



ACCESS FOOD in Sussex County, NJ

Find food pantries, free markets, soup kitchens, and service agencies near you.

View Zufall Health's Sussex County Food Resource Map at bit.ly/sussex-food-map or use the camera on your smartphone to scan the QR code below.

While we work to ensure the map information is up to date, we recommend calling ahead to confirm locations, hours, and services.



COMMUNITY
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CENTERS



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ACCESO A ALIMENTOS en el Condado de Sussex, NJ

Encuentre despensas de alimentos, mercados libres, comedores de beneficencia, y agencias de servicios cerca de usted.

Vea el Mapa de recursos alimentarios del condado de Sussex de Zufall Health en bit.ly/mapa-de-alimentos-sussex, o use la cámara de su teléfono inteligente para escanear este código QR.

Mientras trabajamos para garantizar que la información del mapa esté actualizada, le recomendamos llamar con anticipación para confirmar las ubicaciones, horarios y servicios.



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COMMUNITY
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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

Kristen.BurdzyRD@wakefern.com

Newton

973-383-6900

Sparta

Samantha Cifelli | 973-729-6900

Samantha.CifelliRD@wakefern.com

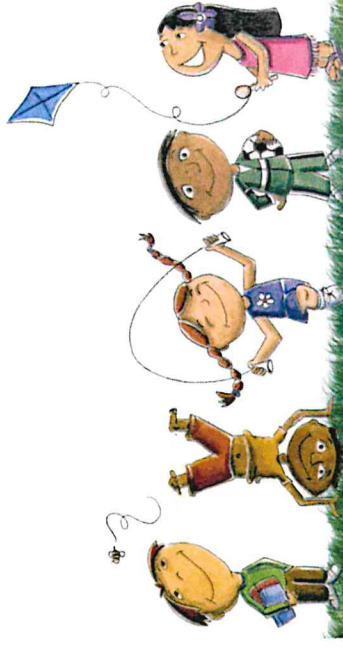
NJ-2-1-1

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.

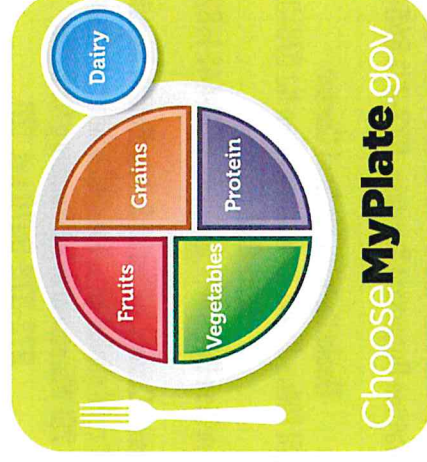
Dial 2-1-1

Text your zip code to 888-211

Or chat online www.nj211.org



Sussex County Healthy Children Resource List



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



Free Nutrition and Physical Activity Education

SNAP-Ed
973-891-3421

Offers educational classes to teach you how to make healthy food choices on a limited budget. It also shows you how to incorporate physical activity into your lifestyle.

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.

Nutricionistas Comunitarios Gratuitos

Weis Markets (Newton and Franklin)

Kimberly Asman, RD | 973-442-5539

Kasman@weismarkets.com

Consejería la l, recorridos por la tienda y grupo presentaciones llame para una cita.

ShopRite

Servicios de nutrición gratuitos que incluyen clases de cocina para niños, recorridos por tiendas y consultas la l.

Byram

MaryKate Branche | 973-448-9770

MaryKate.BrancheRD@wakefern.com

Franklin

Kristen Burdzy | 973-827-6135

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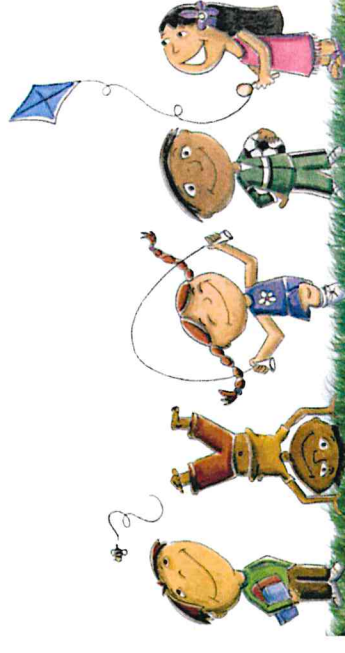
NJ-2-1-1

Ya sea que esté luchando con un desafío personal o recuperándose de un desastre natural, NJ 2-1-1 proporciona conexiones a los servicios. El servicio estatal es gratuito, confidencial, multilingüe y siempre está abierto.

