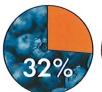
CFBNJ STARTED MORE THAN 45 YEARS AGO IN THE BACK OF OUR FOUNDER'S STATION WAGON AND IS NOW THE LARGEST ANTI-HUNGER, ANTI-POVERTY ORGANIZATION IN NEW JERSEY.



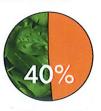
We are on the front line, witnessing first-hand the impact that hunger has on our communities.

Last year, we distributed more than 85 million nutritious meals. CFBNJ continues to expand its Hunger as a Health Issue initiative - providing more fruits and vegetables, nutrition education, and medical screenings. Almost a quarter of all food we distribute is fresh produce.

WHERE OUR FOOD COMES FROM







DONATED

GOVERNMENT

PURCHASED

The Community FoodBank of New Jersey (CFBNJ), a member of Feeding America®, has been delivering food, help and hope across the state for over 45 years. Last year, CFBNJ provided nutritious food for over 85 million meals through its network of more than 800 community partners including pantries, soup kitchens, emergency shelters, mobile pantries, and child and senior feeding programs throughout the 15 New Jersey counties it serves.

For our hungry neighbors, the Community FoodBank of New Jersey is the powerful agent of change that fills the emptiness caused by hunger and provides resources that are essential to earning a sustainable living.

LEARN MORE AT CFBNJ.ORG

Headquarters

31 Evans Terminal Hillside, NJ 07205 908.355.3663

Egg Harbor Township Location

6735 Black Horse Pike Egg Harbor Twp, NJ 08234 609.383.8843









@CFBNJ







38 MILLION AMERICANS ARE FOOD INSECURE. THEY DON'T KNOW IF THEY'LL HAVE ENOUGH NUTRITIOUS FOOD FOR THEMSELVES AND THEIR FAMILIES.

ABOUT 650,000 OF THEM LIVE IN NEW JERSEY, INCLUDING APPROXIMATELY 175,000 CHILDREN.

The majority of households we serve have at least one member with a paying job. Some of our neighbors in need work multiple jobs but still struggle to make ends meet. They often make tough choices - deciding between food and other necessities.

Hunger is a major concern for those affected by emergencies, as well. Recently, we have seen pandemics, natural disasters, government shutdowns, and economic downturns increase need.

PARTNER WITH CFBNJ TO BRING OUR HUNGER-FIGHTING PROGRAMS TO YOUR ORGANIZATION.

We take a holistic approach to improving food security and health in our communities, by providing programming that meets immediate, intermediate, and long-term community needs. Our multilingual team offers all applicable programs and support to our partners at no cost.

CHILD NUTRITION PROGRAMS

CFBNJ's Child Nutrition Programs ensure that kids at risk of hunger have access to nutritious meals all year long, providing food outside of school hours, when children lack access to the school meals they rely on.

Last year, our Child Nutrition Programs provided close to 1.2 million meals in partnership with schools, after-school programs, and community organizations.

NUTRITION EDUCATION

Through NJ SNAP-Ed, CFBNJ provides free, engaging nutrition education workshops that help neighbors who are eligible for SNAP choose healthy food on a budget and make physical activity a part of their lives. Workshops are offered both in-person and virtually to SNAP-eligible teens, adults, pregnant women/new moms, and seniors in a variety of settings.

Our team of nutrition educators also provide technical assistance to community sites to support individuals in

making the healthy choice the right choice. For example, this may include creating a healthy snack policy at a school or setting up a client choice model at a pantry.

Last year, our Nutrition Education Program provided over 23,000 individuals with direct education and engaged over 360 sites in implementing strategies to support healthy habits.

RESOURCE ACCESS

CFBNJ's Resource Access team provides on-site screening for the following benefits that help households make ends meet:

- Supplemental Nutrition Assistance Program (SNAP)
- Cash and general assistance
- The Low-Income Home Energy Assistance Program (LIHEAP)
- Direct referral to additional-services

Our team provides education and information about benefits, eligibility requirements, and direct application assistance. SNAP is the first line of defense against hunger, reducing poverty and malnutrition by improving community health and family financial security. Partner with CFBNJ to bring SNAP and other benefits to your community.



EVERYONE NEEDS HELP SOMETIMES

THREE SIMPLE WAYS TO FIND FOOD ASSISTANCE NEAR YOU:

1. GO TO CFBNJ.ORG/FINDFOOD

2. TEXT "FINDFOOD" TO 908-224-7776







SCAN THIS QR CODE WITH YOUR DEVICE

TODO EL MUNDO NECESITA AYUDA A VECES

TRES FORMAS SENCILLAS DE ENCONTRAR ASISTENCIA ALIMENTARIA CERCA DE USTED:

- 1. VAYA A CFBNJ.ORG/ENCONTRAR-COMIDA
 - 2. ENVÍA UN MENSAJE DE TEXTO "COMIDA" A 908-224-7776







ESCANEA ESTE CÓDIGO QR CON TU DISPOSITIVO



TO FIND FOOD RESOURCES NEAR YOU, TEXT

"FINDFOOD"

908.224.7776

SCAN TO FIND FOOD:





*Standard carrier message and data rates may apply.

