

Improving Community Food Security In New Brunswick



An overview of food access, education, community economic development, advocacy, and research activity

Voorhees Fellows

Francine Glaser
Ruthie Goldstein
Ashley Mena
Kellie Palomba
Saad Shamshair

With

Daniel Chibbaro
Julene Paul
Matthew Rigney
Patricia Voltolini

Instructor

Kathe Newman

Ralph W. Voorhees Center for Civic Engagement

<http://policy.rutgers.edu/rwv>

Edward J. Bloustein School of Planning and Public Policy

Rutgers University

December 2014

Table of Contents

Acknowledgements	iii
Glossary	iv
Introduction	1
Program Summary: Improving Community Food Security	2
Community Food Security Programs	7
Research	32
Ideas to Improve Food Security in New Brunswick	35
Published Work on Community Food Security in New Brunswick	37
Bibliography	42

Acknowledgements

Many thanks to the Elijah's Promise and the New Brunswick Community Food Alliance and the many people who talked with us about their community food security programs.

Jennifer Apostol, Middlesex County Food Organization and Outreach Distribution Services (MCFOODS)

Heidi Atkinson, Women Aware

Executive Board, SO RAH

Anthony Capece, New Brunswick Community Food Alliance

Mary De Marco, Middlesex County Office of Aging and Disabled Services

Sarah Dixon, New Brunswick Community Farmers Market

Laura Eppinger, New Brunswick 4-H Youth Development Program

Pat Evans, Middlesex County Master Gardeners Program

Heather Fenyk, New Brunswick Community Food Alliance (Former)

Shareka Fitz, Meals on Wheels in Greater New Brunswick

Nurgul Fitzgerald, Rutgers University

Amanda Gallear, Unity Square

Peter Guarnaccia, Rutgers University

Kristina Guttadora, Farmers Against Hunger

Shireen Hamza and Bhupali Kulkarni, Food for Thought

Debbie Hehir, Middlesex County Office of Aging and Disabled Services

Jean Holtz, New Brunswick Community Food Alliance

Radha Jagannathan, Edward J. Bloustein School of Planning and Public Policy

Keith Jones, New Brunswick Community Food Alliance

Larry Katz, Rutgers Cooperative Extension

Krista Kohlmann, RU Community Service

Laura Lawson, Rutgers Department of Landscape Architecture

Mariam Merced, New Brunswick Community Food Alliance

Amy Michael, The Collaborative

Marlana Moore, New Brunswick Community Food Alliance

Debra Palmer, New Jersey Food Stamp Nutrition Education Program

Maria Pellerano, New Brunswick Community Food Alliance

Bonnie Petrauskas, Johnson & Johnson

Thalya Reyes, FoodCorps

Jacqueline Rivera, Puerto Rican Action Board

Mark Robson, Rutgers School of Environmental and Biological Sciences

Jaymie Santiago, New Brunswick Tomorrow

Jennifer Shukaitis, New Brunswick Community Food Alliance

Barry Smith, Youth Empowerment Services

Sarah Stern, Rutgers Against Hunger

Norka Torres, Anshe Emeth Community Development Corporation

Allison Warner, New Brunswick Public Schools

Harriet Worobey, Rutgers Nutritional Science Preschool

John Worobey, Rutgers Department of Nutritional Science

Glossary

AECDC	Anshe Emeth Community Development Corporation
CGC	Community Garden Coalition
GBCS	Greater Brunswick Charter School
CSA	Community Shared Agriculture
CRACP	Community Research Assistant Collaboration Program
EFNEP	Expanded Food and Nutrition Education Program
EP	Elijah's Promise
FAH	Farmers Against Hunger
GO	Global Options
HEART	Homeless Empowerment Action Response Team
JACC	Jersey Assistance for Community Caregiving
MCFOODS	Middlesex County Food Organization and Outreach Distribution Services
NBCFA	New Brunswick Community Food Alliance
NBCFM	New Brunswick Community Farmers Market
NBT	New Brunswick Tomorrow
NJAES	New Jersey Agricultural Experiment Station
NJ SNAP-Ed	New Jersey Supplemental Nutrition Assistance Program-Education
PRAB	Puerto Rican Action Board
RU	Rutgers University
RWJ	Robert Wood Johnson
SEBS	School of Environmental and Biological Sciences (Rutgers)
SFPP	State Food Purchase Program
SNAP	Supplemental Nutrition Assistance Program
SO RAH	Student-Organized Rutgers Against Hunger
SWRRG	Solid Waste Resource Renewal Group (Rutgers)
UMDNJ	University of Medicine and Dentistry of New Jersey
WIC	Women, Infants, and Children
WHO	World Health Organization
YES	Youth Empowerment Services

Introduction

New Brunswick is home to many efforts to improve community food security, which is often defined as access to healthy, affordable, and culturally appropriate food. Many organizations address community food security in two or more ways. While they may primarily provide food access, they may also work on food affordability, education, advocacy, research, and community economic development. Given the variety of groups engaged and the breadth of food security efforts, it is difficult for anyone to keep on top of all these efforts. To make that easier, Elijah's Promise, a community food security organization in New Brunswick, asked the Ralph W. Voorhees Public Service Fellows to identify and describe these efforts.

To do this, the Fellows conducted a literature review, searched online to find community food efforts in the city or efforts that affect community food security in the city but are located elsewhere, and conducted 34 interviews with community based organizations, universities and medical centers, community leaders and academics. In addition to gathering basic descriptive information about the community food efforts, the Fellows asked questions about (1) what resources organizations require to fulfill their community food security objectives, and (2) given all of the money in the world, what would these organizations or individuals do to address community food security in New Brunswick?

The Fellow's research provides insights about how organizations and individuals define community food security in New Brunswick, what activities they employ to improve it, and what barriers persist. This report presents the findings. It describes how organizations and individuals improve community security in New Brunswick through education, advocacy, access, community economic development, and research. And it provides an overview of more than 60 community food security programs and concludes with a discussion of ideas to further improve community food security.

The next section explains how organizations promote food security including access, education, advocacy, community economic development and food waste. The main section, Organizations & Efforts, contains a description of each organization and its programs including the population served, the type of organization, address, contact information, website, as well as keywords highlighting issues the organization or program addresses. The following section, Barriers to Food Security in New Brunswick and Suggested Improvements, discusses some of the barriers these organizations currently face and provides suggestions for improvement. Additional resources including a list of relevant studies concerning food security are presented in the final section Additional Resources & Information.

We turn next to an overview of the efforts to address community food security through improving food access, education, advocacy, community economic development, and research.

Program Summary: Improving Community Food Security

New Brunswick's organizations provide a comprehensive array of programs to address food security that include food access, education, advocacy, community economic development, and research. In this section, we briefly describe each of these approaches and the programmatic efforts to address them.

Access

Food access is shaped by location, purchasing ability, the availability of culturally appropriate food, and knowledge of one's community and its resources. New Brunswick has two supermarkets and many corner stores, but not all New Brunswick residents have transportation, money, or time, among other challenges, to access fresh food.

Efforts to increase access to healthy food in supermarkets, corner stores and farmers markets:

- The New Brunswick Community Food Alliance's Healthy Corner Store Initiative is working with corner stores to increase access to fresh healthy foods.
- The New Brunswick Community Farmers Markets bring farmers and fresh produce to the city. The markets accepts EBT cards from the Supplemental Nutrition Assistance Program, Senior Farmers Market Nutrition Program and Special Supplemental Nutrition Program for Women, Infants, and Children checks and Johnson & Johnson supports the Market Bucks incentive program which increases the federal nutrition assistance dollars used at the market.
- The New Brunswick Development Corporation and New Brunswick city government are seeking a full-service grocery store for the former Fresh Grocer site downtown.
- The George Street Co-op accepts EBT cards from the Supplemental Nutrition Assistance Program and Women, Infants and Children (*The Daily Targum*, 2014).
- Johnson & Johnson and the Body and Soul program provide Farmers Market vouchers to faith-based organizations to encourage fresh produce consumption.

Efforts to increase access to healthy food in schools:

- The New Brunswick public school system offers Breakfast After the Bell, a program that provides breakfast to all students. The New Brunswick Community Food Alliance is working to further improve these meals.

Programs that provide meals for people most at risk of food insecurity:

- Volunteers, staff and Promise Culinary School graduates cook nutritious meals using fresh ingredients at Elijah's Promise Community Soup Kitchen, which serves more than 300 meals per day and 100,000 per year.
- Elijah's Promise Catering cooks meals for Meals on Wheels, which provides home-delivered healthy food to the elderly and disabled.

- Elijah's Promise Community Kitchen's Homeless Empowerment Action Response Team (HEART) delivers food to people who are homeless.
- Youth Empowerment Services (YES), a non-profit organization, provides children with nutritious snacks and beverages at its twice weekly X-Cite Nite program, as well as breakfast and hot lunch at its summer camp program.
- Food for Thought, organized by Rutgers students, provides breakfast every other Saturday to homeless and other food insecure residents.

Organizations that provide groceries to residents who need them:

- Food pantries, soup kitchens, and shelters access food from MCFOODS (a county food bank) and the Community Food Bank in Hillside, NJ (a regional foodbank).
- Rutgers Against Hunger and Student Organized Rutgers Against Hunger, university-based voluntary efforts, collect food and monetary donations for the emergency food system.
- Anshe Emeth Community Development Corporation's Food Funnel collects food to donate to Elijah's Promise and food pantries in Middlesex County and Franklin Township.
- The Feeding New Brunswick Network, a coalition of New Brunswick's emergency food providers, discusses issues such as growing demand and diminishing public aid, increasing access to healthy food and strategies to better allocate resources.

Community gardens enable people to grow their own food:

- The Community Garden Coalition of the New Brunswick Community Food Alliance's Agriculture work group, began with volunteers who exchanged seeds. It has since grown into a coalition of community groups including Unity Square, New Brunswick High School, the Greater Brunswick Charter School, Elijah's Promise that support 11 community gardens. Community gardens increase fresh food access, build community, and provide a community learning space. Unity Square builds community by creating a social space in their gardens. The New Brunswick High School and the Greater Brunswick Charter School teach youth about fresh produce in theirs. And Elijah's Promise Shiloh garden provides a community space for people who don't often interact with one another.
- Future Community Gardening Coalition projects include designing and expanding the Shiloh Orchard, organizing gleaning days and developing partnerships with food pantries and soup kitchens. The Community Gardening Coalition has been collaborating with the New Brunswick City Council since March 2014 for recognition as a conservancy and to take part in a new Parks and Garden Commission to further increase its capacity.
- New Brunswick City Government, Middlesex County Extension and Rutgers New Jersey Agricultural Experiment Station (NJAES) staff along with Rutgers Landscape Architecture faculty support the community gardening projects providing expertise and resources.

Education

Nutrition and food education foster a broad understanding of community food security and how to achieve it. The Fellows found two types of food education efforts.

The first type of food education teaches people who are at risk for food insecurity about food, healthy living, and how and where to access fresh healthy food:

- The Cooperative Extension programs including the Supplemental Nutrition Assistance Program (SNAP-Ed), the 4H Program, and the Expanded Food & Nutrition Experiment Program (EFNEP) teach New Brunswick residents about purchasing, preparing, and choosing food to stay healthy on a budget.
- 4H teaches “Get Moving, Get Healthy” 6-week enrichment courses at the Greater Brunswick Charter School.
- A FoodCorps member teaches classes at Greater Brunswick Charter School and works on a community garden with the high school environmental club.
- The New Brunswick Community Farmers Market provides nutrition lessons and a Food Corps member teaches children about gardening, cooking, and healthy eating.
- The Puerto Rican Action Board offers nutrition workshops on healthy living.
- RWJ’s Fitness Center includes a commercial kitchen, a nutritionist who advises community members and offers cooking lessons, and the New Brunswick Community Food Alliance leads cooking demonstrations there.
- Let’s Cook is a community cooking class Elijah’s Promise offers two to four times a year for residents with little cooking background. The class teaches people how to cook healthy, tasty meals with limited access to healthy foods and budgets.
- Professors Radha Jagannathan, Edward J. Bloustein School of Planning and Public Policy, and Michael Camasso, School of Environmental and Biological Sciences, run Nurture thru Nature, a program that teaches New Brunswick elementary school students about science through urban agriculture and experiments.
- The New Brunswick Community Food Alliance’s Advocacy and Policy working group hosted “Beekeeping 101” and “Composting 101” with the New Brunswick Environmental Commission, 4H, the Community Gardening Coalition, Cooperative Extension, and the Middlesex County Department of Solid Waste Management.

