



HEALTH AND WELLNESS POWERED  
PANTRIES

# THE POWER OF CONNECTION



# DEAR PARTNERS,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership, we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post these materials throughout your site to raise awareness for the topics shared.

This quarter our focus is the topic of connections. The toolkit will focus on the Power of Connections. This toolkit is crucial as it empowers food pantries to elevate their impact through key connections.

By offering strategies for sourcing fresh, seasonal produce, collaborating with community partners for free services, and understanding participants' needs, the toolkit enhances the pantry's ability to improve health outcomes, deliver valuable resources, and better serve the community. These materials will significantly help in optimizing pantry operations and supporting those in need more effectively.

Best,

Nutrition Education Team  
Community FoodBank of New Jersey





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# CONNECTING TO COMMUNITY PARTNERS

**Social Services** - Connecting with social service agencies can expand the range of support available to neighbors. Partnering with agencies such as the [New Jersey Division of Family Development](#) can provide access to additional services like housing assistance, job training, and financial counseling, addressing a wider array of needs. [Click here for more](#)



**SNAP Nutrition Education** - Collaborating with the [SNAP nutrition education program](#) can provide opportunities for workshops and training on nutrition education, cooking, and food budgeting, that help to build neighbors' skills and knowledge. [Click here for more](#)



**Healthcare Providers** - Partnerships with local healthcare providers and collaborating with clinics or hospitals to offer free health services, such as screenings or nutritional counseling, directly within the pantry setting can address health concerns and support neighbors' well-being. Organizations like the [New Jersey Department of Health](#) can be valuable contacts for establishing these partnerships. [Click here for more](#)



**Volunteer Organizations** - Engaging with [specialized volunteer organizations](#) can enhance the support system for neighbors. These groups may offer services such as legal advice, mental health support, or language translation, contributing to a more comprehensive support network. [Click here for more](#)



# SOURCES OF FRESH PRODUCE



- **Local Farms and Farmers' Markets:** Forming connections with [local farms and farmers' markets](#) can provide a steady supply of fresh, seasonal produce, supported by organizations like the [New Jersey Farm Bureau](#).

[Click here for more on local farmers markets](#)

[click here for the NJ Farm Bureau](#)



- **Community Supported Agriculture (CSA) Programs:** Partnering with [CSA programs](#) allows food pantries to secure regular deliveries of fresh produce, often at reduced rates or as donations, benefiting both the pantries and local farmers.

[click here for more](#)



- **Urban Agriculture and School Gardens:** Collaborating with urban agriculture and school gardens can offer additional sources of fresh herbs, vegetables, and fruits, with programs like ["Jersey Fresh"](#) helping to connect these resources to food pantries.

[click here for more](#)



- **Seasonal Produce Focus:** Educating neighbors about [seasonal produce through newsletters or workshops](#) can help them use available produce effectively and encourage healthier eating habits.

[click here for more](#)

# CONNECTING TO NEIGHBORS



FOR IMMEDIATE RELEASE

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**UNIQUE PARTNERSHIP AIMS TO ACHIEVE FOOD SECURITY AND IMPROVE HEALTH**  
New Jersey's food banks and Horizon Blue Cross Blue Shield of NJ make multi-year commitment to "Growing Healthy Pantries"

MILLSIDE, NJ – October 4, 2022

More than 1.75 million children in New Jersey are food insecure, lacking consistent access to nutritious foods and other basic necessities that they need to grow up healthy.

Yesterday, New Jersey's five food banks – the Community Foodbank of New Jersey (CFBNJ), Food Bank of South Jersey, Fulfill, Mercer Street Friends, and NORWESCAP – partnered with Horizon Blue Cross Blue Shield of New Jersey (Horizon) at an event to launch a new signature initiative, "Growing Healthy Pantries." This initiative is made possible by a \$200,000 investment from Horizon through its philanthropic arm, the Horizon Foundation for New Jersey, to help build the capacity of food pantries throughout the state and address the need for food distribution in New Jersey to focus on choice and nutrition.

The first phase of this 18-month pilot initiative will focus on the development of a toolkit to provide local pantries with the knowledge, resources and framework to develop nutrition policy, increase healthy food options and provide essential wrap-around services that address the factors that lead to individuals and families experiencing food insecurity. If the pilot phase is successful, phase two will focus on engaging other partners and funders and on spreading the model statewide.

"By focusing on health and choice, we can help our neighbors in need live active lives while affirming them the dignity of being able to shop the way they would in a grocery store," said Carlos Rodriguez, President & CEO of the Community Foodbank of New Jersey. "New Jersey's food banks are grateful for the Horizon Foundation for New Jersey's partnership and commitment to addressing the social determinants of health."

"This exciting, new initiative with the Horizon Foundation of New Jersey goes boldly beyond building nutrition awareness," said Fred C. Wasak, President & CEO of the Food Bank of South Jersey. "Together, we are empowering our neighbors throughout the state to create positive outcomes for healthier tomorrows."

