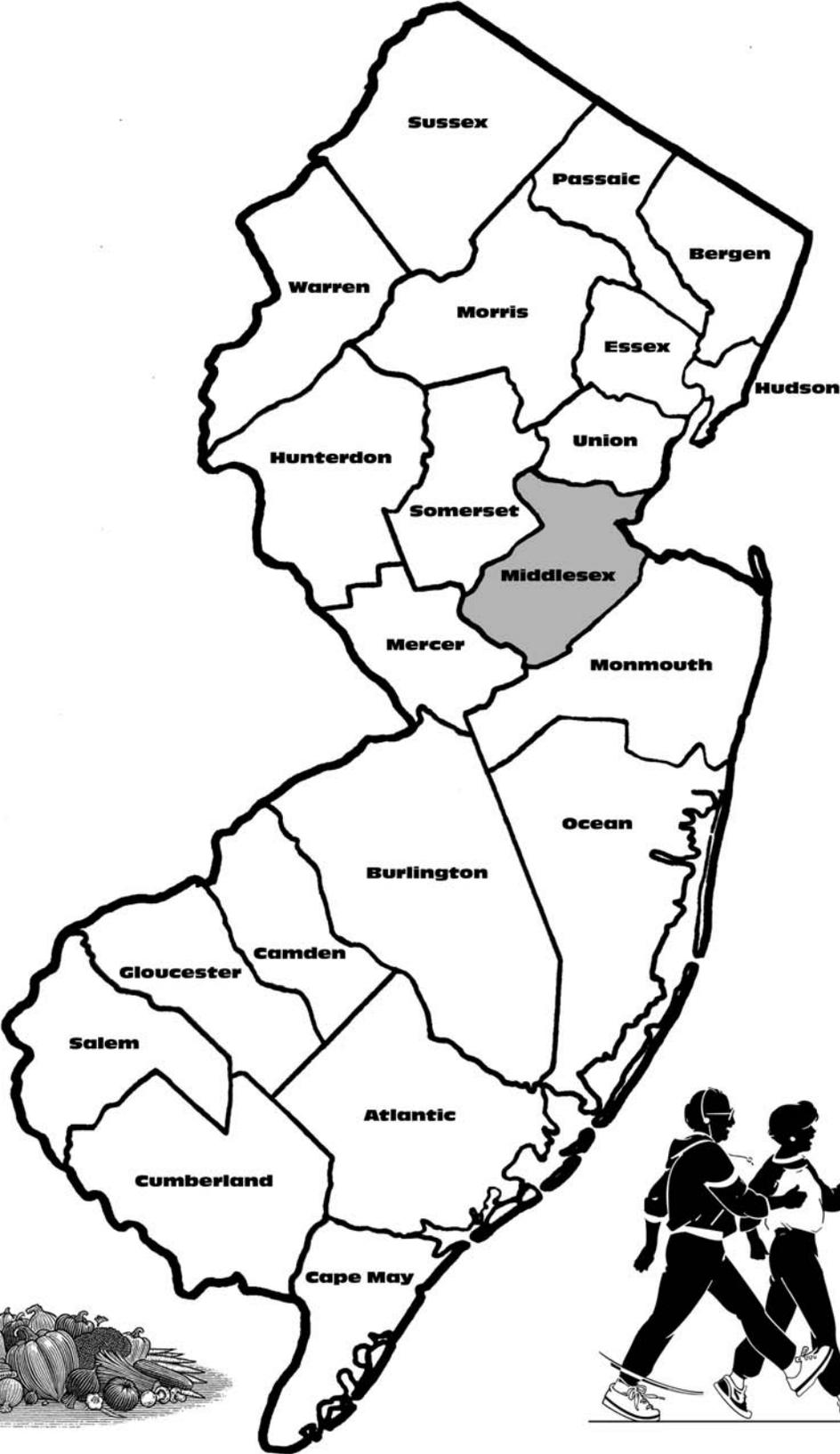


Middlesex County



MIDDLESEX COUNTY Nutrition Programs

Program Name:	Meals on Wheels, Senior Meal Nutrition Site
Agency/Institution:	Piscataway Senior Center
Address:	700 Buena Vista Ave., Piscataway, NJ 08854
County:	Middlesex
Phone:	732-562-1133
Focus:	Improved nutrition
Services:	   Services vary by program
Population served:	Ages 60+
Funded by:	Own funding, grants, Piscataway Township, Middlesex County
Fees & Charges:	Yes

Program Name:	Early Care and Learning
Agency/Institution:	Mae J. Strong Child Development Center
Address:	PO Box 1167, New Brunswick, NJ 08903-1167
County:	Middlesex
Phone:	732-249-4299
Focus:	Provide quality food to compete with fast food offerings in community and home
Services:	 
Population served:	Children
Funded by:	State, federal, private
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)

MIDDLESEX COUNTY Nutrition Programs

Program Name:	Little Chefs
Agency/Institution:	South Brunswick Parks and Recreation Department
Address:	PO Box 190, Monmouth Junction, NJ 08852
County:	Middlesex
Phone:	732-329-4000 ext.7671
Focus:	Introduces kitchen safety, math through measuring, and cause and effect while making some tasty treats. Children make a recipe book.
Services:	  
Population served:	Children
Funded by:	Own funding
Fees & Charges:	Yes