The second type of education programs teach the broader community about community food security and how to improve it:

- Johnson & Johnson supports healthy food drives by teaching people how to donate nutrient-dense foods.
- Johnson & Johnson hosts film screenings about food security at New Brunswick’s Crossroads Theatre.
- Rutgers University teaches students about sustainable food systems and nutrition.
- Farmers Against Hunger teaches volunteers about agriculture and gleaning.

- A Girl Scout Silver Award project teaches people about food insecurity and how to improve community food security in and around New Brunswick: <http://youtu.be/e1QVrYJjOcQ>

Advocacy

Advocacy efforts *engage the community in conversations to build awareness of community food security*:

- The New Brunswick Community Food Alliance's Advocacy and Policy work group volunteers have raised community food security awareness by: hosting potlucks and panels, proposing a "Parks & Garden Commission," and discussing a Food Systems Element for the next New Brunswick Master Plan. Future efforts include submitting a "New Brunswick Pollinators Ordinance" to the City Council.
- The New Brunswick Community Food Alliance hosted a potluck discussion with members of the New Jersey Farm Bureau about how a pending Congressional Farm Bill would affect the local food system (Interview, 2014).

Community Economic Development

Organizations engage in a variety of food-related community economic development activities related to job training, job creation, fair wage advocacy, and small business development.

- Elijah's Promise's A Better World Market is a food market that, in partnership with Suydam Farms and the NJ Farmers Bureau, sells local produce and locally made goods. It provides job training and jobs, connects farmers and local producers with consumers, and directs its profits to Elijah's Promise Community Soup Kitchen. Better World Market's offerings include local produce, baked goods from the Better World Bakery, and other products from New Jersey small businesses.
- Elijah's Promise's, Promise Culinary School teaches skills for entry level employment in the foodservice industry at a subsidized rate. More than 650 people, many of whom have low-incomes, disabilities, or are homeless or unemployed have received training since 1997. Students receive instruction in math, communication, and life and job readiness skills. An externship at a local food service establishment provides hands-on job training, which helps students transition from school to work. Some program graduates work within Elijah's Promise's network at Promise Catering, Better World Bakery, and Better World Market. Promise Culinary School runs a Community Supported Bread (CSB) program to help fund its job-training programs. CSB members buy weekly bread and other baked good shares and the program sells baked goods at a variety of locations including the New Brunswick Community Farmers Market.
- Corazon Kitchen, a collaboration of Unity Square and Elijah's Promise, is a community kitchen incubator that helps grow small food businesses and employs neighborhood residents. A Better World Market sells Corazon Kitchen products which include a spice rub.

- The New Brunswick Community Food Alliance (NBCFA) is researching the potential for a small food business incubator.
- Unity Square coordinates with other organizations such as New Labor, a worker's rights organization, to fight low wages. Because food service workers are an integral part of the food security equation, organizations including CATA-New Brunswick, a farmworkers' support group, have fought to increase wages for local food service workers.
- The New Jersey Agricultural Experiment Station builds farm capacity (Wright, 2014)

Food Waste

Food waste is a component of the food system and organizations reduce food waste:

- Elijah's Promise's A Better World Cafe offers different meal sizes to reduce waste and it composts food scraps.
- Elijah's Promise's Promise Culinary School has a compost curriculum that turns food waste into an educational opportunity and provides residents with nutrient-dense soil.
- Farmers Against Hunger organizes volunteers to gather unused produce from farm fields which it delivers to emergency food organizations.
- Johnson & Johnson provides a grant that allows Elijah's Promise to buy unsold produce from the New Brunswick Community Farmers Market. This program helps local farmers, reduces waste and directs fresh summer produce to Elijah's Promise.
- The Highland Park and Rutgers Gardens farmers markets donate unsold produce to local food pantries.
- Rutgers University agricultural faculty donate project harvests to Elijah's Promise.
- Elijah's Promise's Community Soup Kitchen and Promise Culinary School use unsold produce which minimizes waste and provides healthy food.

Community Food Security Programs

New Brunswick is home to universities, medical institutions, community-based organizations, coalitions, and community leaders that work on improving community food security. This section provides a snapshot of these efforts, grouped into broad categories: community-based organizations, businesses, higher education institutions, government and religious organizations. It describes the organizations and their programs, with more in-depth descriptions of larger organizations like Elijah's Promise, New Brunswick Community Food Alliance and Rutgers University, and shorter descriptions of smaller community-based organizations and government initiatives.

Community-based Organizations

Elijah's Promise

Elijah's Promise was established in 1989 as a soup kitchen with the premise that "Food Changes Lives". Its mission is to end hunger, reduce poverty, promote healthy, sustainable food, empower individuals through job training and opportunity, and create businesses with social benefit. Today Elijah's Promise is a multi-faceted food systems organization that uses food to reduce poverty. Elijah's Promise has built a community in which no one goes hungry for lack of food or funds, where a good meal is a nutritious meal, where the community learns to steward natural and financial resources wisely and where they make opportunity available to those who seek it. It fulfills its mission through: Community Soup Kitchen, Promise Culinary School, Better World Cafe, A Better World Market, and Shiloh Community Garden. Each is discussed below.

Community Soup Kitchen

Elijah's Promise's Community Soup Kitchen serves more than 300 meals a day and 100,000 a year. Volunteers and Promise Culinary School graduates cook nutritious meals using fresh ingredients. Chef Pam Johnson, a graduate of Promise Culinary School, runs the Community Kitchen and goes the extra mile for others. She epitomizes the lasting impact their programs have on the lives of those who use them.

Because Community Soup Kitchen guests often need supportive services, a social services team provides information and referrals for housing assistance and medical services including mental health and addiction counseling. An on-site service program provides health and vision screenings, flu shots, and HIV/AIDS prevention and testing. Staff and peer workers help homeless people find housing and provide entry into treatment for substance abuse and mental illness. And their Homeless Empowerment Action Response Team (HEART) delivers food, blankets, hygiene products and service referrals to homeless people in Middlesex County. The Community Kitchen is also a refuge for the homeless during harsh winter nights through a "code blue" program which goes into effect when temperatures dip below freezing or it is snowing. The

Community Kitchen was in Code Blue status last winter 25 times as a warming center for guests who stayed from 7pm to 7am.

Keyword Access, Education

Better World Cafe

Better World Cafe is a community kitchen that envisions a world in which all eat healthy sustainable food. The cafe, located in Highland Park, allows consumers to “pay what you can”. Those who can afford to pay a little more for their meal subsidize those who choose the daily complimentary meal. Volunteers, staff, and Promise Culinary School graduates locally procure produce when possible, create tasty and nutritious seasonal menus, and compost food scraps. Proceeds are cycled back to Elijah’s Promise to provide food and resources to those in need.

Keyword Access, Education, Community Economic Development

Promise Culinary School

Promise Culinary School teaches the skills necessary for entry-level employment in the foodservice industry. The intensive 6 month, state certified job training program has trained over 650 individuals since its inception in 1997. Most trainees have been people with low incomes and people who have disabilities, are homeless, or unemployed. Students receive instruction in math, communication, life and job readiness skills and complete an externship at a local food service establishment to receive hands-on job training, which helps with the transition from school to work. The program’s graduation rate is approximately 85% and, of those who graduate, 95% are placed in jobs. Partial or full financial assistance is provided to many students and ensures opportunities for individuals of all backgrounds. Many program graduates work within Elijah’s Promise’s network at Promise Catering, Better World Bakery, and Better World Market. Promise Culinary School runs a Community Supported Bread program and sells products at a variety of locations to help fund the job training programs.

Keyword Access, Education, Community Economic Development

Better World Market

Better World Market is a local food market that provides job training and job opportunities, connects farmers with consumers, and directs profits to Elijah’s Promise’s Community Soup Kitchen. A partnership with Suydam farms, Better World Market works with the NJ Farmers Bureau to source and sell local produce. Better World Market’s offerings include local produce, baked goods from the Better World Bakery, and products from small NJ businesses. The Community Soup Kitchen and Promise Culinary School use unsold produce in their programs minimizing waste, providing healthy food to at-risk people, and creating new opportunities. New Jersey Monthly has lauded the market for having the largest selection of Jersey-made food products they’ve seen under one roof (New Jersey Monthly, 2014).

Keyword Access, Education, Community Economic Development

Shiloh Community Garden & Urban Orchard

Shiloh Community Garden has provided New Brunswick residents with the space and educational resources to grow food since 2010. The program shares the best cost-effective practices for growing in home gardens and increases access to fresh food for low-income residents. For \$15, residents lease a raised garden bed for a growing season. Group work days and specialized workshops assist amateur gardeners to ensure their success. Elijah's Promise staff co-manage the Community Garden Coalition, a working group of the New Brunswick Community Food Alliance, which leads the city's urban agriculture and community gardening activities. A partnership between Elijah's Promise and the Rutgers School of Environmental and Biological Sciences led to the creation of a 35 tree apple orchard at the garden in 2013 (Rutgers School of Environmental and Biological Sciences AES Newsroom, 2013).

Keyword Access, Education

Community Shared Agriculture (CSA)

Elijah's Promise's Community Shared Agriculture (CSA) program brings fresh farm food into the city and supports its other programs. A diverse group of members support the CSA ensuring that Elijah's Promise can purchase shares for people who are homeless, those with HIV/AIDS and for use in the Community Soup Kitchen. The CSA pricing is stratified by income level and provides healthy food access to anyone regardless of income.

Keyword Access, Education

New Brunswick Community Food Alliance (NBCFA)

The New Brunswick Community Food Alliance (NBCFA) is a community advisory group open to anyone interested in community food security in New Brunswick. The NBCFA's mission is to develop and maintain a sustainable local food system in New Brunswick that emphasizes nutrition, safe food, affordability, culturally appropriate food, and stimulates the local economy. The Food Alliance supports food access, knowledge and skills about healthy food choices and the food system, sustainable agriculture, and community respect, justice and dignity. Organization goals include increasing resident knowledge about food choices and how those choices affect health, social responsibility, and environmental sustainability, getting the food system and community food security on the city administration's agenda, promoting community economic development for the creation of living wage jobs and local engagement, ownership in many sectors of the food system, promoting local, sustainable agriculture and a food system that emphasizes energy efficiency and sustainability (New Brunswick Community Food Alliance's website). A Food Forum at the Lord Sterling Community Center Food Forum in December 2011 laid the groundwork for the Food Alliance vision.

Community leaders, city residents, college students, and local government officials and staff participate as members who can also be elected to the Alliance's 17-member governance body; anyone can participate in the five Alliance work groups (New Brunswick Community Food Alliance's website). The organization's operations are volunteer based and there is no budget; however, there is interest to incorporate as a 501(c)3 non-profit which would enable the Alliance to apply for grants, hire staff and take on bigger projects. The organization's general meetings are bi-monthly and most work groups meet monthly. All work group meetings are open to the public and promote accessibility through Spanish language materials whenever possible. Information about upcoming events, resources and past presentations is available on the NBCFA website and Facebook page. The NBCFA works through 5 work groups: Healthy Food Access, Community Engagement, Food Economic Development, Advocacy and Policy, Agriculture and the Community Gardening Coalition. Each is explained below.

Healthy Food Access Work Group

The Healthy Food Access Work Group encourages schools, businesses and others to provide healthy and affordable food (New Brunswick Community Food Alliance's website). The work group has played an active role in some of the NBCFA's biggest projects. Breakfast After the Bell is a collaboration with city government and the New Brunswick public school system to guarantee healthy breakfast for school children. The work group is playing an active role in improving the nutritional quality of the breakfast while promoting the program to parents. The Healthy Corner Store Initiative, a current project, is a partnership with the city to survey small grocery stores to learn about the nutritional quality of their items. Project goals are to partner with store owners to stock and promote healthier food. The work group collaborated with the Feeding New Brunswick Network of food pantries to help food pantries provide healthier, culturally appropriate food. Future projects may include a food co-op, a map for the Healthy Corner Store Initiative, and an after school healthy snacks program for athletes and clubs in the public schools (Interview, 2014).

