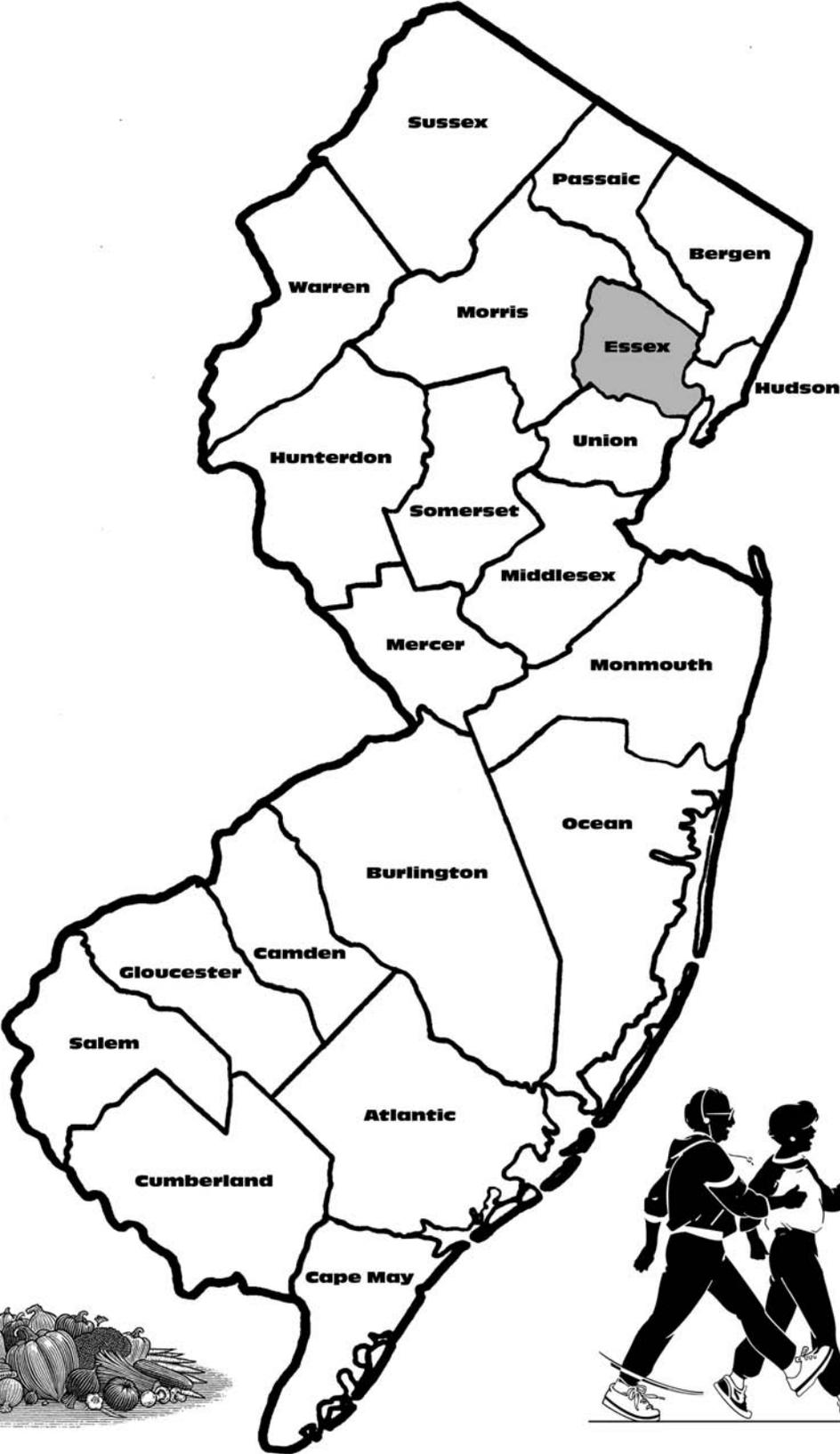


Essex County



ESSEX COUNTY Nutrition Programs

Agency/Institution:	Mountainside Hospital
Address:	1 Bay Ave., Montclair, NJ 07042
County:	Essex
Phone:	973-429-6000
Website:	www.atlantichealth.org
Focus:	Healthy eating habits
Services:	     
Population served:	All ages
Funded by:	Own funding
Other information:	We offer various programs throughout the year

