food (Rental, Energy and Emergency assistance have eligibility criteria and documentation of need requirements

http://www.uloucnj.org/housing community development0.aspx

NJ Division of Housing and Community Resources

This site will allow you to go through a screening process to see if you are eligible for the NJ Assistance Programs listed below. To begin the screening process click on Get Started!

Assistance Programs Include:

- Rental Assistance
- Homelessness and Eviction Prevention
- Home Energy Assistance

https://njdca-housing.dynamics365portals.us/en-US/

Eviction Moratorium Information & Question Form

Information on Rental Property and Evictions under Executive Order 106

NO ONE MAY BE REMOVED FROM THEIR HOME FOR INABILITY TO PAY RENT DURING THE COVID-19 EMERGENCY. On March 19, 2020, New Jersey Governor Philip Murphy issued Executive Order 106, which immediately suspends evictions throughout the state. This is called an "eviction moratorium," and means that no tenant may be removed from his or her home as a result of an eviction proceeding, with rare exceptions for cases such as when a tenant is violent or endangering other tenants.

https://covid19.nj.gov/forms/renter

Business Resources

COVID-19 Help and Information for New Jersey Businesses

Search for help with COVID-19's impact or rules on reopening. Or submit a question via the live chat in the corner and we'll get back to you ASAP.

https://faq.business.nj.gov/en/collections/2198378-information-for-nj-businesses-on-the-coronavirus-outbreak

National Association of Social Workers - NJ Chapter

COVID-19 FAQ & Resources for Practitioners

The current COVID-19 pandemic presents social workers with a number of challenges to address in ensuring their own health and safety, continuity of care for clients, and the well-being of the community at large. NASW-NJ is actively working to stay abreast of emergency orders, laws, and procedures that are being implemented to address this rapidly evolving situation. We are also working to create resources and supports for the social work community in New Jersey and across the nation. We will update this page as new information becomes available.

https://naswnj.socialworkers.org/News/COVID-19-FAQ-Resources

Labor Benefits

Employee Earned Sick Leave

As of October 2018, employers of all sizes must provide full-time, part-time, and temporary employees with up to 40 hours of earned sick leave per year so they can care for themselves or a loved one. For more information:

https://www.nj.gov/labor/worker-protections/earnedsick/law.shtml

Temporary Disability and Family Leave

https://myleavebenefits.nj.gov/

You may be eligible for <u>Temporary Disability Insurance</u> benefits if your illness or injury prevents you from working, and was not caused by your work.

You may apply for <u>Family Leave Insurance</u> benefits if you are bonding with a newborn, newly adopted, or newly placed foster child. You may also apply if you are caring for a family member with a serious health condition

Expectant mothers may qualify for both Temporary Disability and Family Leave Insurance benefits. Find out how the two programs work together for Maternity Leave Coverage.

Unemployment Insurance

Use link for important information for certifying for weekly benefits due to coronavirus.

"In order for us to process your weekly payment without delay, please follow the below guidelines when <u>certifying for your benefits - to get your money - each week</u>. See the second tab below for the weekly certification guide in Spanish. "

https://myunemployment.nj.gov/labor/myunemployment/covidinstructions.shtml

Reporting a Violation of Executive Orders

NJ Executive Order Violation Reporting Form

If you believe an employer, organization, or entity is violating any Executive Order, please complete this form. Compliance with Executive Orders is not voluntary. You may report a violation anonymously, but please note, it will make it more difficult for law enforcement to investigate the complaint.

https://covid19.nj.gov/forms/violation

Immigrant Rights Advocacy Groups

CATA – The Farmworker Support Committee

In the absence of Comprehensive Immigration Reform, CATA and its members focus on other immigrant rights issues, including:

- Expanding access to Driver's Licenses for the undocumented community
- Working with communities on how they can be more fair and welcoming to their undocumented neighbors
- Know Your Rights Trainings and Presentation
- Accompaniment Programs and support for those in deportation proceedings
- Basic Immigration Services and paperwork

https://cata-farmworkers.org/catas-work/immigration/

Make the Road NJ

Make the Road New Jersey builds the power of immigrant, working-class & Latinx communities to achieve dignity and respect through community organizing, legal, policy innovation and transformative education. Make the Road New Jersey's centers in Elizabeth and Passaic are hubs for community organizing. Every week, hundreds of immigrant families - young people and adults - come together to fight for dignity and respect in our communities.