Community Engagement Work Group

The Community Engagement Work Group engages residents to improve community food security and addresses social, racial, ethnic, and economic barriers in doing so (New Brunswick Community Food Alliance's website). Initially work group volunteers raised food security awareness in a variety of ways including by handing out flyers on the streets. Today, the work group hosts community events, such as demonstrations on how to: cook on a budget, use healthier recipes and understand food portions. Other activities include a seasonal Harvesting Healthy Recipes event and supermarket tours to teach residents about nutritional labels, products and sales. Future projects include a partnership with local supermarkets to host in-store tables and panels that explain products and a restaurant partnership to include nutritional information on menus (Interview, 2014).

Food Economic Development Work Group

The Food Economic Development Work Group promotes job creation, job skills development and fosters local ownership and business development (New Brunswick Community Food

Alliance's website). One initiative is a project to establish a food business and kitchen incubator to help grow small food businesses. The work group surveyed community members to better understand their small food business interests and needs, identified commercial kitchen space in and around New Brunswick, and recognized that implementing a small business food incubator means negotiating many challenges including liability, insurance and funding. In another project, the work group collaborated with the Healthy Food Access work group on the Healthy Corner Store Initiative. Recent discussion items include the logistics of creating a food distribution center for New Brunswick (Interview, 2014).

Advocacy and Policy Work Group

The Advocacy and Policy Work Group advocates for policies to improve access to healthy and affordable food for everyone (New Brunswick Community Food Alliance's website). It addresses NBCFA's research needs and pays attention to studies and policies that could affect New Brunswick's community food security. The work group hosts potlucks and panels to raise awareness about food insecurity and facilitate discussion. They collaborated with the Healthy Food Access work group on the Breakfast After the Bell program. Current discussions include improving the Breakfast After the Bell program, conducting research on new programs and initiatives such as beekeeping and exploring labor and social justice in restaurants and cultural institutions (Interview, 2014).

Agriculture Work Group

The Agriculture Work Group promotes sustainable agriculture, energy-efficient practices and community gardening (New Brunswick Community Food Alliance's website). Agenda items for 2015 include participation in a January Food Forum, establishing community gardens in the New Brunswick public school system, working on an urban pollinator ordinance and collaborating with Elijah's Promise's Culinary School to create a community-maintained compost zone. The Agriculture working group works closely with the Community Garden Coalition (CGC).

Community Garden Coalition (CGC)

The Community Gardening Coalition (CGC) is an extension of the Agriculture work group that has established and promoted a community garden network in New Brunswick. The CGC predates the NBCFA as a seed swap group and now oversees 11 community gardens and about 180 garden beds that approximately 140-150 residents maintain. It costs approximately \$15 per year to rent a bed and the money is used for garden maintenance. Gardeners grow produce for personal consumption. Coordinator(s), who try to be inclusive towards the food insecure members of the community, organize the gardens. The Cook Organic Club is unique because it is run by people affiliated with Rutgers and is one large plot. Future CGC projects include designing and implementing the Shiloh Orchard, organizing gleanings and developing partnerships with food pantries and soup kitchens. The CGC has been collaborating with the New Brunswick City Council since March 2014 to be recognized as a conservancy to increase its capacity (Interview, 2014; D'Auria, 2012).

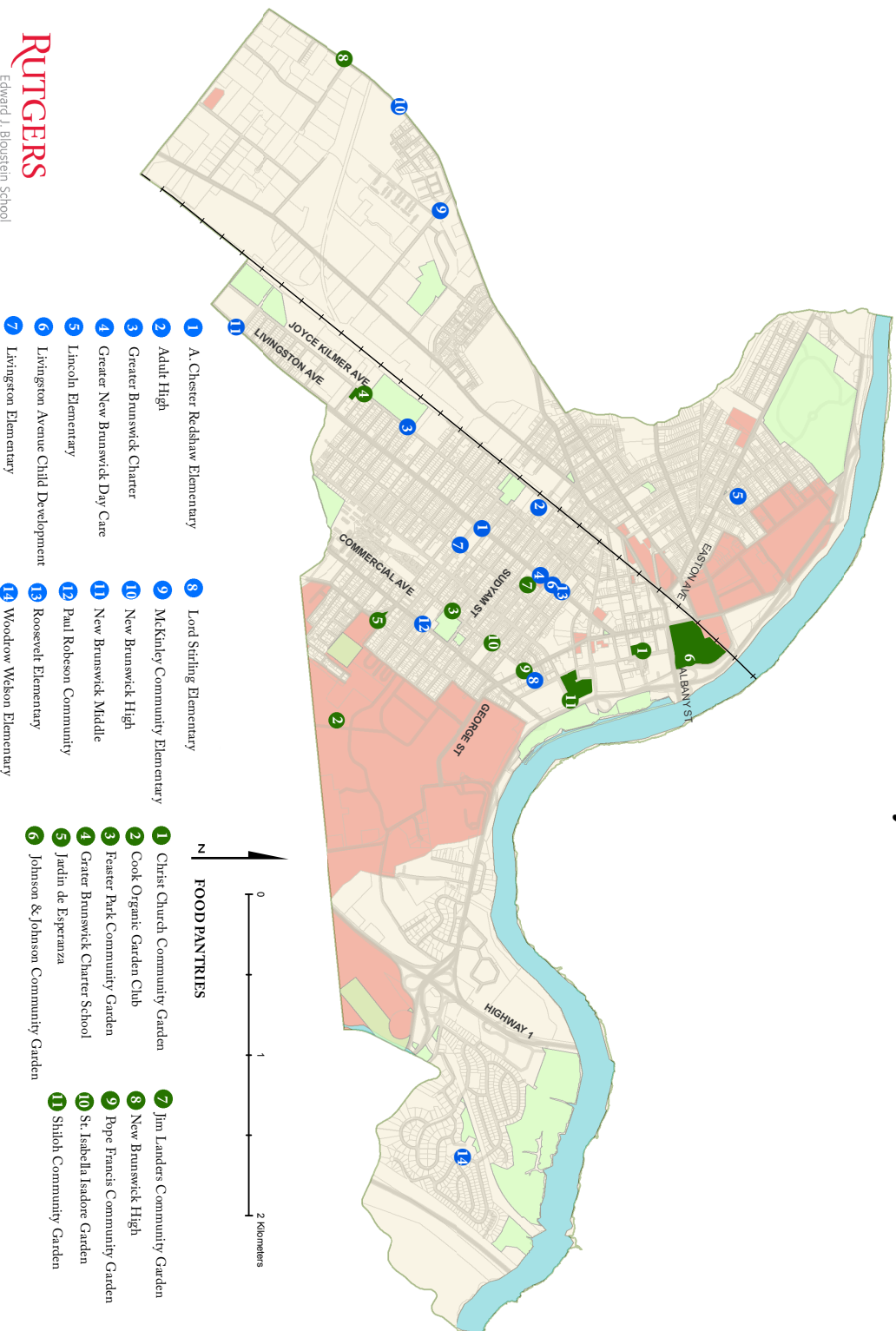
The New Brunswick Community Garden Coalition includes eleven gardens:

- The Community Garden at Christ Church, 5 Paterson Street
- Cook Organic Garden Club (on Cook/Douglass Campus), College Farm Road
- Feaster Park Community Garden, 126 Throop Ave (Unity Square)
- Greater New Brunswick Charter School community garden, 429 Joyce Kilmer
- Jardin de Esperanza (“Garden of Hope”), 178 Jones Ave (New Brunswick Farm Market).
- Jim Landers Community Garden, 220 Suydam Street (Unity Square)
- Johnson & Johnson’s Garden, (Johnson & Johnson), primarily for employees.
- New Brunswick High School community garden
- Pope Francis Community Garden, 200 George Street (Sacred Heart Church)
- Shiloh Community Garden, 1 Oliver Street (Elijah’s Promise)
- St. Isabella Isadore Community Garden, 56 Throop Ave (Sacred Heart Church)

The Pope Francis Garden is planned to close in 2015, but three new gardens are in various stages of planning. A garden at Recreation Park, at 411 Joyce Kilmer, is planned for 2015. Two others, one at Buccleuch Park at 321 Easton Avenue and Archibald Park at 15 Van Dyke Avenue, are in early planning (Interview, 2014).

Keywords Access

New Brunswick Community Gardens



RUTGERS
Edward J. Bloustein School
of Planning and Public Policy
Community Development Studio, Fall 2011

Source: New Brunswick Department of City Planning & New Brunswick Community Groups

Anshe Emeth Community Development Corporation (AECDC)

Anshe Emeth Community Development Corporation (AECDC) collaborates with service providers and other agencies. AECDC Food Funnel collects donated food for Elijah's Promise Soup Kitchen and food pantries in Middlesex County and Franklin Township (Anshe Emeth Community Development Corporation).

Serves	Community food organizations
Type	Non-profit
Address	222 Livingston Avenue, New Brunswick, NJ 08901
Contact	Norka Torres; 732-296-9922
Learn More	http://www.aecdc.org/our-services/aecdc-food-funnel
Keywords	Access, education

Community Food Bank of New Jersey

The Community Food Bank of New Jersey in Hillside is a non-profit food bank that fights hunger and poverty by increasing food access, providing nutrition and food-based education and job training, and supplying children with clothing and school supplies. Each year, the food bank provides 40 million pounds of food to more than 1,000 food pantries and food distributors in eight NJ counties.

Serves	Food pantries, local food distributors
Type	Non-profit
Address	31 Evans Terminal Road, Hillside, NJ 07205
Contact	Donald Farrell; 908-355-3663, dfarrel@njfoodbank.org
Learn More	http://www.cfbnj.org/
Keywords	Access, education, economic development

Feeding New Brunswick Network

Feeding New Brunswick Network is a coalition of emergency food providers and community food pantries. The coalition meets monthly to discuss issues facing food pantries in New Brunswick. The coalition includes ten food pantries in New Brunswick.

Serves	All residents
Type	Non-profit
Address	N/A
Contact	nb_pantry_wm@yahoo.com
Learn More	NA
Keywords	Access

Food for Thought

Food for Thought is a volunteer organization that collects food donations from local restaurants and cooks and serves meals every two weeks on Saturday mornings. It integrates Rutgers

students, local businesses, and New Brunswick residents. A small group of Rutgers students created Food for Thought in July of 2014. Food for Thought hopes to create dialogue between its volunteers and those it serves (Interview, 2014).

Serves	Homeless, families, undocumented
Type	Non-profit
Address	N/A
Contact	Shireen Hamza, Organizer; shireen5221@gmail.com
Learn More	Facebook group: "Food for Thought, New Brunswick"
Keywords	Access, education

Meals on Wheels of Greater New Brunswick

Meals on Wheels of Greater New Brunswick is a non-profit organization that provides home-delivered food to aging adults in New Brunswick and Highland Park. The organization helps aging adults maintain their independence, even if they cannot cook or shop for themselves. Meals on Wheels volunteers deliver more than 30,000 meals annually. Elijah's Promise's Promise Catering service cooks all meals.

Serve	Aging adults
Type	Non-profit
Address	211 Livingston Avenue, New Brunswick, NJ 08901
Contact	Shareka Fitz, Program Director; 732-249-3488, MOWgnb@aol.com
Learn More	http://mowgnb.org/
Keywords	Access

PRAB-Puerto Rican Action Board (PRAB)

The Puerto Rican Action Board (PRAB) is a community development organization that primarily serves low-income, Latino residents. While its name refers to its beginnings as a project of Puerto Rican immigrants, it has continued to serve the city as demographics have changed. PRAB's Family Success Center partners with Robert Wood Johnson and Rutgers University Snap Education to offer nutrition workshops and Zumba classes. Its Service Access Center houses a small emergency food pantry. PRAB's Early Childhood Preschools offers breakfast for all students after the first bell (Interview, 2014).

Serves	Families, children, students
Type	Non-profit
Address	90 Jersey Avenue, New Brunswick, NJ 08901
Contact	Jacqueline Rivera, Director of Family Services; 732-828-4510, jrivera@prab.org
Learn More	https://www.prab.org/
Key Words	Access, advocacy, education

SouperVan

SouperVan was a healthy, gourmet food truck that bought food locally, offered gluten-free, vegan, and vegetarian options, provided healthy meals, jobs, and donated money from each meal to the emergency food system. Rutgers students and graduates from Promise Culinary School staffed the SouperVan and it parked in New Brunswick often on the Rutgers campus (Genovese, 2013).

