

# Food and Nutrition Programs

## SNAP: Supplemental Nutrition Assistance Program (FOOD STAMPS)

- Provides coupons for *food only* for eligible Mercer County residents.
- Eligibility is based on a formula that takes into consideration the number of persons in the household, income, resources. Seniors cannot have more than \$3000 in liquid assets.
- The website [NJhelps.org](http://NJhelps.org) is useful to prescreen eligibility and to apply for food stamps and other benefits.
- Main phone: 800.687.9512 or 609.989.4320.
- Local application assistance: Princeton Human Services 609.688.2055
- [nj.gov/humanservices/dfd/programs/njsnap](http://nj.gov/humanservices/dfd/programs/njsnap)

## GROCERY DELIVERY

- Peapod — Stop & Shop, [peapod.com](http://peapod.com)
- Fresh Direct — [freshdirect.com](http://freshdirect.com)
- [AmazonFresh](http://AmazonFresh)

## HOME DELIVERED MEALS

Meals delivered (hot lunch and in some instances cold dinner) to shut-ins, the elderly, convalescent, or disabled who find it difficult to prepare meals. Available Monday-Friday unless otherwise specified. There is a cost per meal.

### Meals on Wheels Mercer County

609.695.3483

Application: <https://www.mealsonwheelsmercer.org/meal-delivery-application>

## Other Meal Programs

For other meal programs in Mercer County, call the Office on Aging 609.989.6661

## **MERCER COUNTY NUTRITION PROGRAM FOR THE ELDERLY**

Hot, nutritious meals served at noon at many sites in Mercer County for seniors aged 60 and over. Most programs also provide activities such as games, cards, bingo, and entertainment. Check with individual programs.

- For enrollment and all Mercer County locations, call 609.989.6650
- Limited transportation available by TRADE.  
(See [Transportation](#))
- Farmers Market Vouchers — summer if eligible.
- [mercercounty.org](http://mercercounty.org)

## **MOM'S MEALS**

- Fresh-made, home-delivered meals nation-wide
- 877.508.6667
- [www.momsmeals.com](http://www.momsmeals.com)

*Hopewell Valley Senior Services does not endorse any of the resources listed. Information is collected from many sources as a service to those seeking services in Hopewell Valley.*