SCAN THE QR CODE TO SCHEDULE A VIRTUAL APPOINTMENT FOR SNAP ASSISTANCE WITH ONE OF OUR COORDINATORS:





PARA ENCONTRAR RECURSOS DE ALIMENTOS CERCA DE USTED ENVIE UN MENSAJE DE TEXTO

"COMIDA"

908.224.7776

O ESCANEE AQUÍ:





*Es posible que se apliquen tarifas estándar de mensajes y datos del operador.

PROGRAME UNA CITA
VIRTUAL PARA ASSISTANCE
DE SNAP CON UNO DE
NUESTROS COORDINADORES
A CONTINUACIÓN:



What Is The Supplemental Nutrition Assistance Program (SNAP)?

SNAP is New Jersey's Food Stamp Program. This program helps low-income people get food for their families. It puts money on a debit card that can only be used for food. You can use it in stores and online.

Who Can Get SNAP?

Many people do not know they meet the income limits for SNAP. You can get SNAP even if you work. You can get SNAP even if you own a home or a car. You do NOT have to be on welfare (TANF) to get SNAP. You can be a working college student and get SNAP.

NOTE: The number of people in your family changes the amount of SNAP you get. A family or household is any group of people who live and eat together.

How Do I Get SNAP?

You fill out a form to see if you meet the income limits for SNAP. You can do this:

- In person at your County SNAP office (some have early and late hours)
- Online at https://www.nj.gov/humanservices/njsnap/apply/ways/
- Through the mail by writing your County SNAP office

Someone can help you with your form. This help is free. Call 1 (908) 838-4831 or go to SNAPOutreach@cfbnj.org.

In order to get SNAP you must show:

- How much money you have on hand
- How much money each person in your family makes or gets from the government

You may be able to get more SNAP if:

- · Anyone in your family is disabled,
- Anyone in your family is age 60 or over.

If you meet the income limit you will have an interview to explain more about your family needs. This can be in person or on the phone.

Papers Needed (Or Can Be On Your Phone)

You need these for everyone in your household who wants to get SNAP:

- A valid ID driver's license, birth certificate, government ID
- Proof of where you live lease, rental agreement, utility bill with your address on it *unless you are homeless*
- How much money each person makes at a job -- paystub, employer letter, tax records
- How much money each person gets from the government -- benefits award letters
- How much money you have in the bank bank statements
- Social Security Number if you have one
- Immigration status proof (if you are not a US citizen)
- Enrollment proofif you are a college student

You can get more SNAP if you can show:

- How much you spend on housing -- rent receipts, mortgage statement, property tax bill
- Your phone and utility costs
- The medical expenses of anyone in your household who is 60 or older or disabled
- Any child care or adult care costs
- Child support paid by a person in your household

NOTE: Even if you can't find all these papers, you can apply anyway!

How Long Does It Take To Get SNAP?

If you meet the rules for SNAP you can get it in 30 days. If you have emergency need you can get SNAP in 7 days.

If I Get SNAP, How Long Does It Last?

- SNAP lasts for 5 years if your need stays the same, but it is okay if your pay changes from month to month
- SNAP comes onto your card every month on the same day of the month
- If you do not use your SNAP card for 9 months, you will lose the money on the card

NOTE: Every 6 months you have to show proof that you still need SNAP — this could be an interview or a form. It is very important to fill out this form and send it back on time to keep getting SNAP. Keep a copy of the form in case of a problem.

USING SNAP

How Do I Find Stores That Take SNAP?

You can use your card at any store that has the SNAP logo or says SNAP/EBT Accepted Here. This includes most large grocery chains. You can always ask a store clerk if the store takes SNAP.



To find a store in your town you can look online here: https://www.fns.usda.gov/snap/retailer-locator

- SNAP can also be used in many online stores such as Amazon, ShopRite, Stop N Shop, and Walmart. There is a list here: https://www.nj.gov/humanservices/njsnap/recipients/benefits
- Information on using SNAP with Instacart can be found here: https://www.instacart.com/ebt-snap. NOTE: You cannot use SNAP to pay the fees or tips that come with using Instacart.



What Can I Buy With My SNAP Card?

The card can be used for FOOD ITEMS ONLY:

- Fruits and Vegetables
- Meat, Fish, Poultry, Milk, Cheese, Yogurt
- Bread, Cereal, Rice, Tortillas, Pasta
- Nuts, Grains, Seeds
- Baby Food

How Do I Use My SNAP Card?

Go shopping as you always do. At checkout slide your SNAP card through the machine like a debit card. Enter your PIN.