Serve	Homeless, students, residents
Type	Business (L3C, Low-Profit Limited Liability Company)
Address	Not currently in operation
Contact	Via SouperVan Website contact page
Learn More	http://www.soupervan.org/
Keywords	Access, advocacy, community economic development

Unity Square

Unity Square is a community organization that focuses on labor rights, education, and improving health through locally run organic gardens. Catholic Charities established Unity Square in the early 2000s. Unity Square serves residents of their neighborhood, roughly 40 blocks between Livingston Avenue and Commercial Avenue, between Welton Street and Stanford Street. Its programs engage the community in community gardening as residents own garden plots and harvest their own vegetables. Unity Square also partners with New Labor to combat wage theft, which affects residents' abilities to buy healthier food and travel to better markets.

Serves	Children, families, aging adults, undocumented
Type	Non-profit
Address	81 Remsen Avenue, New Brunswick, NJ 08901
Contact	Amanda Gallear, Organizer; 732-545-0329
Learn More	http://www.ccdom.org/unitysquare
Keywords	Access, advocacy, community economic development

Youth Empowerment Services (YES)

Youth Empowerment Services (YES) is a non-profit organization that helps children become successful, engaged adults through mentoring, tutoring, and social programs. YES's Oasis summer camp provides breakfast and lunch to its participants, along with opportunities to learn about new foods and healthy eating. During X-Cite Nite, which occurs twice a week, children have nutritious snacks and the opportunity to relax and play in a safe environment. The organization also provides financial literacy classes to parents, where they learn the most cost-effective ways to buy and store food.

Serves	Children, adults, undocumented
Type	Non-profit
Address	270 George Street, New Brunswick, NJ 08901
Contact	Barry Smith, Executive Director & Founder; 732-937-9377,

bsmith@youthempowerment.us

Learn More <http://youthempowerment.us/>

Keywords Access, education, community economic development

Food Pantries

Religious organizations working in food security in New Brunswick are part of an emergency food system that includes food pantries, food banks and soup kitchens.

Christ Church Episcopal

The Christ Church Episcopal Food Pantry serves anyone in need.

Serves All residents

Type Religious organization

Contact 5 Paterson Street, New Brunswick NJ 08901

Learn More N/A

Keywords Access

Five Loaves Food Pantry/Cinco Panes Pantry Mercado

The Second Reform Church's Five Loaves Food Pantry provides free food for community members based on points system determined by family size and income.

Serves All residents

Type Religious organization

Address 5 Paterson Street, New Brunswick NJ 08901

Learn More <https://www.facebook.com/pages/-Five-Loaves-Food-Pantry/177753575640190>, http://www.secondreformednb.org/?page_id=9

Keywords Access

Ebenezer Baptist Church

Ebenezer Baptist Church's food pantry serves anyone in need.

Serves All residents

Type Religious organization

Address 126 Lee Street, New Brunswick NJ 08901

Learn More N/A

Keywords Access

Emanuel Lutheran

The Emanuel Lutheran pantry serves those in need who may access food once a month.

Serves All residents

Type Religious organization

Address 151 New Street, New Brunswick NJ 08901

Learn More <http://www.emanuelnb.org/outreach-mission/our-food-pantry>

Keywords Access

Society of St. Vincent de Paul -- St. John Church

The St. Vincent de Paul food pantry serves those who qualify under The Emergency Food Assistance Program guidelines once a week.

Serves All residents
Type Religious organization
Address 29 Abeel Street, New Brunswick NJ 08901
Learn More N/A
Keywords Access

Suydam Street Reformed Church

Suydam Street Reformed Church provides canned and packaged goods, and bread and pastries are distributed on Sundays. Recipients need identification and can access food once a month.

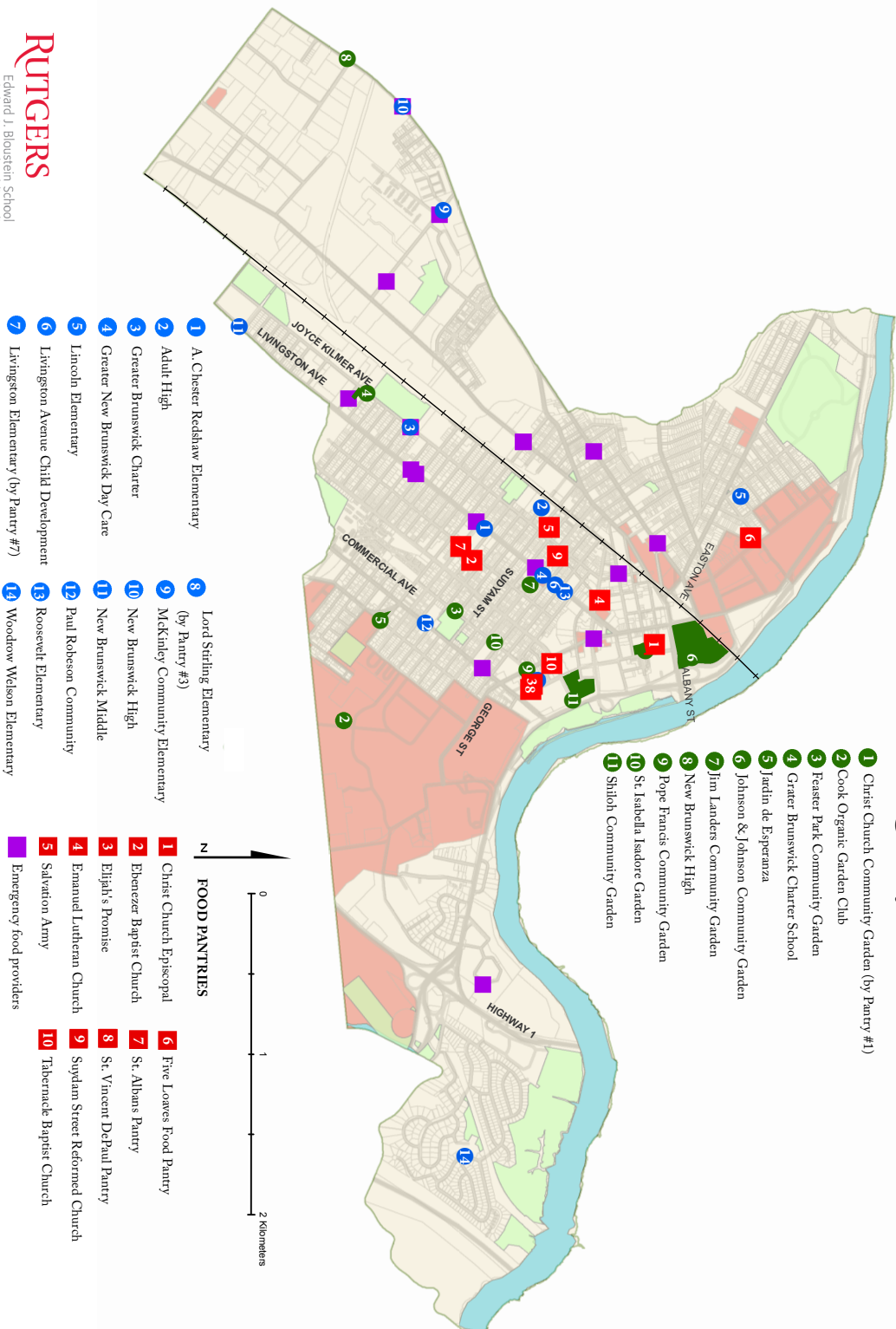
Serves All residents
Type Religious organization
Address 74 Drift Street, New Brunswick NJ 08901
Learn More <http://www.suydamstreetreformedchurch.org/>
Keywords Access

Tabernacle Baptist Church

Tabernacle Baptist Church provides emergency food and a cooked meal on the 2nd Monday of each month.

Serves All residents
Type Religious organization
Address 239 George Street, New Brunswick NJ 08901
Learn More N/A
Keywords Access

New Brunswick Food Pantries & Emergency Food Providers



RUTGERS
Edward J. Bloustein School
of Planning and Public Policy
Community Development Studies Fall 2011

Source: New Brunswick Department of City Planning & New Brunswick Community Groups

Regional and Statewide Organizations

Farmers Against Hunger

Farmers Against Hunger is a volunteer produce gleaning organization that ensures that food insecure individuals in NJ have access to fresh produce. The New Jersey Agricultural Society established it in 1996. Volunteers pick surplus produce from farms, Farmers Against Hunger delivers the food to four distribution sites in New Jersey, and local food distributors bring it to food banks and soup kitchens (Interview, 2014).

Serve	Local food distributors
Type	Non-profit
Address	1200 Florence Columbus Road, Bordentown, NJ 08505
Contact	Kristina Guttadora, Executive Director; 609-462-9691, farmersagainsthunger@gmail.com
Learn More	http://www.njagsociety.org/farmers-against-hunger.html
Keywords	Education, access

NJ Farm to School Network

The NJ Farm to School Network is the state lead for the National Farm to School Network, a national organization that advocates for and forges stronger connections between local agriculture and schools. The organization also advocates for better school food, supports urban agriculture education in school gardens, and run workshops in local schools to teach children about local produce.

Serves	Students, schools, school gardens, food service providers
Type	Non-profit
Address	407 Greenwood Avenue, Trenton, NJ 08609
Contact	Beth Feehan, Director; beth@njfarmtoschool.org
Learn More	http://www.njfarmtoschool.org/
Keywords	Access, advocacy, education

Women Aware

Women Aware is Middlesex County's top domestic violence agency dedicated to ending domestic violence in the lives of children, women, and men (Women Aware). Women Aware offers a variety of services for domestic violence survivors, including the Safe House which provides food along with other supportive services.

Serves	Families, children, youth, disabled
Type	Non-profit
Address	250 Livingston Avenue New Brunswick, NJ 08901
Contact	Phyllis Adams, Executive Director; 732-249-4900
Learn More	http://womenaware.net/
Keywords	Access, education

Salvation Army

The Salvation Army provides food, by appointment, once a month and their pantry is open 3 days a week.

Serves	All residents
Type	Non-profit
Address	287 Handy Street, New Brunswick NJ 08901
Contact	N/A
Learn More	http://newjersey.salvationarmy.org/NewJersey/newbrunswick
Keywords	Access

Government

New Brunswick

City of New Brunswick

The Community Organization Specialist is a new position in the New Brunswick City government to increase collaboration between the city government and local organizations. Keith Jones, the New Brunswick Community Food Alliance chair, holds the position. Mr. Jones defines food security as having access to enough, adequate, appropriate cultural foods and aims with his position to minimize cultural and generational barriers to food security and health (Interview, 2014).

Key Words	Education, access, community economic development
------------------	---

New Brunswick Public Schools

The New Brunswick Public Schools offer programs to improve community food security. The Universal Breakfast Program provides breakfast for all students every day after the first bell. The Greater Brunswick Charter School created a school garden to teach students about fresh fruits, vegetables, and growing food. 4H New Brunswick and Food Corps provide nutrition classes. The New Brunswick High School also has a community garden and the Environmental club and the culinary class use it (Interview 2014).

Serves	Families, children,youth, students
Type	Government
Address	Various
Contact	Thalya Reyes, thalya.reyes@foodcorps.org
Learn More	http://www.nbpschools.net/
Key Words	Education, access

Middlesex County

Office of Aging and Disabled Services

The Middlesex County Office of Aging and Disabled Services operates programs to improve food security.

- Farmers Market offers vouchers to those eligible to purchase fresh produce from June to November.
- Global Options (GO) Program offers long-term care services to those meeting the requirements. Eligible clients receive meals, medical supplies, and other services. Clients must be 65 or older or people with disabilities, ages 21-64.
- Jersey Assistance for Community Caregiving (JACC) in-home services supports individuals who age at home with home delivered meals, adult day health, and environmental accessibility modifications, among other services.
- Senior Meals Program delivers food to seven locations in Middlesex County and delivers one meal per day, five days per week. Weekday and weekend home delivered meal programs are available for homebound seniors.
- Seniors with health conditions are eligible for Ensure Plus through the “Ensure Seniors Are Nourished” program.
- Congregate meal sites offer Nutrition Education & Health Awareness lectures at eight locations listed on the county website.

