



State Resources for Seniors in New Jersey

Many seniors face high costs for their medical care and prescription drug coverage, and finding the funds to pay for these health care expenses can be stressful. We created this guide covering all of the available health insurance and prescription drug coverage programs in your state so you can take care of your health without worrying about the cost. Included in the guide are the benefits details, eligibility requirements, and application processes for available health insurance and prescription drug coverage programs for seniors in your state.

Food Assistance Programs for Seniors

In 2020, more than 5 million seniors dealt with food insecurity or the lack of consistent access to nutritious food. Poor nutrition can lead to vitamin and mineral deficiencies or increase the risk of complications from certain health conditions. Fortunately, New Jersey offers Meals on Wheels programs, food banks and government-sponsored programs to help seniors access nutritious foods.

Meals on Wheels

Meals on Wheels uses a network of volunteers to deliver meals to seniors throughout New Jersey. In addition to making sure seniors have access to nutritious meals, home meal delivery helps prevent social isolation by ensuring that program participants have an opportunity to talk to someone each day. The eligibility requirements vary by provider.

	Area Served	Address	Phone Number
Meals on Wheels North Jersey	Bergen County	100 Madison Avenue, Suite 3 Westwood, NJ 07675	(201) 358-0050
Jersey City Meals on Wheels	Jersey City area	Martin Luther King Jr. City Hall Annex One Jackson Square Jersey City, NJ 07305	(201) 547-6809
Meals on Wheels of Burlington County	Burlington County	795 Woodlane Road Westampton, NJ 08060	(609) 702-7053
Meals on Wheels of Atlantic County	Atlantic County	101 S. Shore Road Northfield, N.J. 08225	(888) 426-9243
Meals on Wheels of Cumberland County New Jersey	Cumberland County	800 East Commerce Street Bridgeton, NJ 08302	(856) 453-2159
Meals on Wheels Mercer County	Mercer County	320 Hollowbrook Drive Ewing, NJ 08638	(609) 695-3483
Meals on Wheels of Monmouth County	Monmouth County	810 Fourth Avenue Asbury Park, NJ 07712	(732) 775-0525, ext. 227

Food Pantries

New Jersey has food pantries available to help seniors supplement their grocery budgets with rice, beans and other staples. Check with your local food pantry to learn more about what's available and find out if you're eligible for assistance.

	Area Served	Address	Phone Number
The Food Bank of South Jersey	Burlington County, Salem County, Camden County, Gloucester County	1501 John Tipton Boulevard Pennsauken, NJ 08110	(856) 662-4884
Kitchen Door Food Pantry	Egg Harbor City	245 Boston Avenue Egg Harbor City NJ 08215	(609) 965-1920
Community FoodBank of New Jersey Mobile Food Pantries	Atlantic County, Cumberland County, Cape May County	31 Evans Terminal Hillside, NJ 07205	(908) 838-4981
Rutherford Food Pantry	Bergen County	176 Park Avenue Rutherford, NJ 07070	(201) 460-3000, ext. 3168
Goodwill Rescue Mission	Essex County	79 University Avenue, Newark, NJ 07102	(973) 621-9560
St. Aloysius Church	Hudson County	691 West Side Avenue Jersey City, NJ 07304	(201) 433-6365
Flemington Food Pantry	Hunterdon County	154 Route 31 North Flemington, NJ	(908) 788-5568
Catholic Charities	Mercer County	383 West State Street Trenton, NJ 08607	(800) 360-7711
First Presbyterian Church of Whippany	Morris County	494 Route 10 Whippany, NJ 07981	(973) 887-2197
Rahway Food for Friends	Union County	1221 New Brunswick Avenue P. O. Box 1882 Rahway, NJ 07065	(732) 381-7201

Government Assistance Programs

New Jersey also has public agencies that offer congregate meals and other nutrition-related programs for seniors.

	Area Served	Address	Phone Number
Nutrition Program for Older Adults	Mercer County	640 South Broad Street P.O. Box 8068 Trenton, NJ 08650-0068	Contact your local Mercer County senior center
Bergen County Nutrition Program	Bergen County	One Bergen County Plaza 2nd Floor Hackensack, NJ 07601-7076	(201) 336-7400
Middlesex County Nutrition Services	Middlesex County	75 Bayard Street New Brunswick, NJ 08901	(732) 745-3000
Gloucester County Nutrition Program	Gloucester County	115 Budd Boulevard West Deptford, NJ 08096	(856) 686-8327