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Trenton (08625)



# Food Assistance Resources for NJ SNAP Recipients

## Updates for SNAP Recipients

Last updated: 11/7/25

- New Jersey issued **full November 2025 Supplemental Nutrition Assistance Program (SNAP) benefits** to eligible households on the morning of **Friday, November 7**, following a federal court ruling.
- SNAP recipients are encouraged to **check their Families First EBT cards** at [NJFamiliesFirst.com](https://NJFamiliesFirst.com) or by calling **(800) 997-3333** to **confirm their balances** and **use their benefits as needed**.
- SNAP benefits loaded on your Families First EBT card prior to **Oct. 31** remain available for use as well.
- New Jersey continues to monitor developments and will continue to provide updates at [NJSNAP.gov](https://NJSNAP.gov) as needed.
- Beware of EBT card scams (learn more [here](#)).

## Need Help Finding Food?

If you're concerned about changes to your food benefits, there are resources that may be able to help. Our [Resource Directory](#) includes over 500 food programs across New Jersey that may be able to help with fresh groceries, prepared meals, baby food, and more.

## There Are Two Ways to Find Help:

### Option 1: Use the Resource Directory:

These programs are available **every day** and are part of regular community services.

1. **Enter your ZIP code** in the top right corner of this page to see programs near you (click on location not set).
2. **Scroll down and view food categories** below. Click on the categories below to explore the different types of food assistance.
3. **Open each listing** to learn who qualifies, where the program is available, and how to contact the agency.

Food Pantries

Soup Kitchens



mula/Baby Food

up Meals/Nutrition Sites

[Food Vouchers](#)[Farmers Markets Nutrition Program](#)[Home Delivered Meals/Meals on Wheels](#)[Mobile Food Pantries](#)

*\*Pantries and distribution centers may ask people to bring their SNAP card.*

## Option 2: Find Emergency Food by County:

These are **temporary pop-up food events** created to help during the **government shutdown** and **delays in SNAP**.

1. **Scroll down** to the emergency food distribution section.
2. **Pick your county from the dropdown list.**
3. **Click "apply" to see events near you.**

## Emergency Food Distribution

County

- Any -

Filter

Select a county from the filter and click on Apply to see results

## Additional Resources for SNAP Recipients

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**Essex County**

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**Monmouth & Ocean Counties**

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**Union County**

### Personal Support and Other Options

In addition to these community programs, we encourage you to reach out to your personal support network. Family, friends, neighbors, and people from your faith group, school, or local organizations may be able to offer temporary help, share meals, or connect you with other resources. Using both community services and personal support can make a big difference when times are tough.

### Double Your SNAP Benefits with Good Food Bucks

If you use SNAP (Families First) or Summer EBT, you can double your benefits when you shop for fresh fruits and vegetables at participating farmers' markets, grocery stores, farm stands, and other fresh-food retailers across New Jersey. For every \$1 you spend from your EBT card, you receive an extra \$1 to use on fresh produce—no sign-up needed. Visit [Good Food Bucks locations](#) to find a spot near you. You'll automatically receive the match at checkout.

**For NJ SNAP Information**

Current NJ SNAP recipients can use the free ConnectEBT app to check their balance, view transaction history, confirm deposits, and change their PIN. The app is available in English and Spanish on the [Apple App Store](#) and [Google Play Store](#). Users can sign in using the same username and password used on [NJFamiliesFirst.com](#).

**Related Press Releases:**

10.31.25 - [Governor Murphy Declares State of Emergency Due to Federal Suspension of SNAP Benefits](#)

10.31.25 - [El gobernador Murphy firma una orden ejecutiva que establece un grupo de trabajo sobre la suspensión federal de los beneficios del SNAP](#)

10.17.25 - [Federal Uncertainty Threatens Reliability of New Jersey SNAP and WIC Programs](#)

10.17.25 - [La incertidumbre federal amenaza la seguridad de los programas SNAP y WIC de Nueva Jersey Press](#)

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