

RESOURCE GUIDE

WHERE TO FIND HELP

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

http://jerseycity.hosted.civillive.com/UserFiles/Servers/Server_6189660/File/Community/Senior%20Resources/Senior%20Lunch%20Sites.pdf

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

WIN - The Wayne Interfaith Network Food Pantry - Wayne
www.winfoodpantry.org/ | 973-595-1900

ECONOMIC RELIEF

Jewish Family & Children's Services of Northern New Jersey
www.jfcsnj.org | 201-837-9090

Economic Support

www.jfcsnj.org/information-and-referrals | 201-837-9090

Relaunch Career Services

www.jfcsnj.org/re-launch | 201-837-9090

Family Case Management

www.jfcsnj.org/aid-and-advocacy | 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

DOMESTIC VIOLENCE

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

Jewish Family Services Clifton

www.jfscclifton.org | 973-777-7638 x154

Project Sarah (Passaic, NJ)

www.jfscclifton.org/projectsarah | 888-883-2323

Shalom Task Force

www.shalomtaskforce.org | 888-883-2323

SeniorHaven

www.jewishhomefamily.org/seniorhaven | 201-518-1176



MENTAL HEALTH SERVICES

Jewish Family & Children's Services of Northern New Jersey
www.jfcsnj.org | 201-837-9090

Mental Health Support Line - 800-541-6076
www.jfcsnj.org/mental-health-services

Bereavement Groups for COVID-19 related loss
www.jfcsnj.org/groups-and-support-programs | 201-837-9090

Family Case Management
www.jfcsnj.org/aid-and-advocacy | 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

SeniorHaven
www.jewishhomefamily.org/seniorhaven | 201-518-1176