

RESOURCE GUIDE

BERGEN, HUDSON & PASSAIC COUNTIES

FOOD INSECURITIES

Jewish Family & Children's Services of Northern New Jersey

Kosher Meals on Wheels

www.jfcsnj.org/elder-service-care

201-837-9090

JCC of Northern New Jersey - kosher congregate meals

www.jccnj.org | 201-666-6610

Kaplen JCC on the Palisades - kosher congregate meals

www.jccotp.org | 201-569-7900

Shearit HaPlate - kosher food distribution

www.shpbc.org | 225-366-8383

Social Service Association of Ridgewood & Vicinity

ssa6@verizon.net | 201-444-2980

Tomchei Shabbos-Bergen County - kosher food distribution

www.tomcheishabbosofbergencounty.org

201-530-5096

Tomchei Shabbos - Fair Lawn - kosher food distribution

www.fljcc.com | 201-956-5888

Senior Nutrition - Jersey City

[Click here](#) to visit their website.

COVID hotline - Hoboken

201-420-5620 | 201-420-5625 senior hotline

Ask Umbrella - food and medicine delivery service

www.askumbrella.com | 844-402-2480

201.820.3900

welcome@jfnnj.org



FOOD PANTRIES

Jewish Family & Children's Services of Northern New Jersey
Teaneck and Fair Lawn - kosher and non-kosher
www.jfcsnj.org/food-pantry-services | 201-837-9090

Center for Food Action - Elmwood Park
www.cfanj.org | 201-703-9857

Center for Food Action - Englewood
www.cfanj.org | 201-569-1804

Center for Food Action - Hackensack
www.cfanj.org | 201-883-9375

Center for Food Action - Mahwah
www.cfanj.org | 201-529-2029

Center for Food Action - Saddle Brook
www.cfanj.org | 201-703-9857

CUMAC - Paterson
www.cumac.org | 973-742-5518

Helping Hand Food Pantry-Hillsdale
www.helpinghandfoodpantry.com | 201-664-0600

Office of Concern Food Pantry at St. Cecilia
www.officeofconcern.com | 201-568-1465

St. Mary's Food Pantry
www.stmarys-pompton.org | 973-831-4442

Hoboken Food Pantry
www.hobokencc.org/foodpantry

AngelaCares - Jersey City
www.angelacares.org/contact-us | 201-706-2884

Temple Beth-El, Jersey City
office@betheljc.org | 201-333-4229

ECONOMIC RELIEF

Jewish Family & Children's Services of Northern New Jersey
www.jfcsnnj.org/information-and-referrals | 201-837-9090

Paterson Hebrew Free Loan
 10-10 Norma Ave, Fair Lawn, NJ 07410 | 201- 791-8395

Project Ezra
www.ezrah.org | 201-569-9047

COVID-19 - Jersey City
www.jcedc.org | 201-284-9478 or 201-284-8609

COVID hotline - Hoboken
 201-420-5620 | 201-420-5625 senior hotline

MENTAL HEALTH SERVICES

Jewish Family & Children's Services of Northern New Jersey
www.jfcsnnj.org/mental-health-services | 201-837-9090

Project Chai Hotline
chailifeline.org/nj | 855-3-CRISIS | crisis@chailifeline.org

Jersey City
 Help line - 866-202-Help (4357)

TelePyschiatry, Jersey City
 347-282-9523

DOMESTIC VIOLENCE

Jewish Family & Children's Services of Northern New Jersey
www.jfcsnnj.org/mental-health-services | 201-837-9090

Jewish Family Services Clifton
www.jfsclifton.org | 973-777-7638 x154

Project Sarah (Passaic, NJ)
www.jfsclifton.org/projectsarah | 888-883-2323

Shalom Task Force
www.shalomtaskforce.org | 888-883-2323