How Can I Help?

Dairy: Milk, Yogurt and Cheese
small boxes of shelf-stable (UHT) milk
canned tuna
canned chicken

Vegetables
canned vegetables
vegetable soup
canned tomato products

Grains: Bread, Cereal, Rice, & Pasta
rice and rice mixes
canned pastas
noodle mixes

Who Can I Talk To?

If you would like to donate food or money, or you are in need of assistance, you can contact:

Bergen Community College
Food, Wellness and Personal Counseling Center
HS-100
201-447-9257

1-2-3 Connect Program (Paramus)
201-879-8930
Room B-220

Action Against Hunger (county wide)
Hackensack, NJ
973-569-7268

Locate your local food pantry:
http://www.foodpantries.org/st/new_jersey

For a full list of items, visit the Bergen Community College Food Pantry in HS-100.
POVERTY IS LITERALLY NEXT DOOR.

The numbers don’t lie.

- In 2010, New Jersey’s population receiving income below poverty was 777,968.
- Of that total, 51,639 people lived in Bergen County.
- In the United States, 15% of the entire population is living below the poverty level.
- The percentage of the population of the United States in poverty has increased by 3% between 2002 and 2012.

6% of Bergen County residents are either at or below the poverty line. As a means of reference, every 6 in 100 people in the county is classified as impoverished.

From a survey of 97 people conducted on campus, 67% of candidates acknowledged the importance of donations to food pantries.

What is a food pantry?

“A community food pantry is a service that provides food to people in need; it is run by a nonprofit organization and receives, buys, stores and distributes food. A food pantry must follow local, state and federal laws that relate to all aspects of food safety.”

Source—http://www.wisegeek.com/what-is-a-food-pantry.htm

Benefits

- Alleviate food hardships
- Place for interested members of the community to be involved and/or contribute
- A hopeful means to eliminating community and world hunger