



Food Pantry Tips: Know Before You Go

Food pantries are community resources designed to help individuals and families access nutritious food when needed. To make your visit as easy and comfortable as possible, here are some helpful tips and reminders:

- **Before you Go**
 - Call ahead to confirm the pantry's hours and eligibility requirements.
 - Check online for updates, including holiday hours, distribution events, and weather-related changes.
- **What to Bring** (*suggested*)
 - Photo ID (for yourself and household members, if requested)
 - Registration form/application
 - Proof of address or residency (such as a utility bill or lease)
 - Proof of income
 - Nutrition Assistance Card (Families First Card, SNAP/EBT, etc.)
 - Reusable bags or boxes to carry your groceries
- **Helpful Tips**
 - Arrive early if possible - some pantries operate on a first-come, first-served basis.
 - Double-check any pantry limitations, such as visit frequency (e.g., one visit per month) or residency restrictions (e.g., county residents only).
 - Ask questions! Staff can help you learn about other available resources, like meal programs or health services.

Note: These are general recommendations based on common pantry requirements. Every food pantry is different, but most will still serve you if you need support, even if you don't have certain items or documents.

For a complete list of food pantries, please visit:
<https://sites.rutgers.edu/food-waste/nj-food-pantry-list/>

