

Free Community Dietitians

Weis Markets (Newton and Franklin)

Kimberly Asman, RD | 973-442-5539

Kasman@weismarkets.com

1-on-1 counseling, store tours, and group presentations. Call for appointment.

ShopRite

Free nutrition services including kids cooking classes, store tours, and 1-on-1 consultations.

Byram

MaryKate Branche | 973-448-9770

MaryKate.BrancheRD@wakefern.com

Franklin

Kristen Burdzy | 973-827-6135

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Montague

Kelly Pearson | 973-670-8688

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Newton

Lauren Bath | 973-383-6900

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Sparta

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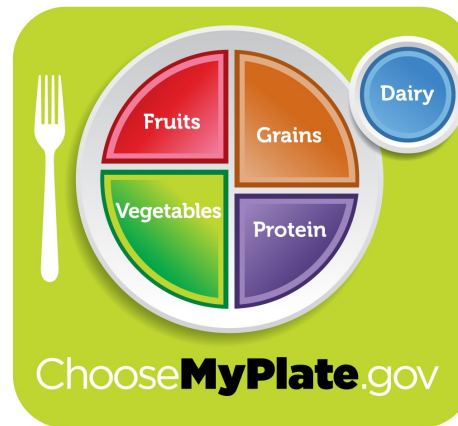
NJ-2-1-1

Whether struggling with a personal challenge or recovering from a natural disaster, NJ 2-1-1 provides connections to services. Statewide service is free, confidential, multilingual and is always open.

Dial 2-1-1

Text your zip code to 898-211

Or chat online www.nj211.org



Provided by the Child Health Crisis Workgroup of North Jersey Health Collaborative. For more brochures contact kgalindo@zuffallhealth.org



Sussex County Healthy Children Resource List



Free Nutrition and Physical Activity Education

SNAP-Ed
973-891-3421

Provides information and hands-on workshops to encourage people of all ages to make healthy, budget-friendly food choices and lead more active lives.

Sussex County YMCA

15 Wits End Rd, Hardyston NJ 07419 | **973-209-9622**
Free Membership offered to 6th, 7th, and 8th grade students to support and encourage youth to live healthy lifestyles. Other Health and Wellness Programs available.

Fairview Lake YMCA Camps

1035 Fairview Lake Rd, Stillwater, NJ 07875
973-383-9282

Summer Camps, Family Programs, Environmental Education, and Weekend Programs.



Medical Resources

Newton Medical Center

175 High St, Newton, NJ 07860 | **973-383-2121**
Diabetes & Nutrition Center **973-579-8341**

Morristown Medical Center

100 Madison Ave, Morristown NJ 07960 | **973-971-5000**
Nutrition Outpatient Services **973-971-5454**

Hackettstown Medical Center

651 Willow Grove St, Hackettstown NJ 07840
908-852-5100

Nutrition Outpatient Services **908-441-1482**

Sussex County Office of Public Health Nursing

Free well child clinics for uninsured children 0-5 years old.
201 Wheatsworth Rd, Hamburg NJ 07419
973-579-0570 ext. 1211

Zufall Health Centers

Newton Medical/Dental 973-862-6650
238 Spring St Suite A, Newton NJ 07860

Hackettstown Medical/Dental 908-452-5366
Doctor's Park, 117 Seber Rd Bldg 5, Hackettstown NJ 07840

Dover Medical 973-328-3344
18 W Blackwell St, Dover NJ 07801

Dover Dental 973-328-3344
17 S Warren St, Dover NJ 07801

Private Practices

Vernon Center for Nutrition and Wellness

Franklin: 973-827-1733
Ramsey: 201-825-3001

www.vernonnutritioncenter.com/index.php

Nutrition counseling on portion control, healthy snacking, emotional eating and increasing physical activity.

Websites

American Academy of Pediatrics Healthy Children

<https://www.healthychildren.org/English/Pages/default.aspx>

Children's health and safety articles and videos.

Alliance for A Healthier Generation

Empowering kids to develop lifelong healthy habits by ensuring the environments that surround them provide and promote good health.

<https://www.healthiergeneration.org/>

Healthy Kids, Healthy Future

www.healthykidshealthyfuture.org/resources-for-parents/

Information on how to inspire healthy habits.

National Heart, Lung, and Blood Institute "We Can!" Program

www.nhlbi.nih.gov/health/educational/wecan/index.htm

Helpful information and resources including tips, worksheets, and tools to help families eat right, get active, and reduce screen time.