



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

TO: Lead New Jersey Class of 2018

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 8 – Friday November 9, 2018

Unity Square Community Center: <https://ccdom.org/usq#section2>
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/>
Arm in Arm: <https://arminarm.org/>
New Jersey Community Capital: <https://www.newjerseycommunitycapital.org/>
Coopers Ferry Partnership: <http://coopersferry.com/>
New Jersey Working Families Alliance: <http://workingfamilies.org/states/new-jersey/>
Preferred Behavioral Health Group: <https://www.preferredbehavioral.org/>
Planned Parenthood of Greater Central & Northern NJ: <https://www.plannedparenthood.org/planned-parenthood-northern-central-southern-new-jersey>
South Jersey Aids Alliance: <https://www.southjerseyaidsalliance.org/>
Summit Medical Group: <https://www.summitmedicalgroup.com/>
Community Food Bank of New Jersey: <http://cfbnj.org/>
New Jersey Department of Health: <https://www.nj.gov/health/>
Robert Wood Johnson Foundation: <https://www.rwjf.org/>
New Jersey Health Initiatives: <https://www.njhi.org/>

Robert Wood Johnson Foundation's 2018 President's Message: Putting Our Principles to Work
<https://www.rwjf.org/en/library/annual-reports/2018-annual-message.html#/>

ACNJ's 2018 New Jersey Kids Count Report: <https://acnj.org/kids-count/>

United Way ALICE Project <https://www.unitedwayalice.org/new-jersey>

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

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



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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 Children’s Specialized Hospital in New Brunswick where we will be convening on Thursday November 9th. 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.