

*A nutritious mid-day meal is available for Bergen County senior citizens at any of the 26 nutrition centers or, if eligible, through the Meals on Wheels program.*

SUGGESTED DONATION: \$1.25 PER MEAL

### **BERGEN COUNTY MEALS ON WHEELS**

The goal of the home delivered meal program is to maintain health through improved nutrition and enable homebound senior citizens to remain in the community with independence and dignity.

To be eligible, persons must be age 60 or older; homebound and unable to leave home without the assistance of another person; unable to shop or prepare a nutritious meal for oneself and have no one to assist with meals; receive no more than 4-hours of in-home assistance during the day; not a Medicaid recipient of Managed Long Term Support Services (MLTSS).

A complete mid-day meal is delivered to participants Monday-Friday. Each meal consists of entrée (meat, vegetable, potato), fruit, milk, bread, and dessert. Meals are planned by a nutritionist to provide recommended nutrients.

For more information or to apply for home delivered meals, please call 201-336-7420. Office hours are Monday-Friday 8:00 AM – 4:00 PM.

## COUNTY OF BERGEN



**James J. Tedesco III**  
*County Executive*

### **BOARD OF CHOSEN FREEHOLDERS**

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jc/DSS/Brochure/Nutrition 3-15-18

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## BERGEN COUNTY

## NUTRITION PROGRAM

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SENIOR LUNCH FOR ACTIVE SENIORS

MEALS ON WHEELS FOR  
HOMEBOUND SENIORS



County of Bergen  
Department of Human Services  
Division of Senior Services  
One Bergen County Plaza, 2nd Floor  
Hackensack, NJ 07601

Telephone: 201-336-7420  
Toll Free: 1-877-222-3737  
Fax: 201-336-7424  
TTY: 1-800-852-7897  
[www.co.bergen.nj.us](http://www.co.bergen.nj.us)

## **BERGEN COUNTY SENIOR LUNCH**

*The goal of the nutrition program for active adults, Senior Lunch, is to provide well-balanced meals, foster social interaction, and provide access to other supportive services available to Bergen County seniors.*

To be eligible, an individual must be age 60 or older, or the spouse of a participant.

Lunch is served Monday-Friday at the programs listed. Reservations must be made at least 1 day in advance. Transportation may be available.

**Please call the location of your choice for information and reservations.**

**Bergenfield** Senior Activity Center  
Brookside Gardens  
293 Murray Hill Terrace 201-387-7212

**Cliffside Park** Senior Activity Center  
Gerald A. Calabrese Complex  
500 Gorge Road 201-943-3768

**East Rutherford**  
Southwest Regional Senior Activity Center  
147 Hackensack Street 201-935-8920

**Elmwood Park** Senior Activity Center  
500 Boulevard & Market Street 201-796-3342

**Englewood** Bergen Family Adult Day Care  
44 Armory Street 201-568-0817

**Fair Lawn** Senior Center  
11-05 Gardiner Road 201-796-1191

**Fort Lee**  
Richard & Catherine Nest Adult Activity Center  
319 Main Street 201-592-3754

**Garfield** Senior Activity Center  
480 Midland Avenue 973-478-0502

**Garfield** Housing Authority - Golden Towers  
225 Midland Avenue 973-340-4179

**Garfield** Housing Authority - Belmont Gardens  
377 Midland Avenue 973-340-4177

**Hackensack** Americas Unidas  
Multicultural Senior Activity Center  
101 Hudson St 201-336-3320

**Hackensack** Martin Luther King Senior Ctr  
375 First St 201-342-2654

**Lyndhurst** Nutrition Program  
281 Stuyvesant Avenue 201-896-1629

**Midland Park**  
Northwest Senior Activity Center  
46-50 Center Street 201-445-5690

**New Milford** Senior Center  
275 River Road 201-599-7565

**North Arlington** Senior Activity Center  
St. Paul Episcopal Church  
11 York Road 201-998-5636

**Palisades Park** Senior Activity Center  
300 Highland Avenue 201-944-5616

**Ridgefield Park** Senior Activity Center  
159 Park Street 201-641-1220

**Rutherford** 55 Kip Senior Center  
55 Kip Avenue 201-460-1600  
Tue-Wed- Thurs-Fri-Saturday  
Lunch not served on Wednesday

**Teaneck** Richard Rodda Community Center  
250 Colonial Court 201-837-7130

**Teaneck** AWCA  
Asian Women's Christian Association  
9 Genesee Ave 201-862-1665

**Tenafly** Korean Community Center  
100 Grove St 201- 541-1200

**Tenafly** JCC on the Palisades (Kosher)  
411 East Clinton Ave 201-569-7900

**Wallington** Senior Activity Center  
24 Union Boulevard 973-777-5815

**Washington Township** (Kosher)  
Temple Beth Or  
56 Ridgewood Road  
Tue and Thurs only 201-666-6610

**Westwood**  
TJ Riley Multipurpose Senior Center  
100 Madison Avenue 201-666-0840



Buildings are wheelchair accessible