

A nutritious mid-day meal is available for Bergen County senior citizens at any of the 25 nutrition centers, or if eligible, through the Meals on Wheels program.

SUGGESTED DONATION: \$1.25 PER MEAL

Donations are voluntary & confidential. Service will not be denied if you are unable to donate.

BERGEN COUNTY MEALS ON WHEELS

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

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

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

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

COUNTY OF BERGEN



James J. Tedesco III
County Executive

BOARD OF COMMISSIONERS

DEPARTMENT OF HUMAN SERVICES

DIVISION OF SENIOR SERVICES

tt/DSS/Brochure/Nutrition 3/29/2022

BERGEN COUNTY

NUTRITION PROGRAM

SENIOR LUNCH FOR ACTIVE SENIORS

MEALS ON WHEELS FOR
HOMEBOUND SENIORS



Funding provided by

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

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

BERGEN COUNTY SENIOR LUNCH

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

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

Lunch is served Monday-Friday at the programs listed. A reservation must be made at least 1 day in advance. Transportation may be available. Suggested donation is \$1.25 per meal.

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

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

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

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

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

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

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

Fair Lawn (Kosher)
Temple Beth Shalom
40-25 Fair Lawn Ave ruthb@jccnnj.org
Tue and Thurs only 201-666-6610 ext. 2

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

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

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

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

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

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

Lyndhurst Nutrition Program
281 Stuyvesant Avenue 201-896-1629

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

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

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

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

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

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

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

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

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

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



All buildings are wheelchair accessible