

Food Pantries

1. Your Food Shelf - <https://woodlandcdc.org/your-food-shelf/>
Federal St Camden NJ - (856) 365-6475
2. Touch New Jersey Food Pantry - 549 State St, Camden, NJ 08102 - [\(856\) 803-3030](tel:(856)803-3030)
3. 27th Street Revival Center Food Pantry - N 27th St, Camden, NJ - [\(856\) 963-6115](tel:(856)963-6115)
4. The Neighborhood Center In Camden - Kaighns Ave, Camden, NJ - [\(856\) 365-5295](tel:(856)365-5295)
<http://www.neighborhoodrising.org/>

Other Resources

211 – ALL OTHER EMERGENCIES

Utility Assistance - <https://www.state.nj.us/bpu/assistance/programs/>

Housing Assistance - <https://www.nj.gov/dca/divisions/dhcr/offices/ha.html>

Food Choices

Average Calorie Intake a Day – 2,000 – 3,000

Average Sugar Intake a Day – under 25 grams (about 6 teaspoons)

Average Protein Intake a Day – 45 – 55 grams a day (veggie burger has 15 grams)

As many vegetables as you can eat

2-3 servings of fruit

Dairy – 1 – 3 cups

Grains – Try for whole grains

Organic – When you can (purify your water and try to get organic apples)