



LEAD NEW JERSEY  
20 Nassau Street  
Suite 235B  
Princeton, New Jersey 08542  
<http://www.leadnj.org>

TO: Lead New Jersey Class of 2017

FROM: Mark M. Murphy, LNJ '91, President  
Jennifer M. Bredehoft, LNJ '10, Vice President

RE: Readings for Seminar on Human Services and Health Care Policy  
Wednesday November 8 – Thursday November 9, 2017

---

New Jersey Sharing Network: <https://www.njsharingnetwork.org/>  
Federal Affordable Care Act: <https://www.healthcare.gov/>  
New Jersey Healthcare Quality Institute: <http://www.njhcqi.org/>  
New Jersey Policy Perspective: <https://www.njpp.org/healthcare>  
National Council on Alcohol & Drug Dependence-NJ Chapter: <http://www.ncaddnj.org/>  
New Jersey Prevention Network: <http://www.njpn.org/>  
New Jersey Health Initiatives: <https://www.njhi.org/>  
Children's Specialized Hospital: <https://www.childrens-specialized.org/>  
Society for the Prevention of Teen Suicide: <http://www.sptsusa.org/>  
Advocates for Children of New Jersey: <https://acnj.org/>  
Princeton Area Community Foundation: <http://pacf.org/>  
Community Food Bank of New Jersey: <http://cfbnj.org/>

Robert Wood Johnson Foundation's 2017 President's Message: Seven Lessons I've Learned About Improving Health in America: <https://www.rwjf.org/en/library/annual-reports/2017-annual-message.html>

"Here's Where Your Lawmakers Stand on New Bipartisan Effort to Fix Obamacare," Jonathan D. Salant, NJ Advance Media  
[http://www.nj.com/politics/index.ssf/2017/10/heres\\_how\\_your\\_lawmakers\\_stand\\_on\\_a\\_bipartisan\\_eff.html](http://www.nj.com/politics/index.ssf/2017/10/heres_how_your_lawmakers_stand_on_a_bipartisan_eff.html)

"Opioid Epidemic Shares Chilling Similarities with the Past," Mike Stobbe  
<http://www.njherald.com/article/20171028/AP/310289914#//>

Advocates for Children of New Jersey's 2017 New Jersey Kids Count:  
<https://www.rwjf.org/en/library/annual-reports/2017-annual-message.html>

Professor Jerome Williams Explores Communications as a Factor in America's Epidemic of Childhood Obesity"  
<http://www.business.rutgers.edu/business-insights/professor-jerome-williams-explores-communications-factor-americas-epidemic-childho>

NJ Adult & Childhood Obesity Statistics: <https://stateofobesity.org/states/nj/>

Stress in New Jersey: <http://www.cshp.rutgers.edu/Downloads/11240.pdf>



LEAD NEW JERSEY  
20 Nassau Street  
Suite 235B  
Princeton, New Jersey 08542  
<http://www.leadnj.org>

**LIVING ON FOOD STAMPS (the federal program is now known as the Supplemental Nutrition Assistance Program – SNAP- <http://www.fns.usda.gov/snap/>)**

What is it like to have to get by on government assistance? You will get some idea when you go shopping for groceries on a budget.

**You are a 25-year-old single mother of an 8-year-old boy and a 5-year-old girl. As a Food Stamp recipient, you have \$60 to spend on feeding yourself and your children this week.**

Find a market on the route near the Center for Health Policy where we will be convening on Wednesday November 9<sup>th</sup>. Each member of your case study team should chip in to purchase a week's worth of groceries—about \$5 per person, but don't go over the \$60 limit because that is all you have to spend for this week's food.

When it comes to perishables like milk, eggs, or meat don't actually buy them—but include them on your list and keep track of the cost, subtracting the total from your \$60. Then actually buy the other items (non-perishables such as cereal, canned goods, bread, etc.) that you think would provide maximum nourishment at minimum expense. Bring the groceries (plus the list of perishables and their cost) to the Center for Health Policy for judging. These will be donated to

Elijah's Promise's Community Soup Kitchen. Your purchases will be evaluated to determine how well each team combined cost-effectiveness with nutritional value.

**For the answers to some FAQs on food stamps, including what is covered and what is not (non-food items, like laundry detergency and toilet paper, alcohol, tobacco products, hot/prepared food, pet food, etc.), visit the following link. A guide may be available at the store(s) you visit if requested.**

**[http://www.fns.usda.gov/snap/applicant\\_recipients/facts.htm](http://www.fns.usda.gov/snap/applicant_recipients/facts.htm).**