Check that you are being charged the right amount for your food. If it is wrong, tell the clerk. Don't let the clerk leave with your card. Save the receipt so you know how much money is left on the card.

If you have problems with your card, you can go to www.NJFamiliesFirst.com or call 1 (800) 997-3333.

NOTE: You can never get cash back when using your SNAP card.



There is also a free app for your phone called **ConnectEBT**.

With the app, you can:

- Check your SNAP Balance
- Confirm your Last Deposit
- Change your PIN
- See your payments

SNAP CANNOT Be Used To Buy:

- Hot or Prepared Food or Meals
- Alcohol
- Tobacco
- Cleaning Products, Pet Food, Paper Products, Diapers, Soap
- · Vitamins or Medicine

NOTE: There is a law that you can't sell, trade or give away SNAP. Do not buy something with SNAP and sell it later. Do not use someone else's SNAP.



Community FoodBank of New Jersey's Women, Infants, & Children (WIC) FAQ

What Is WIC?

WIC lets you get some healthy foods at the grocery store each month at no cost to you. It is run by the government of New Jersey.

Who Can Get WIC?

- Women who are going to have a baby or had one in the last six months
- Families with children up to 5 years old
- You must live in NJ and be a low- or no-income family
- You can be on Medicaid, SNAP or TANIF and be on WIC
- You can be a working family
- You DO NOT need to be a US Citizen or have a green card. You can be undocumented and get WIC.

How To Apply For WIC

Make an appointment at your local WIC office. You can also email or call them. Contact info is on the back of this page.

- You need to bring proof that you live in New Jersey. This can be:
 - A bill from the last 30 days with your address on it
 - A signed lease
 - A valid NJ driver's license or voter's registration card
 - Another state-issued ID card
- You need to show pay stubs for the last 30 days -- for each person in your house who is working. (You can also show this on your phone.)
- You will also need an ID or birth certificate for each family member.
 You can show a hospital ID bracelet or crib card for a new baby.
- You must have a copy of each child's Universal Health Record.

eWIC Card



Once you are in the WIC program, you get an eWIC card. You can also get a WIC app for your smart phone, if you have one. The eWIC is like a debit card with a PIN code. You keep it as long as you are in the program and use it at the grocery store.

If you lose your card or forget your PIN, you can call Customer Service for help.

What Food Will I Get?

- Your eWIC card is connected to your Benefit Balance list. The Benefit Balance list tells what foods you can get at no cost to you.
- You get a new Benefit Balance list every 30 days.
- You will see your Benefit Balance list written as "first day to use" and "last day to use." You do not have to buy all the foods listed at one time.
- Benefits do not last after the "last day to use," so it is important to use them in time!

Going Shopping

Grocery stores that take the WIC card have signs in their windows. There is a link to WIC stores below or you can find them on the WIC app or at your WIC Clinic.







Choosing Food

At the store be careful to choose food that is in your WIC plan. For example:

- · Canned fruit may not have added sugar or syrup
- Juice must be 100% fruit juice
- Frozen vegetables cannot have cheese
- Your list will say if you can have whole, non-fat, or 1% milk
- Bread and pasta and rice must be whole grain, but not organic
- Make sure you have the right size package and right number of cans!

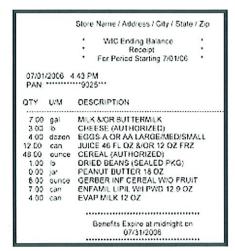


If you use the app, you can see what foods you have on your Benefits Balance list.

- An orange line means you already bought this item and can't get it again with WIC until your next 30 days.
- A red line means this is NOT a WIC Food.

At The Cash Register

- The first time you use your eWIC card to pay for food, ask for help at check-out. Sometimes you must swipe the eWIC card and enter the PIN
 before food is rung up.
- You DO NOT have to put your WIC food apart from the rest of the food you are buying.
- Each food that is part of your Benefits Balance list will be taken off your list as it is rung up, so you will not pay for that food.
- The Benefits Balance list will tell you if you can get this food again for free in this 30 days or if you have to wait until the next 30 day period.



Before you pay, check the print out to make sure you have the right items and that WIC is paying for them. If you have the wrong size or type of item, you can go back and get the right one.

Remember, you will have to pay for any food that is not part of your WIC Benefits Balance list -- either by SNAP, EBT, debit or credit card, or cash. After paying, you get a print out that shows what you have bought and what is left for the rest of the month. Save this.

If you do not know what you can buy next time, you can look at your saved WIC print out, or look on the app, or call WIC Customer Service.

If you think there is a mistake and you did not get to buy something that is on your list, you can call WIC Customer Service.

Helpful Links

- Customer Service Number for eWIC card 1-833-715-0794
- Link to list of grocery stores by county
- Link to list of WIC offices by county · eWIC Benefit Portal Link https://www.mybnft.com