Serves Aging adults, disabled

Type Government

Address 75 Bayard Street – 5th floor, New Brunswick, NJ 08901

Contact Laila Caune, Director; 732-745-3295,

answersonaging@co.middlesex.nj.us

Learn More <http://co.middlesex.nj.us/aging/>

<http://www.co.middlesex.nj.us/Government/Departments/CS/Pages/Aging%20and%20Disabled%20Services/Nutrition-Services.aspx>

Keywords Access, education

MCFOODS Middlesex County Food Organization and Outreach Distribution Services

MCFOODS, a county food bank established in 1994, distributes food to 80 community food organizations such as food pantries and soup kitchens to ensure that Middlesex County residents in need can access healthy free food. MCFOODS established a network of local food distributors that meets monthly and shares produce, resources, and volunteers. Its food comes from community food drives, the State Food Purchase Program (SFPP) and Commodities program, monetary donations, and corporate and other donations (MCFOODS; Interview, 2014).

Serves Organizations, food banks, food pantries

Type Government

Address 101 Interchange Plaza, Suite 202, Cranbury, NJ 08512

Contact Jennifer Apostol, Coordinator; 609-655-4748, ja@mciath.com

Learn More <http://www.mciauth.com/mcfoods.htm>
Keywords Access

State/Federal

SNAP (Food Stamps)

SNAP, *Supplemental Nutrition Assistance Program*, is a government program previously known as food stamps, that provides food for low-income households. It is the largest food security program in the country (U.S. Department of Agriculture). The 2014 Farm Bill included \$100 million in matching funds for “double bucks” programs in farmers markets across the country. “Double bucks” means that SNAP benefits are doubled when used to purchase local produce at participating farmer’s markets. In other words, SNAP recipients can double their benefits when using them to purchase healthy local food (National Public Radio, 2014; Double Up Food Bucks). The \$100 million must be matched by private funding, but local food security organizations and farmers’ markets that can find the money can use it to help SNAP recipients afford to eat healthy while supporting local farmers (Charles, 2014).

Serves Low-income households
Type Government
Address N/A
Contact N/A
Learn More <http://www.fns.usda.gov/snap/>
Keywords Access

Free and Reduced Price School Lunch

The school free and reduced price lunch program provides resources to school districts to serve lower income children, while allowing schoolchildren to benefit from national and statewide nutritional standards to reduce childhood obesity and encourage positive health outcomes. Among the 7,894 children enrolled in New Brunswick public schools in the 2012-3 academic year, 7,329 (93%) qualified for free or reduced priced lunches (New Jersey Department of Education). Eligibility requirements are determined by household income, adjusted for the size of the household. The maximum annual household income for eligibility begins at \$21,590 and increases by \$7,511 with each additional member of the household. For example, a family of four making \$44,123 annually or less is eligible for their children to receive free or reduced breakfast and lunch. Parents or guardians must apply for the program on behalf of their children at their school (New Jersey Department of Agriculture). All schools, including private, nonprofit and charter schools, are eligible for participation. Schools must follow the nutritional guidelines outlined by the New Jersey Department of Agriculture that mandate minimums for fruits, vegetables, lowfat milk, and whole grains, and set limits on foods high in fat or sugar.

Serves Eligible students
Type Government

Address	N/A
Contact	N/A
Learn More	http://www.nj.gov/agriculture/divisions/fn/fooddistrib/
Keywords	Access

Women, Infant, and Children

Women, Infant, and Children (WIC) is a federally funded program that provides assistance for women, infants and children. The WIC program for Middlesex and Monmouth County is under Visiting Nurse Association Health Group, which is a non-profit organization dedicated to the promotion, restoration and maintenance of the health status of individuals and the community. The aim of the WIC program is to help decrease the risk of poor birth outcomes and to improve the health of infants and children during critical times of growth and development, through the distribution of vouchers for supplemental nutritious foods, coupled with access to nutrition education, and appropriate referrals to other health or social services.

Serves	Women, infants, children
Type	Government
Address	N/A
Contact	Payal Arora; Payal.Arora@vnahg.org
Learn More	http://www.state.nj.us/health/fhs/wic/localagencies.shtml
Keywords	Access

Business

Johnson & Johnson

Johnson & Johnson, a manufacturer of health and wellness products, is headquartered in New Brunswick. Its Division of Corporate Giving is dedicated to improving education, health, and community livability in the city. Johnson & Johnson's staff are community partners who play an active role in the community and in local food security efforts. For example, J&J staff are members of the New Brunswick Community Food Alliance and are active partners in the New Brunswick Community Farmers Market (NBCFM). The market provides fresh produce to the community and J&J provides a grant that allows Elijah's Promise to buy unsold produce which helps the farmers, reduces waste, and directs fresh summer produce to Elijah's Promise's community food programs. Johnson & Johnson also supports the Market Bucks incentive program for consumers who use federal nutrition assistance and the Body and Soul program, which provides market vouchers to faith-based organizations to distribute to their members. Additionally, Johnson & Johnson organizes healthy food drives, developed information about donating foods that are nutrient-dense, supported creating rain gardens as well as screenings of films about food security at the local Crossroads Theatre.

Rutgers University

Rutgers University New Brunswick is a large state university with a vast array of community food programs.

New Jersey Institute for Food, Nutrition and Health

The New Jersey Institute for Food, Nutrition, and Health, which will open during the summer of 2015, will be an interdisciplinary space for research about food, nutrition, and health with the objective of stemming the childhood obesity epidemic. The institute's facilities will include a healthy eating courtyard, a nutrition counseling center, a childhood learning and resource center, and research centers dedicated to studying physical activity, lipid metabolism, food policy and ethics, and student wellness.

Serves	All residents
Type	University
Address	63 Dudley Road, New Brunswick, NJ 08901
Contact	Peter Gillies, IFNH Founding Director; 848-932-3500, director@ifnh.rutgers.edu
Learn More	http://ifnh.rutgers.edu/
Key Words	Access, education, research

The Collaborative Center for Community Based Research and Service

The Collaborative Center for Community Based Research and Service engages Rutgers students in student learning projects through the Community Research Assistant, Community Development, Bonner, and Americorp programs. Students who participate in the Rutgers Bonner Leadership Program complete 300 hours of service with a community partner on food security, English language learning or mentoring programs. Students in the The Community Research Assistant Program work on community projects and earn three credits. Through the Advancing Community Development program, students work in yearlong project teams with a New Brunswick community partner and Johnson and Johnson mentor and earn 3 credits for each semester of participation. While the Community Research Assistant and Advancing Community Development programs do not focus only on food security, students often work on community food security projects (Interview, 2014).

Serves	Organizations, families, children, youth, students
Type	University
Address	640 Bartholomew Road, New Brunswick, NJ 08901
Contact	Amy Michael, Senior Program Administrator; amymic@rci.rutgers.edu
Learn More	http://engage.rutgers.edu/
Key Words	Education, research

Rutgers Gardens Farmers Market

Rutgers Gardens Farmers Market offers locally grown and made food such as poultry, meat, cheese, baked goods, pickles, fruit, and vegetables. The Farmers Market, a partnership of the

Rutgers School of Environmental and Biological Sciences (SEBS) and the New Jersey Agricultural Experiment Station (NJAES), promotes recycling, conservation, and sustainable farming. The market is open Fridays 11am–5pm, May 2nd through November 28, 2014.

Serves Families, students, organizations
Type University
Address 112 Ryders Lane, New Brunswick, NJ 08850
Contact Mary Ann Schrum, Manager Programs and Development;
rlschrum@aesop.rutgers.edu
Learn More <http://www.rutgersgardens.rutgers.edu/farmmarket.htm>
Keywords Access

Rutgers Against Hunger (RAH), Student-Organized RAH (SO RAH)

Rutgers Against Hunger (RAH) and its student-led affiliate, Student-Organized Rutgers Against Hunger (SO RAH), alleviate hunger by collecting monetary and food donations and by providing volunteers. Since 2008, RAH and SO RAH have mobilized staff, faculty and students to collect more than 150,000 pounds of food and to raise more than \$200,000 dollars. RAH's Adopt-A-Family program engages Rutgers departments and staff who provide food and toiletries to New Brunswick families in need since 2009. RAH and SO-RAH engage the university community. For example, Rutgers Hillel worked with RAH in 2012 to donate 65 pounds of food to Your Grandmother's Cupboard, an organization that fights hunger. SO-RAH's student volunteers pack meals for Elijah's Promise, glean produce at Giamarese Farm and hold fundraisers on campus (Rutgers Against Hunger website).

Serves Food banks & pantries, families
Type University
Address N/A
Contact RAH: Chris Rezko, Program Manager; 848-932-2458,
retzko@oldqueens.rutgers.edu, SO RAH: studentorganizedrah@gmail.com
Learn More RAH: <http://rah.rutgers.edu/>, SO RAH: <http://rah.rutgers.edu/so-rah/>
Keywords Access

RU Community Service

RU Community Service connects students with community service opportunities. Rutgers students support community organizations while they learn about the issues that affect New Brunswick residents, including food insecurity. RU Community Service matches student volunteers with the New Jersey Community Food Bank, Unity Square, Christ Church, Elijah's Promise, Rutgers Against Hunger, Youth Empowerment Services, and the Franklin Township Food Bank. Other events include Start with Service to engage incoming students, Scarlet Day of service for current students, and hunger awareness week for everyone. Students can also participate in the Supplemental Nutrition Assistance Program (SNAP) challenge in which they live on \$4.50 a day for five days; the event concludes with a discussion on hunger and poverty.

Serves Students, community organizations

Type University
Address 613 George Street, New Brunswick, NJ 08901
Contact Karen Ardizzzone, Associate Director of Community Service;
kardizzo@rci.rutgers.edu
Learn More <http://communityservice.rutgers.edu/>
Keywords Education

Rutgers Nutritional Sciences Preschool

The Rutgers Nutritional Sciences Preschool is the only preschool dedicated to teaching children about nutrition in the country. The program, created in 1991, operates in collaboration with the Rutgers Nutritional Sciences Department and provides developmental and nutrition education to 3 and 4 year-old children and a research environment for Rutgers students and faculty. By providing students with healthy snacks and cooking activities, the Nutritional Sciences Preschool instills healthy eating habits in children (Interview, 2014; Rutgers Nutritional Sciences Preschool website).

Serves Children
Type University
Address Davison Hall, 26 Nichol Ave, New Brunswick, NJ 08901
Contact Mrs. Harriet Worobey, Director; 732-932-8895, harrietw@rci.rutgers.edu
Learn More <http://nutrition.rutgers.edu/presch/>
Keywords Access, education, research

Ralph W. Voorhees Center for Civic Engagement

The Ralph W. Voorhees Center for Civic Engagement is a community based research center at the Edward J. Bloustein School of Planning and Public Policy that conducts research in partnership with communities.

Food U

Elijah's Promise and the Ralph W. Voorhees Center partnered to enhance community food security and food-related community economic development. With a Rutgers University Community University Research Partnership grant, teams of students, faculty, community residents, city staff, and others visited urban agriculture and community food economy projects to inform urban agriculture and food economy projects in New Brunswick. During the summer of 2012, community university teams visited food hubs, urban farms, food business incubators, farm markets, and other innovative food-related community economic development projects in [New York City](#) and [Philadelphia](#) to gain inspiration for projects in New Jersey. [Urban Agriculture Field Trips \(2012\)](#)

Community Development and Voorhees Studios

Voorhees Public Service Fellows and Community Development Studios have conducted research about community food security in New Brunswick. They explored where to grow food in New Brunswick, considered what community food hubs are and how one might be organized

in New Brunswick, explored what it means to Elijah's Promise to preserve fresh food over the summer for use during the winter, and is identifying efforts to improve community food security. All reports and materials are available at: <http://rwv.rutgers.edu/food-security>

- *Farm-to-Freezer*. A report with Elijah's Promise. 2013
- *Community Food Hubs*. A report with Elijah's Promise and the NBCFA. 2012
- *Food Hub in New Brunswick II*. A report with Elijah's Promise and NBCFA. 2012
- *Urban Agriculture in New Brunswick*. A report with Elijah's Promise.. 2011
- Planting Change Video <http://vimeo.com/55535024>
- *Community Food Assessment of Trenton, NJ*. A report with Isles, Inc. 2005
- Alena D'Auria. 2012. Cultivating Community. In her final semester as an undergraduate at Rutgers University, Alena D'Auria dug deeper into the gardening coalition's goals and growth and traced the successful community development strategies. <http://rwv.rutgers.edu/cultivating-community/>

Serves Communities
Type University
Address 33 Livingston Avenue, New Brunswick, NJ 08901
Contact Professor Kathe Newman; knewman@rutgers.edu
Learn More policy.rutgers.edu/rwv
Keywords Education, research

New Jersey Agricultural Experiment Station (NJAES)

The Rutgers New Jersey Agricultural Experiment Station (NJAES) connects Rutgers University with the public by providing a diverse range of research, extension, and education programs to New Jersey communities. These programs are offered through its Cooperative Extension offices located in all 21 New Jersey counties. In New Brunswick, the Cooperative Extension provides nutrition education to children, families, and at-risk populations through 4H, Supplemental Nutrition Assistance Program (SNAP-Ed), and the Expanded Food & Nutrition Experiment Program (EFNEP), and increases access to fresh, healthy food through the New Brunswick Community Farmers Market (Cooperative Extension: Rutgers University website).

