

TO: Lead New Jersey Class of 2019

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
Thursday November 7 – Friday November 8, 2019

Rutgers Center for State Health Policy: <http://www.cshp.rutgers.edu/>
New Brunswick Tomorrow: <https://www.nbtomorrow.org/>
Advocates for Children of New Jersey: <https://acnj.org/>
United Way of Northern New Jersey: <http://www.unitedwaynnj.org/>
Anti-Poverty Network: <http://www.antipovertynetwork.org/>
Preferred Behavioral Health Group: <https://www.preferredbehavioral.org/>
Bridgeway Rehabilitation Services: <https://www.bridgewayrehab.org/>
Robert Wood Johnson Foundation: <https://www.rwjf.org/>
New Jersey Department of Health: <https://www.nj.gov/health/>
New Jersey Department of Human Services: <https://www.state.nj.us/humanservices/>
New Jersey Health Initiatives: <https://www.njhi.org/>

“Building a Culture of Health: A Policy Roadmap to Help All New Jerseyans Live Their Healthiest Lives,” <https://www.rwjf.org/en/library/research/2019/04/building-a-culture-of-health-a-policy-roadmap-to-help-all-new-jerseyans-live-their-healthiest-lives.html>

Required Readings for Day 1:

ACNJ’s New Jersey Kids Count Reports: <https://acnj.org/kids-count/>

United Way ALICE Project: <http://www.unitedwaynnj.org/ourwork/alice.php>

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

Other Readings:

Op-Ed: “We now offer more options for mental health care, CEO says, we call on others to do the same,” Robert C. Garrett, Hackensack Meridian Health, Oct 7, 2019
<https://www.nj.com/opinion/2019/10/we-now-offer-more-options-for-mental-health-care-ceo-says-we-call-on-others-to-do-the-same.html>

“More Hispanic and Asian Children Uninsured Likely Due to Chilling Effect,” New Jersey Policy Perspective
<https://www.njpp.org/healthcare/more-hispanic-and-asian-children-uninsured-due-to-chilling-effect>

RWJF County Health Rankings: <http://www.countyhealthrankings.org/>



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LIVING ON SNAP (Supplemental Nutrition Assistance Program)

<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 in New Brunswick where we will be convening on Thursday November 7th. 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. Your purchases will be evaluated to determine how well each team combined cost-effectiveness with nutritional value.

For the answers to some FAQs on SNAP, including what is covered and what is not (non-food items, like laundry detergent 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.