"This year, Fulfill has committed to having 60 percent of the food we distribute to our pantries be either produce, protein, and dairy. We know that these foods are the ones most requested, and they are also the most nutritious and most expensive – which makes them the hardest to afford on a limited budget. All people should have access to these foods, so that their families are eating as healthy as possible," said Triada Stamps, President and CEO of Fulfill. "On behalf of Fulfill and our pantry network, I applaud Horizon Foundation for supporting this work as a statewide initiative so that it reaches all of our neighbors in need."

"In a very special way, food brings people together. Food banks and pantries do more than provide nutrition. Mercer Street Friends' food bank opens doors that allow us to coordinate comprehensive supports for students and provide resources for parents," said Courtney Marbock, Mercer Street Friends' Chief Development and Marketing Officer. "The

[click here to view](#)



## FEEDBACK MECHANISM & PARTICIPANT SURVEY

Implement anonymous feedback tools to gather insights and enhance pantry services.

## ENGAGEMENT EVENTS & ACTIVITIES

Organize events like cooking classes and workshops for meaningful community interaction and feedback.

## RESOURCE NAVIGATION

Provide dedicated times or spaces for one-on-one assistance or referrals without disrupting pantry operations.

## PANTRY STAFF TRAINING

Train staff and volunteers to interact empathetically and efficiently, ensuring smooth and respectful service.

# Resources, Handouts & Flyers

### NY Seasonality Chart

U.S. Department of Agriculture

| Crop             | APRIL | MAY | JUNE | JULY | AUGUST | SEPTEMBER |
|------------------|-------|-----|------|------|--------|-----------|
| Asparagus        |       |     |      |      |        |           |
| Artichokes       |       |     |      |      |        |           |
| Beans            |       |     |      |      |        |           |
| Broccoli         |       |     |      |      |        |           |
| Brussels Sprouts |       |     |      |      |        |           |
| Cauliflower      |       |     |      |      |        |           |
| Chard            |       |     |      |      |        |           |
| Chicory          |       |     |      |      |        |           |
| Corn             |       |     |      |      |        |           |
| Cucumbers        |       |     |      |      |        |           |
| Eggplant         |       |     |      |      |        |           |
| Fennel           |       |     |      |      |        |           |
| Garlic           |       |     |      |      |        |           |
| Green Beans      |       |     |      |      |        |           |
| Kale             |       |     |      |      |        |           |
| Leeks            |       |     |      |      |        |           |
| Lettuces         |       |     |      |      |        |           |
| Lima Beans       |       |     |      |      |        |           |
| Mushrooms        |       |     |      |      |        |           |
| Onions           |       |     |      |      |        |           |
| Parsnips         |       |     |      |      |        |           |

## NEW JERSEY ISN'T BORING

**NJ's Guide to New Jersey Spring/Summer Farmers Markets**

Join the club

www.nj.gov

## ATTRA Sustainable Agriculture Community Supported Agriculture

NCAT

**Why CSA?**

Community Supported Agriculture (CSA) is a partnership between consumers and farmers. Consumers agree to purchase a share of the farm's production in advance of the growing season. In return, farmers provide a regular supply of fresh, locally grown produce to their members.

## URBAN AGRICULTURE PROGRAMS AT A GLANCE

U.S. DEPARTMENT OF AGRICULTURE

FARMERS.GOV

## We're here to help

U.S. DEPARTMENT OF HUMAN SERVICES

**CHILD CARE ASSISTANCE PROGRAM (CCAP)**  
www.CCAPP.gov

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**  
www.NJSNAP.gov

**CHILD SUPPORT**  
www.NJChildSupport.gov

**WORK FIRST NEW JERSEY (WFNJ)**  
www.NJWork.gov

## SNAP-Ed Works

Evidence Shows Positive Impact of SNAP-Ed

U.S. DEPARTMENT OF AGRICULTURE

**SNAP-Ed by the Numbers**

- 1.6 million individuals reached
- 108,000 meals delivered
- 122,000 individuals participating
- 23,000 individuals reached

## Referral List for Local Service Organizations

U.S. DEPARTMENT OF AGRICULTURE

**General Assistance**

**Domestic Abuse**

**Food Bank**

**Food Pantry**

**Food Bank**

**Food Bank**

## NEW JERSEY HUMAN SERVICES

### New Jersey Resources

2024 First Edition

## Leah's Pantry nutrition pantry program

### The Nutrition Pantry Program - 2022 IMPACT REPORT

Nourishment Beyond Nutrition

**About the Program**

The Nutrition Pantry Program (NPP) is a Policy Partner and Enactment (PPE) intervention program that combines the best practices of healthy pantry work with a trauma-informed approach.

**Tracking Impact: NPP's Six Focus Areas**

- Cultural & Dietary Accommodations
- Nutrition Education
- Environment

Click on the images to download and print them to share with your organization, partners, and neighbors!