Department of Family and Community Health Sciences

The Department of Family and Community Health Sciences (FCHS) is a nutrition and wellness outreach program that provides workshops and educational resources to community members. Educational program topics include the benefits of family dining, workplace wellness, health literacy, and physical activity.

Serves All residents
Type University
Address 88 Lipman Drive, New Brunswick, NJ 08901
Contact Kathleen T. Morgan, Department Chair; 848-932-3661, morgan@njaes.rutgers.edu
Learn More <http://njaes.rutgers.edu/fchs/>

Keywords Education

FoodCorps

FoodCorps is an AmeriCorps program housed within Rutgers NJAES Cooperative Extension and the New Jersey Farm to School Network that assigns individuals to address food-related needs in the community. Currently, New Brunswick's FoodCorps member works at the Jones Avenue Esperanza Community Garden, creates programs for the New Brunswick High School and the Greater Brunswick Charter School community gardens, and teaches a course titled "All about Food" at the Greater Brunswick Charter School (Interview, 2014).

Serves Students, children, families
Type University
Address 178 Jones Avenue, New Brunswick, NJ 08901
Contact Thalya Reyes, FoodCorps Member; thalya.reyes@foodcorps.org
Learn More <https://foodcorps.org/>
Keywords Education, access

4H New Brunswick

4H New Brunswick is a youth development program that focuses on citizenship, healthy living, science, engineering, and technology. It offers nutrition classes at the Greater Brunswick Charter School, organizes a school garden at the Greater Brunswick Charter School, and offers a youth leadership development group called Green Titans Teens Council (Interview, 2014).

Serves Students, children, youth
Type University
Address 71 Lipman Drive, New Brunswick, NJ 08901
Contact Laura Eppinger; 848-932-3700, laura.eppinger@gmail.com
Learn More <http://nj4h.rutgers.edu/>
Keywords Education

Supplemental Nutrition Assistance Program - Education (SNAP-Ed)

SNAP-Ed is the educational branch of the Supplemental Nutrition Assistance Program, the federal food stamp program. Its mission is to improve the food security of those receiving SNAP benefits by providing nutrition education. Though much of the nutrition education takes place in community centers and religious institutions, the recipes, cooking and exercise instructional videos, and shopping tips are available on the program's website. Participants of SNAP-Ed's nutrition education programs report consuming more fruit, reading nutrition labels more frequently, and running out of food at the end of the month less frequently (SNAP-Ed website; Interview, 2014).

Serves SNAP recipients
Type University
Address 11 Suydam Street, 2nd Floor, New Brunswick, NJ 08901
Contact Dr. Debra Palmer, Director; 732-932-9853, dpalmer@aesop.rutgers.edu

Learn More <http://www.snaped4me.org/>, <http://www.njsnap-ed.org/>
Keywords Education

Expanded Food and Nutrition Education Program (EFNEP)

Rutgers NJAES Cooperative Extension runs the federal Expanded Food and Nutrition Program (EFNEP), which provides nutrition education to limited-resource families. EFNEP provides similar nutrition education programs to SNAP-Ed, conducted by peer educators in religious institutions and community centers (EFNEP website; Interview, 2014). The educational programs aim to increase knowledge about food safety and nutrition, improve food choices, and encourage meal and budget planning. The program is open to all limited-resource families.

Serves Families
Type University
Address 11 Suydam Street, 2nd Floor, New Brunswick, NJ 08901
Contact Dr. Debra Palmer, Director; 732-932-9853, dpalmer@aesop.rutgers.edu
Learn More <http://njaes.rutgers.edu/efnep/>
Keywords Education

New Brunswick Community Farmers Market (NBCFM)

Johnson & Johnson and Rutgers University Cooperative Extension run the New Brunswick Community Farmers Market (NBCFM), a community farmers market that increases access to fresh healthy food and instills healthy eating habits. Nutrition interns and SNAP-Ed educators provide nutrition lessons and food purchasing tips. People who use federal nutrition assistance such as SNAP, WIC checks, and Senior Farmers Market Nutrition Program vouchers can receive an additional 50% more produce through the Market Bucks program. Those who spend \$10 receive an extra \$5 in Market Bucks, which extends their food budgets and encourages the purchase of fresh produce. The market also operates a community garden in which volunteers and residents plant produce for the community (NBCFM website; Bradshaw, 2013).

Serves All residents
Type University
Location Thursdays (11am - 3pm) and Saturdays (10am - 3pm) at 178 Jones Ave, New Brunswick, NJ 08901; Wednesdays (11am - 3pm) at 108 Albany Street, New Brunswick, NJ 08901; June through November
Contact Sarah Dixon, Senior Program Coordinator; 848-932-3706, nbcfarmersmarket@gmail.com
Learn More <http://www.nbcfarmersmarket.com/>
Keywords Access, education

Robert Wood Johnson Hospital

RWJ is making New Brunswick more food secure and nutrition more accessible. The Community Health Promotions Department focuses on education, health promotion, and/or early detection outreach to New Brunswick residents. Efforts include the Fun-in-the-park program, Soccer for Success and local tours that promote health education. The Fun-in-the-park program, in collaboration with New Brunswick Tomorrow, promotes safe and accessible public spaces for families and children to reduce obesity. The Soccer for Success program combines soccer and nutrition and is sponsored through a grant from the American Soccer Foundation. Mariam Merced, Director of the Community Health Promotions Department and co-chair of the New Brunswick Community Food Alliance Community Engagement work group, gives tours for academics and doctors to highlights places that offer nontraditional medical remedies (botanicas) and bodegas. RWJ recently opened the New Brunswick Fitness Center, which houses the city's only public swimming pool. The recreation center offers swim lessons and houses a commercial kitchen, food demonstrations, and a staff nutritionist.

Serves	Residents, children
Type	Hospital
Address	120 Albany St, New Brunswick, NJ 08901
Contact	732-418-8056
Learn More	http://rwjfitnesswellness.com/new-brunswick/
Keywords	Education, research, access

New Jersey Partnership for Healthy Kids

The New Jersey Partnership for Healthy Kids is a coalition of statewide organizations that the Robert Wood Johnson Hospital runs. It focuses on decreasing child obesity through initiatives like the Ciclovia and the Universal Breakfast Program.

Serves	Children, youth, students
Type	Coalition
Address	Various
Contact	Various
Learn More	http://www.njhealthykids.org/
Keywords	Education, access

Research

Rutgers hosts a robust community of researchers who study food security. Researchers range from scientists and statisticians to historians and landscape architects. Other academic resources include SEBS' **Department of Agricultural, Food, and Resource Economics**, which conducts research on food policy and agricultural economics, and the **New Jersey Institute for Food, Nutrition and Health**, slated to open in the summer of 2015, will conduct interdisciplinary research on nutrition from the molecular to the community level. This is only a partial overview of the research occurring throughout the university.

At the Edward J. Bloustein School of Planning and Policy, faculty and researchers address food security from a policy perspective. Professors **Radha Jagannathan**, along with **Michael Camasso** of the School of Environmental and Biological Sciences, runs a program called Nurture thru Nature, which works with local elementary school students from New Brunswick Public Schools. Using an experiential learning model, the students learn about science through urban agriculture and experiments. The program also works to strengthen social networks among families and throughout the community.

Students at the **Ralph W. Voorhees Center for Civic Engagement** and the Bloustein School work community food security into their courses, as independent studies, internships and other projects. These include a 2004 study of Trenton's community food system, a 2011 study about where and how to grow food in New Brunswick, two studies about creating a community food hub in New Brunswick, a report about using healthy fresh food in Elijah's Promise's community food efforts, and a report/website about community food security efforts in New Brunswick. The RWV Center partners with Elijah's Promise and the New Brunswick Community Food Alliance and with a community university engagement grant travelled to New York City and Philadelphia to learn about community food access, education and economic development projects to fuel our collective imaginations (Bradshaw, 2012).

At the School of Environmental and Biological Sciences (SEBS) of Rutgers University, many faculty do research related to food and food systems and work with other organizations. **Cara Cuite**, in the Department of Human Ecology, has worked on a variety of projects addressing food security in New Brunswick. She was part of a team that analyzed the in-home food supplies of New Brunswick families. She led a project that identified barriers to SNAP enrollment among homebound seniors, and developed culturally- and age-appropriate protocols for in-home SNAP screening and enrollment for this population. In 2014, she partnered with the New Brunswick Community Farmers Market and the Middlesex County Office on Aging to enroll homebound seniors in the Senior Farmers Market Nutrition Program and provide home-delivery of fresh fruits and vegetables. Currently, she is part of a team working on a healthier corner store initiative in New Brunswick.

Nurgul Fitzgerald, in the Nutrition Department, conducts research on community food security. A founding member of the New Brunswick Community Food Alliance, Dr. Fitzgerald, along with Professor **Kathleen Morgan**, wrote a guide for other Extension professionals about how to start a food policy council. Her study on improving food access in New Brunswick with food pantries explores barriers to providing culturally appropriate, healthy foods such as lack of refrigeration, unpredictable demand, and cost. Through surveying residents, Dr. Fitzgerald demonstrated a need for fresh, affordable produce in the city and was instrumental in the creation of the New Brunswick Community Farmers Market. Professor **Kathleen Morgan** is the Chair of the Department of Family and Community Health Services at the Extension. Her research and work focuses on nutrition and women's health. She has written extensively about the importance of nutrition in health outcomes, including training school nutrition professionals, the role of nutrition in health promotion and disease prevention, as well as about community interventions for increasing physical activity.

Peter Guarnaccia, in the Department of Human Ecology at SEBS, analyzes differences in dietary habits between residents of Oaxaca, Mexico and those who immigrated to New Brunswick. His qualitative studies identify barriers many face in finding and purchasing healthy food. Participants discussed how they have access to more meat since immigrating, as it is significantly cheaper in the United States, especially in comparison to fruits and vegetables. Participants also reported eating more fast food and calorie-dense foods. His studies supports the creation of new grocery stores and farmers markets, as well as increases in urban gardening.

In Landscape Architecture, **Laura Lawson**, the Chair of the department, does research on community gardening, and the process of public participation and design. One of her graduate students, Luke Drake, is involved with running local community gardens, including Shiloh Community Garden and New Brunswick Community Farmers Market.

Mark Gregory Robson, a Professor of Entomology and Dean of Agricultural and Urban Programs at SEBS, does research on pesticide use in New Jersey and internationally, and the risks of exposure for agricultural workers. He's collaborated with researchers and independent research projects related to urban agriculture research.

At SEBS, **Lena Struwe** is an Associate Professor with a joint appointment in the Department of Ecology, Evolution, and Natural Resources, as well as in Plant Biology and Pathology. Her various research interests include ethnobotany, evolution, food and cooking interests, and she has taught several courses in ethnobotany and evolution. Recent projects have focused upon urban and global weeds, including producing handouts and recipes to help users identify and consume edible weeds safely.

Larry Katz, a Professor of Animal Sciences, researches animal behavior, and is the Director of the **Rutgers Cooperative Extension** and the Senior Associate Director of the **New Jersey Agricultural Experiment Station**.