Program Name:	Nutrition Counseling
Agency/Institution:	YMCA-WEST ESSEX
Address:	321 South Livingston Avenue, Livingston, NJ 07039
County:	Essex
Phone:	973-992-7500
Focus:	Healthy eating habits
Services:	    
Population served:	All ages
Fees & Charges:	Yes
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

ESSEX COUNTY Nutrition Programs

Agency/Institution:	City of East Orange Division of Senior Services
Address:	7 Glenwood Avenue, East Orange, New Jersey 07017
County:	Essex
Phone:	973-266-8832
Services:	 
Population served:	Seniors
Funded by:	Own funding
Fees & Charges:	None
Other information:	We hold an annual seminar on healthy eating at the Senior Conference.

Program Name:	Summer Breakfast/Lunch Program for school age children, Daily Soup Kitchen
Agency/Institution:	Irvington Neighborhood Improvement Corporation
Address:	346 16th Avenue, Irvington, NJ 07111
County:	Essex
Phone:	973-416-0909
Website:	www.irvington.net
Services:	 
Population served:	All ages
Funded by:	State
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

ESSEX COUNTY Nutrition Programs

Program Name:	Essex County Kosher Nutrition Program
Agency/Institution:	Jewish Senior Citizens of Irvington
Address:	1 Linden Avenue, Irvington, NJ 07111
County:	Essex
Phone:	973-372-3907
Focus:	To provide a healthy meal for seniors who for the most part live alone and probably do not care for themselves or find shopping and food preparation difficult
Services:	   
Population served:	Seniors
Funded by:	Essex County Division on Aging
Fees & Charges:	Yes

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

ESSEX COUNTY Physical Activity Programs

Program Name:	South Orange Senior Steppers
Agency/Institution:	South Orange Department of Health
Address:	101 South Orange Avenue, South Orange, NJ 07079
County:	Essex
Phone:	973-378-7715 ext. 7710
Focus:	Promote a healthy lifestyle and decrease osteoporosis and other diseases
Services:	   
Population served:	Residents ages 55+
Funded by:	Own funding
Fees & Charges:	None

Agency/Institution:	City of East Orange Division of Senior Services
Address:	7 Glenwood Avenue, East Orange, New Jersey 07017
County:	Essex
Phone:	973-266-8832
Focus:	Promote an active lifestyle
Services:	   bowling
Population served:	Seniors, disabled
Funded by:	Own funding
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

ESSEX COUNTY Physical Activity Programs

Program Name:	Nutrition and fitness
Agency/Institution:	YMCA-WEST ESSEX
Address:	321 South Livingston Ave., Livingston, NJ 07039
County:	Essex
Phone:	973-992-7500
Focus:	Promote an active lifestyle
Services:	   
Population served:	All
Funded by:	Own funding, grants
Fees & Charges:	Yes

Program Name:	Cardiac Rehab and Physical Therapy
Agency/Institution:	Mountainside Hospital
Address:	1 Bay Ave., Montclair, NJ 07042
County:	Essex
Phone:	973-429-6000
Website:	www.atlantichealth.org
Focus:	Promote an active lifestyle
Services:	   
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

ESSEX COUNTY Physical Activity Programs

Agency/Institution:	Jewish Senior Citizens of Irvington
Address:	1 Linden Ave., Irvington, NJ 07111
County:	Essex
Phone:	973-372-3907
Focus:	To help seniors stay healthy and provide socialization
Services:	  
Population served:	Seniors
Funded by:	Own funding, local county college, National Council of Jewish Women
Fees & Charges:	Yes

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)