

FOOD RESOURCES, DELIVERY SERVICES AND NUTRITION

If you can't get out to the grocery store, the groceries can come to you!

Online Groceries refers to a grocery store that allows individuals and to purchase grocery products online. There is usually a delivery charge for this service – there may also be a minimum order requirement; a pick-up fee and a possible fuel surcharge.

FreshDirect – \$30 purchase minimum; \$6.99 Delivery Fee
www.freshdirect.com

Stop&Shop/PeaPod – \$60 purchase minimum; \$2.95 Pick-up Fee;
Delivery Fee – \$6.95 for orders over \$100; \$9.95
for order under \$100; www.peapod.com

ShopRite of Stirling – on-line ordering; store pick-up or home delivery
Valley Road
Stirling, New Jersey 07980
(908) 604-2129
<https://shop.shoprite.com/store/63FA760#/>

ShopRite of Bernardsville offers *on-line ordering with store pick-up* – no home delivery
93 Morristown Road
Bernardsville, NJ 07924
(908) 766-3129
www.shoprite.com/pd/stores/NJ/Bernardsville/ShopRite-of-Bernardsville/OB75762

Bridgewater Family Service Center – **Shopping Services for the Elderly** provides services to home-bound elderly, so they can continue to live in the community. Contact the **Somerset County Office on Aging** for referral information: 1-888-747-1122 or (908) 704-6346

Local churches have some volunteers that might be able to help with grocery shopping. Call the Ridge Oak office for available contacts.

Eating Right

Good nutrition is important at any age – but as we get older, some of our nutritional needs start to change. The USDA food patterns suggest that people 50 or older choose healthy foods every day from the following:

Fruits – 1-1/2 to 2-1/2 cups (Equals a 2-inch peach or 1/4 cup of dried fruit)

Vegetables – 2 to 3-1/2 cups (Equals two cups of uncooked leafy vegetable)

Grains – 5 to 10 ounces (Equals a small muffin, a slice of bread, a cup of flaked, ready-to-eat cereal, or 1/2 cup of cooked rice or pasta)

Protein – 5 to 7 ounces (Equals one egg, 1/4 cup of cooked beans or tofu, 1/2 ounce of nuts or seeds, or 1 tablespoon of peanut butter)

Dairy – 3 cups of fat-free or low-fat milk (Equals one cup of yogurt or 1-1/2 to 2 ounces of cheese)

One cup of cottage cheese is the same as 1/2 cup of milk.

Oils – 5 to 8 teaspoons (Add oil during cooking or eat foods like olives, nuts, and avocado)

Solid fats and added sugars (SoFAS) — keep the amount of SoFAS small

Paying for Food

If you are not sure how or if you can pay for your next meal or next week's groceries, **NJ SNAP** can help.

NJ SNAP, formerly **Food Stamps**, is New Jersey's supplemental nutritional assistance program that can help low-income families buy the groceries they need to eat healthy.

The Food Stamp Program provides food assistance to low income households. Program eligibility is based upon a household's income, resources, and expenses for medical, shelter, and dependent care.

[2016 income limit = single individual \$1,815/month; couple \$2,456]

You can apply on-line for SNAP www.nj.gov/humanservices/dfd/programs/njsnap/apply/

Or in person at:

Somerset County Board of Social Services
PO Box 936
73 East High Street
Somerville, NJ 08876
(908) 526-8800

The Food Bank Network distributes food and other basic human needs to those in need in the community. They agency works through food pantries located in Somerville, Bound Brook and North Plainfield (732) 560-1813

God's Co-Op Food Pantry (run by local church volunteers) is located in Bernardsville and distributes food to those in need. Income eligibility required. Call the Ridge Oak office for information and to learn how to apply.