Jack Rabin is the Associate Director of Farm Programs at the New Jersey Agricultural Experiment Station. He works on improving opportunities for locally grown produce, linking local farmers with wholesale food purchasers, and providing education and outreach for the public about local produce from New Jersey. He also teaches a course on Sustainable Agriculture, and coordinates with various bodies around sustainable farming on the rural-urban fringe. At the NJAES, **Michelle Bakacs** is an Environmental Resource and Management Agent. She conducts various workshops and public outreach around issues of water conservation, storm-water runoff, and various pollutants (including pesticides and herbicides) found in residential areas.

Andy Egan is a Professor in the Department of Philosophy, and specializes in the fields of metaphysics, philosophy of mind, and philosophy of language. He has regularly taught a course called Eating Right: The Ethics of Food Choices and Food Policy. Along with Anne Barnhill and Tyler Doggett, he is currently writing an introductory textbook called The Ethics of Food.

Ideas to Improve Food Security in New Brunswick

New Brunswick is home to community organizations, coalitions, and academic and medical institutions that work on community food security. Despite the significant contributions of this vast array of organizations, interviewees identified a number of barriers to further increase community food security and shared suggestions for improvement.

One barrier is the ***lack of organizational capacity***, which holds organizations back from meeting community food security needs:

- The New Brunswick Community Food Alliance could achieve more of its objectives with the support of a paid staff member.
- A full-time staff member working on food stamp program outreach could increase SNAP enrollment.
- Recruiting and retaining more dedicated regular volunteers could increase the capacity of volunteer-based organizations.
- The New Brunswick Community Food Alliance could develop a Strategic Plan to combat food insecurity.
- Disseminating information about community food security resources, engaging the community on a grassroots level and working more closely with religious institutions could improve community food security.

Another is the ***need to further increase access to healthy food in New Brunswick stores, in the school system, and the emergency food system***:

- Increase access to healthy food downtown by replacing the supermarket and expanding food access in neighborhoods.
- Many respondents recommended changes to the emergency food system to increase access to healthy, affordable food, especially for those with dietary restrictions. To do this they suggested further supporting gleaning organizations to get fresh produce from farms to communities. Fuel, trucks, and drivers are expensive and need more resources. Once food reaches communities, food pantries need space and refrigeration. One idea is to create a central food bank in the city and to distribute to pantries from there. Another idea is to provide carts so that people can carry groceries and children from pantry to home.

There is a ***need for more healthy eating education programs***:

- Establish healthy food programs for schools that include growing produce and preparing healthy meals
- Provide more community food security resources and films in Spanish.
- Increase community food security education in low-income communities.
- Teach older people about healthier foods perhaps with religious institutions.

Additional suggestions included ***increasing community gardens and linking farmers to urban consumers***:

- Grow more food by (1) preserving more land for agriculture and gardening, (2) using creative growing techniques to maximize growing space and increase yields, and (3) supporting small farmers.
- Increase connections between farmers and urban consumers through farmers markets and encouraging SNAP and WIC use at farmer markets.
- Provide everyone with garden plots, as everyone loves to garden, but cannot (safely) garden in contaminated soil.

Finally, a number of interviewees pointed to the connection between poverty and food security and the necessity to ***help people to achieve financial stability*** by addressing unemployment and underemployment, housing, and increasing services for people who are homeless:

- Help people secure jobs and better paying jobs to increase income and stability, respect workers, and support family budgeting. The respondent noted that “it’s hard to think about food security when you’re not making money.”
- Improve affordable housing and healthcare options to increase money for food and decrease instability.
- Create a year-round shelter to address poverty and homelessness and improve access to social services.

Published Work on Community Food Security in New Brunswick

Adams, Diane, Sewell, Mary, Angerer, Robert C. and Angerer, Lynne M. 2001. Rapid adaptation to food availability by a dopamine-mediated morphogenetic response. *Nature Communications*, 2:592. <http://www.nature.com/ncomms/journal/v2/n12/full/ncomms1603.html>

Adelaja, Adesoji, Nayga, Rodolfo, Tank, Karen, Schilling, Brian. 1996. *The Status and Conditions of New Jersey's Food Manufacturing Industry: Food, Confectionery, Flavors and Extracts and Beverage Processing*. NJAES. <http://foodpolicy.rutgers.edu/pubs.asp?id=14>

Bakacs, Michele et al. 2013. Rain Barrels: A Catalyst for Change? 51, 3: 3RIB6 <http://www.joe.org/joe/2013june/rb6.php>

Bellows, Anne, Brown, Katherine, and Smit, Jac. Health Benefits of Urban Agriculture. [http://www.co.fresno.ca.us/uploadedFiles/Departments/Behavioral_Health/MHSA/Health%20Benefits%20of%20Urban%20Agriculture%20\(1-8\).pdf](http://www.co.fresno.ca.us/uploadedFiles/Departments/Behavioral_Health/MHSA/Health%20Benefits%20of%20Urban%20Agriculture%20(1-8).pdf)

Bellows, Anne and Hamm, Michael. 2002. U.S.-Based Community Food Security: Influences, Practice, Debate. 2002. *Journal for the Study of Food and Society* 6, 1:31-44.

Bellows, Anne and Hamm, Michael. 2000. Local Autonomy and Sustainable Development: Testing Import Substitution for Localizing Food Systems. *Agriculture and Human Values* 18:271-284.

Bellows, Anne and Hamm, Michael. 2003. International Effects on and Inspiration for Community Food Security Policies and Practices in the USA. *Critical Public Health* 13, 2: 107-123.

Bradshaw, J. 2014, July 29. New Brunswick Community Farmers Market, Meals on Wheels Spread Fresh Produce Throughout the City. <http://thecityofnewbrunswick.org/new-brunswick-community-farmers-market-meals-on-wheels-spread-fresh-produce-throughout-the-city/>

Bradshaw, J. 2012, Aug 15. Healthy, Fresh Food in the Hub City. NB Patch. <http://patch.com/new-jersey/newbrunswick/healthy-fresh-food-in-the-hub-city>

Community Development Studio. 2012 (Spring). *Community Food Hubs*. A report in partnership with Elijah's Promise and the New Brunswick Community Food Alliance. New Brunswick: Ralph W. Voorhees Center for Civic Engagement, Edward J. Bloustein School of Planning and Public Policy, Rutgers University. <http://rwv.rutgers.edu/community-food-hub-i/>

Community Development Studio. 2012 (Fall). *Community Economic Development Impacts of the Rutgers Food Innovation Center*. A report in partnership with Elijah's Promise and the New Brunswick Community Food Alliance. New Brunswick: Ralph W. Voorhees Center for Civic Engagement, Edward J. Bloustein School of Planning and Public Policy, Rutgers University. <http://rwv.rutgers.edu/wp-content/uploads/2013/08/FICFinalReport.pdf>

Community Development Studio. 2012 (Fall) *High Tunnels Report in New Brunswick*. A report in partnership with Elijah's Promise and the New Brunswick Community Food Alliance. New Brunswick: Ralph W. Voorhees Center for Civic Engagement, Edward J. Bloustein School of Planning and Public Policy, Rutgers University. <http://rwv.rutgers.edu/wp-content/uploads/2013/07/HighTunnelsFinalReport.pdf>

Cuite, Cara. 2013. Increasing Food Security for the Homebound Elderly in New Brunswick. Final Report to the Rutgers Office of Community Affairs. <http://www.mowaa.org/document.doc?id=665>

D'Auria, Alena. 2012. Cultivating Community: The Growth and Goals of the New Brunswick Community Gardening Coalition. Spring 2012 Independent Study. RWV Center for Civic Engagement. Edward J. Bloustein School of Planning and Public Policy. Rutgers. <http://rwv.rutgers.edu/wp-content/uploads/2013/08/CommunityGardensPPT.pdf>

Dobbs, Margaret. 2013. Measuring Community Garden Produce Yields: A Methodological Analysis. RWV Center for Civic Engagement. Edward J. Bloustein School of Planning and Public Policy. Rutgers.

Dobbs, Margaret. 2013. Measuring Production Yields in a Community Garden: A How-To Guide. RWV Center for Civic Engagement. Edward J. Bloustein School of Planning and Public Policy. Rutgers.

Dobbs, Margaret. 2013. New Brunswick Community Garden Report. RWV Center for Civic Engagement. Edward J. Bloustein School of Planning and Public Policy. Rutgers.

Egan, Andy. SAS Signature Course: Undergraduate course: Eating Right: The Ethics of Food Choices and Food Policy 01:730:252 <http://sas.rutgers.edu/signature-courses/1143-eating-right-the-ethics-of-food-choices-and-food-policy>

Feenstra, Gail. 1997. Local Food Systems and Sustainable Communities. *American Journal of Alternative Agriculture* 12, 1:28-36.

Fitzgerald, Nurgul. 2013. *Exploring Ways to Improve Food Access: Food Pantries*. Presentation slides. Accessed from author.

Fitzgerald, Nurgul and Morgan, Kathleen. 2014. A Food Policy Guide for Extension Professionals. *Journal of Extension* 52, 2. <http://www.joe.org/joe/2014april/a6.php>

Fitzgerald, Nurgul. and Parekh, N. 2009. Vegetable intake as a preventative measure against type 2 diabetes and cancer. In Papreschi, A, Eppolito, H Eds. *Fruit and Vegetable Consumption and Health*. Nova Science Publishers, Inc., pp. 81-99.

Fitzgerald, Nurgul, Damio, G, Segura-Perez S, Perez-Escamilla, R. 2008. Nutrition knowledge, food label use, and food intake among Latinas with and without type 2 diabetes. *Journal of the American Dietetic Association* 108, 8:960-967.

Fitzgerald, N, Hromi-Fiedler, A, Segura-Perez S, Perez-Escamilla R. 2011. Food Insecurity is Related to Type 2 Diabetes Among Latinas. *Ethnicity and Disease* 21, 3:328-334. <http://www.ishib.org/journal/21-3/ethn-21-03-328.pdf>

Fitzgerald, Nurgul, Finston, Lisanne, Morgan, Kathleen, and Hallman, William. 2012. Developing a Food Policy Council through Community-based Participatory Research. *The Journal of the Federation of American Societies for the Experimental Biology*.

Guarnaccia, Peter J., Vivar, Teresa, Bellows, Anne C. and Alcatraz, Gabriela V. 2012. 'We eat meat every day': ecology and economy of dietary change among Oaxacan migrants from Mexico to New Jersey. *Ethnic and Racial Studies* 35, 1: 104-119.

Hamm, Michael, and Bellows, Anne. 2003. Community Food Security and Nutrition Educators. *Journal of Nutrition Education and Behavior* 35, 1:37-43.

Hishamunda, Nathanael and Ridler, Neil. 2006. Farming Fish For Profits: A Small Step Towards Food Security in SubSaharan Africa. *Food Policy* 31, 5:401-414.

Kalet, Hank. 2014. Overburdened NJ Food Pantries Challenged to Feed More Hungry Clients. *NJ Spotlight*. <http://www.njspotlight.com/stories/14/07/06/overburdened-nj-food-pantries-challenged-to-feed-more-hungry-clients/>

Keenan, Debra Palmer, Olson, Christine, Hersey, James, and Parmer, Sondra. 2001. Measures of Food Insecurity/Security. *Journal of Nutrition Education*, 33 1:S49-S58.

Kempson, Kathryn, Keenan, Debra Palmer, Sonya Sadani Puneeta, and Adler, Audrey. 2003. Maintaining Food Sufficiency: Coping Strategies Identified by Limited-Resource Individuals versus Nutrition Educators. *Journal of Nutrition Education and Behavior*, 35 4:179-188.

Kempson, Kathryn, Palmer Kennan, Debra, Sadani, Puneeta Sonya, Ridlen, Sylvia, and Scotto Rosato, Nancy. 2002. Food Management Practices Used by People with Limited Resources to Maintain Food Sufficiency as Reported by Nutrition Educators. *Journal of the American Dietetic Association*, 102 12:1795-1799.

Lloyd, Kristen, Ohri-Vachaspati, Punam, Brownlee, Susan, Yedidia, Michael, Gaboda, Dorothy, Chou, Jolene. 2010. *New Jersey Childhood Obesity Survey*. Rutgers Center for State Health Policy.

Morgan, Kathleen and Fitzgerald, Nurgul. 2014. Thinking Collectively: Using a Food Systems Approach to Improve Public Health. *Journal of Extension* 52, 3:3COM3.