https://www.maketheroadnj.org/coronavirus

U.S.Citizen and Immigration Services - Public Charge Information

The Inadmissibility on Public Charge Grounds final rule is critical to defending and protecting Americans' health and its health care resources. The Public Charge rule does not restrict access to testing, screening, or treatment of communicable diseases, including COVID-19

https://www.uscis.gov/green-card/green-card-processes-and-procedures/public-charge

Tax Relief

Coronavirus Tax Relief and Economic Impact Payments / Alivio tributario por coronavirus y pagos de impacto económico

https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments

Credit Karma

Free Tax Filing / declaración de impuestos gratis

https://www.creditkarma.com/tax



Not finding WIC food items in your stores? More items to choose

In light of COVID-19, New Jersey WIC is allowing additional food items in anticipation of limited food selections related to recent events.

Effective immediately and until further notice.

Every effort should be made to purchase items on the food list but when not available in the store these substitutions will be allowed.

Milk

CAN SUBSTITUTE ANY BRAND and ORGANIC allowed but milk fat has to be the same as what is listed on your check.

For example: whole milk cannot be substituted for 1% low fat; soy cannot be substituted for lactose free

CAN SUBSTITUTE ANY SIZE container (quart, half gallon, gallon)

For example: If the check says 2 gallons 1% low fat store brand milk then 4 half-gallons of any brand 1% milk can be substituted

Whole Grains (16-ounce size package only)

ANY allowed WHOLE GRAIN listed in the food guide can be substituted for the same amount of whole grain listed on the checks.

CAN SUBSTITUTE ANY BRAND 16-ounce package 100% whole-wheat bread

Beans, Peas and Lentils

CAN SUBSTITUTE ORGANIC dry or canned beans, peas or lentils

For checks listing one 16 oz package dry beans, four 15.5-16 oz. canned beans can be substituted.

For checks listing <u>four</u> 15.5-16 oz. canned beans, <u>one</u> 16 oz package of dry beans can be substituted.

Peanut Butter

CAN SUBTITUTE ORGANIC 16-18 oz. iar

EGGS

CAN SUBSTITUTE one dozen (12 eggs) carton – any size (medium, large, extra-large) white or brown Grade A or AA for one dozen Grade A white large eggs.

Infant Fruits and Vegetables

CAN SUBSTITUTE two 2 oz. containers of Infant Fruits or Vegetables instead of one 4 oz. Infant Fruit or Vegetable container

This institution is an equal opportunity provider.

PATERSON PUBLIC SCHOOLS

Paterson — A Promising Tomorrow Together We Can

Distribución de comidas para estudiantes

El lunes 20 de abril, el distrito continuará la distribución de comidas para estudiantes, manteniendo el horario de distribución dos veces por semana los lunes y miércoles de 10 am a 1 pm hasta nuevo aviso.

| Si su hijo va a | Luego recoja las comidas de los estudiantes |
|---|---|
| Escuelas públicas No. 2, 3, 8, International High School, o Garrett Morgan Academy | Escuelas pública No. 3, 448 Main Street |
| Escuelas públicas No. 9 o Dr. Hani Awadallah School | Escuela pública No. 9, 6 Timothy Street |
| Escuelas públicas No. 4, 12, 14, 28, Norman S. Weir, Urban Leadership Academy o Young Men's Leadership Academy | Escuela pública No. 28, 200 Presidential Boulevard |
| Escuelas públicas No. 6 o Escuela Edward W. Kilpatrick Escuela | Escuela pública Edward W. Kilpatrick, 295 Ellison Street |
| Escuelas públicas No. 16, 20, 24, 25, Dr. Martin Luther King Jr. School, STARS Academy, Early Learning Center, o Rosa Parks High School | Escuela pública Dr. Martin Luther King Jr. School, 851 E. 28th St. |
| Escuelas públicas No. 1, 10, 13, 18, 21, 26 | Escuelas pública No. 21, 322 10th Avenue |
| Escuelas públicas No. 5, 7, 19, 27, 29, Dale Avenue School, Don Bosco Technology Academy, o JF Kennedy Educational Complex | Escuela pública Complejo Educativo JF Kennedy, 61-127 Preakness Ave. |
| Escuelas públicas No. 15, el Roberto Clemente School, New Roberto Clemente School, Alexander Hamilton Academy, PANTHER Academy, Eastside Educational Campus, HARP Academy, Great Falls Academy the Adult High School o el programarecién llegados | Para las comidas los lunes, 20 de abril y miércoles, 22 de abril: El Centro Comunitario de Servicio Completo Madison Avenue, 512 Market Street |