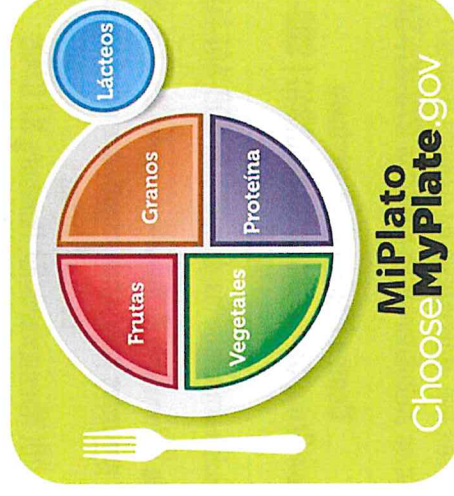
Marque 2-1-1

Textea su código postal a 898-211

O chatea en www.nj211.org



Lista de Recursos Para Niños Saludables del Condado de Sussex



Proporcionado a usted por el grupo de trabajo de crisis de salud infantil de North Jersey Health Collaborative. Para mas folletos, contacte Kgalindo@zuffallhealth.org



Educación Gratuita Sobre Nutrición y Actividad Física

SNAP-Ed
973-891-3421

Ofrece clases educativas para enseñar cómo elegir alimentos saludables con un presupuesto limitado. También muestra cómo incorporar la actividad física a su estilo de vida.

Sussex County YMCA

15 Wits End Rd, Hardyston NJ 07419 | **973-209-9622**
Membresía gratis para estudiantes de 6^{to}, 7^{mo}, and 8^{vo} grado para apoyar y alentar a los jóvenes a vivir estilos de vida saludables. Otros programas de salud y bienestar disponibles.

Fairview Lake YMCA Camps

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

Campamentos de Verano, programas familiares, educación ambiental y programas de fin de semana.



Recursos Medicos

Centro Médico de Newton

175 High St, Newton, NJ 07860 | **973-383-2121**
Centro de Diabetes y Nutrición **973-579-8341**

Centro Médico Morristown

100 Madison Ave, Morristown NJ 07960 | **973-971-5000**
Servicios ambulatorios de nutrición **973-971-5454**

Centro Médico Hackettstown

651 Willow Grove St, Hackettstown NJ 07840 | **908-852-5100**
Servicios ambulatorios de nutrición **908-441-1482**

Oficina de Enfermería de Salud Pública del Condado Sussex

Clínicas gratuitas para niños sanos para niños sin seguro de 0 a 5 años.

201 Wheatsworth Rd, Hamburg NJ 07419
973-579-0570 ext. 1211

Centro de Salud Zufall

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

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

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

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

Dietista de Práctica Privada

Centro Vernon de Nutrición y Bienestar

Franklin: 973-827-1733

Ramsey: 201-825-3001

www.vernonnutritioncenter.com/index.php

Asesoramiento nutricional sobre control de porciones, bocadillos saludables, alimentación emocional y aumento de la actividad física.

Sitios en la Red

American Academy of Pediatrics Healthy Children

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

Artículos y videos sobre salud y seguridad de los niños.

Alliance for A Healthier Generation

Empoderar a los niños para que desarrollen hábitos saludables de por vida asegurando que los entornos que los rodean brinden y promuevan una buena salud.

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

Healthy Kids, Healthy Future

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

Información sobre cómo inspirar hábitos saludables.

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

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

Información útil y recursos que incluyen consejos, hojas de trabajo y herramientas para ayudar a las familias a comer bien, mantenerse activos y reducir el tiempo frente a la pantalla.

Northern NJ Safe Kids/Safe Communities

Car Seat Inspection Stations

Morris County

Chester First Aid Squad

100 North Rd, Chester, NJ 07930

Open 1st Tuesday of Month

2pm – 6pm

and 3rd Thursday of Month

7am – 12 noon

Denville Fire Department/

St. Clare's Hospital

2 Indian Road

Denville, NJ 07834

Open the 1st Monday of the Month

10am – 1 pm

Mt Tabor Volunteer Fire Department

72 South Powder Mill Road

Morris Plains, NJ 07950

Open Wednesdays

September - May 9 – 3pm

June - July - August 9 – 1pm

Shade Tree Garage

171 Washington St.

Morristown, NJ 07960

Open 2nd Saturday of Month

8am – 12 noon

and 3rd Tuesday of Month

5pm – 8pm

Essex

Fairfield Fire Department

51 Plymouth St.

Fairfield, NJ 07004

Open the 1st Tuesday of Month

9am – 12 pm

Passaic County

Pompton Lakes First Aid Squad

700 Ramapo Ave

Pompton Lakes, NJ 07442

Open 3rd Monday of

Month 4pm – 7pm

Sussex County

5 West Shore Trail

Sparta, NJ 07871

Open 4th Monday of Month

10am – 1pm



www.preventionworks-nj.org



Follow us on Facebook
Safe Kids Northern New Jersey



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The CPS stations are financially supported by grant funding and individual donations.
A suggest donation of \$10.00 per seat is recommended at the time of services

FREE NUTRITION SERVICES AVAILABLE

In-store at
ShopRite of Franklin &
Sparta or Virtually

Services Include:

- 1:1 Nutrition Consultations
- Nutrition Education
- Grocery Store Tours
- Community Events



Kristen Burdzy MS, RD, LD.

Registered Dietitian of ShopRite of Franklin & Sparta

Email: Kristen.BurdzyRD@wakefern.com

Franklin (973) 827-6135 ext. 159

Sparta (973) 729-6900 ext. 159