NJAES. Food, Nutrition, and Health Resources. <http://njaes.rutgers.edu/health/>

NJAES. Sustainable Farming on the Urban Fringe. Blog. <http://sustainable-farming.rutgers.edu>

NJAES. *Safe Soil: a healthier way to garden*. Gardening manual. Publication E342. <http://njaes.rutgers.edu/pubs/publication.asp?pid=E342>

Patel, I. C. 1996. Rutgers Urban Gardening: A Case Study in Urban Agriculture. *Journal of Agricultural and Food Information* 3, 3:35-56.

Salemi, Caitlin and Fitzgerald, Nurgul. 2011. Planning and Establishing Food Policy Councils: Lessons Learned from Others. Rutgers.

Salemi, C, Braco, J, Fitzgerald, N. 2011. A report of best practices to establish community-based food policy councils. <http://nutrition.rutgers.edu/faculty/fitzgerald.html>

Schefske, S. D., Bellows, A. C., Byrd-Bredbenner, C., Cuite, C. L., Rapport, H., Vivar, T., & Hallman, W. K. 2010. Nutrient Analysis of Varying Socioeconomic Status Home Food Environments in New Jersey. *Appetite* 52, 2:384-389.

Schneider, Dona, Yana Van Der Meulen Rodgers, and Joseph Miles Cheang. 2007. "Local Government Coordination of Community Food Systems in Distressed Urban Areas." *Journal of Poverty* 11, 4:45-69.

Schilling, Brian and Sullivan, Kevin. 2011. *The Economic Importance of New Jersey's Food System: A 2010 Update*. February. NJAES. <http://njaes.rutgers.edu/pubs/publication.asp?pid=E332>

Spalding, B., Czarnecki, N., Hallman, W., Fitzgerald, N. 2012. *Can Farmer's Markets Improve Access and Consumption of Fruits and Vegetables in Vulnerable Populations?* Rutgers Department of Nutritional Sciences and Rutgers Department of Human Ecology.

Voorhees Fellows. 2013. *Farm-to-Freezer*. A report in partnership with Elijah's Promise. New Brunswick: Ralph W. Voorhees Center for Civic Engagement, Edward J. Bloustein School of Planning and Public Policy, Rutgers University. <http://rwv.rutgers.edu/wp-content/uploads/2014/06/Farm-To-Freezer-Final-June-14.pdf>

Voorhees Fellows/ Community Development Studio. 2012 (Fall). *Food Hub in New Brunswick II*. A report in partnership with Elijah's Promise and the New Brunswick Community Food Alliance. New Brunswick: Ralph W. Voorhees Center for Civic Engagement, Edward J. Bloustein School of Planning and Public Policy, Rutgers University. <http://rwv.rutgers.edu/new-brunswick-food-hub-ii/>

Worobey, John, Borrelli, Amanda, Espinosa, Carolina, Worobey, Harriet S. 2012. "Feeding practices of mothers from varied income and racial/ethnic groups." *Early Child Development and Care*.

Bibliography

Anshe Emeth Community Development Corporation (AECDC). Retrieved November 2014
<http://www.aecdc.org/our-services/aecdc-food-funnel>

Benefits.gov website. "New Jersey School Breakfast and Lunch Program." <http://www.benefits.gov/benefits/benefit-details/2005> Retrieved November 26, 2014.

Bradshaw, Jennifer. 30 July 2013. Fresh Food, Community Causes at the New Brunswick Community Farmers Market. *New Brunswick Patch*. Retrieved October 2014.

Charles, Dan. "How 'Double Bucks' for Food Stamps Conquered Capitol Hill." *National Public Radio*, November 2014. <http://n.pr/1yZgp7W>. Retrieved November 26, 2014.

Community Development Studio. 2005. *A Community Food Assessment of Trenton, New Jersey*. New Brunswick: Edward J. Bloustein School of Planning and Public Policy, Rutgers University.

The Daily Targum. "Group brings organic food and friends to Rutgers". <http://www.dailytargum.com/article/2014/09/group-brings-organic-food-and-friends-to-u>. Retrieved December 7th 2014.

D'Auria, Alena. 2012. Cultivating Community: The Growth and Goals of the New Brunswick Community Gardening Coalition. Spring 2012 Independent Study. RWV Center for Civic Engagement. Edward J. Bloustein School of Planning and Public Policy. Rutgers. <http://rwv.rutgers.edu/wp-content/uploads/2013/08/CommunityGardensPPT.pdf>

Donald, B. 2013, January 15. Food retail and access after the crash: Rethinking the food desert problem. *Journal of Economic Geography* 13, 231-237. doi:10.1093/jpeg/lbs064.

Double Up Food Bucks website. <http://doubleupfoodbucks.org/>. Retrieved November 26, 2014.

Drake, Amanda, & Walker, Brian. 2004. The intergenerational effects of fetal programming: non-genomic mechanisms for the inheritance of low birth weight and cardiovascular risk. *Journal of Endocrinology* 180, 1: 1-16.

Elijah's Promise. 2013. Homepage. <http://www.elijahspromise.org>.

- What We Do: Better World Cafe. <http://www.elijahspromise.org/what-we-do/betterworldcafe/>.
- What We Do: Better World Market. <http://www.elijahspromise.org/what-we-do/better-world-market/>.

- What We Do: Community Soup Kitchen. <http://www.elijahspromise.org/what-we-do/community-kitchen/>.
- What We Do: Community Gardens. <http://www.elijahspromise.org/what-we-do/community-gardens/>.
- What We Do: CSA. <http://www.elijahspromise.org/what-we-do/csa/>.
- What We Do: Promise Culinary School. <http://www.elijahspromise.org/what-we-do/promise-culinary/>. Retrieved October 2014.

Farmers Against Hunger. 2014. Homepage. <http://www.njagsociety.org/farmers-against-hunger.html>

Genovese, Peter. 2013, March 15. Grease is not the word: Rutgers' SouperVan serves healthy food, raises consciousness about hunger. *The Star-Ledger*. http://www.nj.com/news/index.ssf/2013/03/grease_is_not_the_word_rutgers.html

Jenkins, J. Craig. 1987. "Nonprofit Organizations and Policy Advocacy." 296–318 in *The Nonprofit Sector: A Research Handbook*, edited by Walter W. Powell. New Haven, CT: Yale University Press.

Lloyd, Kristen, Ohri-Vachaspati, Punam, Brownlee, Susan, Yedidia, Michael, Gaboda, Dorothy, Chou, Jolene. 2010. *New Jersey Childhood Obesity Survey*. Rutgers Center for State Health Policy.

MCFOODS. 2012. Top Food Drives. Middlesex County Food Organization and Outreach Distribution Services. Middlesex County Improvement Authority. Retrieved October 2014. <http://www.mciauth.com/MCFOODS%20Brochure.pdf>

Middlesex County Aging and Disabled Services. <http://co.middlesex.nj.us/aging/>. Retrieved November 19, 2014.

Middlesex County Nutrition Services. <http://www.co.middlesex.nj.us/Government/Departments/CS/Pages/Aging%20and%20Disabled%20Services/Nutrition-Services.aspx>. Retrieved December 1, 2014.

Middlesex County Food Organization and Outreach Distribution Services. Middlesex County Improvement Authority. <http://www.mciauth.com/mcfoods.htm>. Retrieved October 2014

Middlesex County Master Gardeners Program. <http://mgmcnj.org/>. Retrieved November 2014.

New Brunswick Community Food Alliance (NBCFA) website. <http://www.nbfood.org> Retrieved October 1, 2014.

New Brunswick Community Garden Coalition. Presentation board on display at Unity Square, 81 Remsen Ave, New Brunswick NJ 08901. Retrieved November 18, 2014.

New Brunswick Tomorrow. <http://nbtomorrow.org/>. Retrieved October 23, 2014.

New Brunswick Tomorrow. *2013 Annual Report*. New Brunswick Tomorrow.

New Jersey Monthly. "The Ultimate Market For NJ Foods?". <http://njmonthly.com/blogs/from-the-editors/2014/8/18/the-ultimate-market-for-nj-foods.html>. Retrieved December 7th 2014.

NJAES Expanded Food and Nutrition Program (EFNEP). <http://njaes.rutgers.edu/efnep/>. Retrieved October 2014.

NJAES. Welcome to NJ SNAP-Ed. <http://www.njsnap-ed.org/>. Retrieved October 2014.

NJAES Rutgers New Jersey 4-H. <http://nj4h.rutgers.edu/> Retrieved October 2014.

NJ Partnership for Healthy Kids. NJ Partnership for Healthy Kids Website <http://www.njhealthykids.org/about-us/contact/>. Retrieved November 2014.

NJPRG Student Chapters. "Campaign Against Hunger and Homelessness". <http://njpirgstudents.org/campaigns/nj/campaign-against-hunger-and-homelessness>. Retrieved December 7th 2014.

Park, Katie. 2014. Group Brings Organic Food and Friends to Rutgers. *The Daily Targum*. September 25.

Rutgers Against Hunger. <http://rah.rutgers.edu/>. Retrieved October 2014.

Rutgers Cooperative Extension: Rutgers University. Rutgers: New Jersey Agricultural Experiment Station. <http://njaes.rutgers.edu/extension/> Retrieved October 2014.

Rutgers Gardens Farmers Market. Rutgers Gardens Farmers Market website. <http://www.rutgersgardens.rutgers.edu/farmmarket.htm> Retrieved Sept/Oct 2014.

Rutgers Hillel. Hillel website. <http://www.rutgershillel.org/> Retrieved Sept/Oct 2014.

Rutgers School of Environmental and Biological Sciences Agricultural Experiment Station Newsroom. 28 May 2013. Rutgers Helps Grow Community Apple Orchard in New Brunswick. <http://njaes.rutgers.edu/extension/>. Retrieved October 2014.

Rutgers School of Environmental and Biological Sciences, Office of Communications. 2013. Rutgers Helps Grow Community Apply Orchard in New Brunswick. Rutgers School of Environmental and Biological Sciences and New Jersey Agricultural Experiment Station Newsroom. <http://rwv.rutgers.edu/wp-content/uploads/2013/08/FoodHubStudioReportF12.pdf>

Salemi, Caitlin and Fitzgerald, Nurgul. 2011. *Planning and Establishing Food Policy Councils: Lessons Learned from others*. Rutgers.

SouperVan. SouperVan website. <http://www.soupervan.org/> Retrieved October 2014.

State of New Jersey Department of Agriculture website. "Food Distribution Programs." <http://www.nj.gov/agriculture/divisions/fn/fooddistrib/> Retrieved November 26, 2014.

State of New Jersey Department of Agriculture Website. "Nutrition/Wellness Policy." http://www.nj.gov/agriculture/divisions/fn/childadult/school_model.html Retrieved November 26, 2014.

State of New Jersey Department of Education Website. "2012-2013 Performance Reports." <http://education.state.nj.us/pr/nav.php?c=23;d=3530> Retrieved November 26, 2014.

United States Department of Agriculture (USDA). 2014. *Overview*. <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us.aspx> Retrieved November 2014.

United States Department of Agriculture (USDA). 2014. *Measurement*. <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/measurement.aspx>. Retrieved November 2014.

United States Department of Agriculture website. "Supplemental Nutrition Assistance Program (SNAP) | Food and Nutrition Service." <http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>. Retrieved November 26, 2014.

United States Department of Agriculture *Economic Research Service*. 2013. Food security in the US. Retrieved June 14, 2013 <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us.aspx#.UdBaPD7wJJ8>.

Unity Square. 2014. <https://www.facebook.com/unitysq> Retrieved November 2014.

Weatherspoon, D., Oehmke, J., Dembele, A., Coleman, M., Satimanon, T., & Weatherspoon, L. (2012 February). Price and expenditure elasticities for fresh fruits in an urban food desert. *Urban Studies*, 50(1), 88-106.

Willett, Walter (1994). Diet and health: what should we eat?. *Science*, 264(5158), 532-537.

Women Aware. (n.d.) Housing. *Women Aware: Looking Beyond Abuse*. <http://womenaware.net/services/housing/> Retrieved November 2014.

Wright, Terry. 2014. "\$813k in federal grants will be used to promote Garden State products. Nj.com October 7.
http://www.nj.com/hunterdon-county-democrat/index.ssf/2014/10/813k_in_federal_grants_will_be.html

RUTGERS

Edward J. Bloustein School
of Planning and Public Policy

Ralph W. Voorhees Center for Civic Engagement