Program Name:	Wellness Challenge
Agency/Institution:	Eric B. Chandler Health Center
Address:	277 George St., New Brunswick, NJ 08901
County:	Middlesex
Phone:	732-235-6700 ext.287
Focus:	Developing healthier lifestyle through proper nutrition and healthy eating habits for the prevention and control of cardiovascular diseases
Services:	     
Population served:	All ages
Funded by:	Robert Wood Johnson Foundation
Fees & Charges:	None
Other information:	Call for information on current available programs

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)

MIDDLESEX COUNTY Nutrition Programs

Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Colonia, NJ 07095
County:	Middlesex
Phone:	732-855-0600
Focus:	Inform participants about healthy food choices
Services:	 
Population served:	Children, adults, seniors
Funded by:	Own funding, external grants
Fees & Charges:	None
Other information:	Call for information on current available programs

Program Name:	Senior Meal Program of Middlesex County
Agency/Institution:	Middlesex County Dept. on Aging
Address:	1 JFK Sq., 5th Fl, Dept. on Aging, New Brunswick, NJ 08901
County:	Middlesex
Phone:	732-745-2062
Website:	www.co.middlesex.nj.us
Services:	   
Population served:	Seniors
Funded by:	State, federal, county, donations
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)

MIDDLESEX COUNTY Nutrition Programs

Program Name:	RU Healthy Dining Team
Agency/Institution:	Rutgers University-Department of Nutritional Sciences
Address:	26 Nichol Avenue, New Brunswick, NJ 08901-2882
County:	Middlesex
Phone:	732-932-5447
Focus:	To encourage healthier food and lifestyle choices
Services:	   
Population served:	Adults
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)

MIDDLESEX COUNTY Physical Activity Programs

Program Name:	Tai Chi, Laughter Therapy, Ballroom Dance, Line Dancing, Yoga, Strong Bones, Exercise Class, Video Exercise/Fitness
Agency/Institution:	Piscataway Senior Center
Address:	700 Buena Vista Ave., Piscataway, NJ 08854
County:	Middlesex
Phone:	732-562-1133
Focus:	Physical activity, increased oxygenation and circulation, meditation, and increased bone mass
Services:	   Services vary by program
Population served:	Ages 60+
Funded by:	Own funding, Piscataway Township
Fees & Charges:	None

Program Name:	Early Care and Learning
Agency/Institution:	Mae J. Strong Child Development Center
Address:	PO Box 1167, New Brunswick, NJ 08903-1167
County:	Middlesex
Phone:	732-249-4299
Focus:	Introduce children and families to the important relationship between quality nutrition and physical activity
Services:	 
Population served:	Children
Funded by:	State, federal, private
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)

MIDDLESEX COUNTY Physical Activity Programs

Program Name:	Jazzercise
Agency/Institution:	South Brunswick Parks and Recreation Department
Address:	PO Box 190, Monmouth Junction, NJ 08852
County:	Middlesex
Phone:	732-329-4000 ext. 7671
Focus:	Active lifestyle, healthy lifestyle, fitness, acquisition of new skills, enjoyment and socialization
Services:	 
Population served:	All ages Some programs have target populations. Some programs are targeted to special needs populations.
Funded by:	Own funding, grants, state, cooperative programming with non-profits and profit making organizations
Fees & Charges:	Yes
Other information:	<ol style="list-style-type: none"> 1. Adult walking program, teen youth sports 2. Softball, basketball, volleyball, bowling, soccer, sports camps, etc. 3. Adult sports programs, open gym basketball, softball, and volleyball leagues 4. Preschool gym programs 5. Gym, yoga, karate and movement programs for disabled population 6. Parks with free playgrounds, nature trails, bikeways, walkways, fields, tennis courts, basketball courts, roller hockey courts, bocce courts, skateboard park, and ball fields.

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)

MIDDLESEX COUNTY Physical Activity Programs

Program Name:	Silver Sneakers
Agency/Institution:	Woodbridge Township Recreation
Address:	One Main Street, Woodbridge, NJ 07095
County:	Middlesex
Phone:	732-596-4045
Focus:	Promote an active lifestyle
Services:	    
Population served:	Seniors
Funded by:	Owning funding, grants
Fees & Charges:	None
Other information:	Seniors are drawn to our community center for arts & crafts, cooking classes, computer clinics, and tai chi.

Program Name:	Get To Stepping
Agency/Institution:	Eric B. Chandler Health Center
Address:	277 George St., New Brunswick, NJ 08901
County:	Middlesex
Phone:	732-235-6700 ext. 287
Services:	   
Population served:	Adults, seniors, females
Funded by:	State
Fees & Charges:	None
Other information:	Call for information on current available programs

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)

MIDDLESEX COUNTY Physical Activity Programs

Program Name:	Wellness Center Silver Sneakers Program
Agency/Institution:	YMCA at the Woodbridge Community Center
Address:	600 Main St., Woodbridge, NJ 07095
County:	Middlesex
Phone:	732-596-4182
Focus:	Health and well-being of senior citizens in the community
Services:	    
Population served:	Seniors
Funded by:	Axia Health Management
Fees & Charges:	None

Program Name:	Historic Walking Tour
Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Colonia, NJ 07095
County:	Middlesex
Phone:	732-855-0600
Website:	www.twp.woodbridge.nj.us
Focus:	Promote a healthy lifestyle and learn about historic sites in Woodbridge Township
Services:	  
Population served:	Adults, seniors, community residents
Funded by:	State
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)

MIDDLESEX COUNTY Physical Activity Programs

Program Name:	Wellness Challenge
Agency/Institution:	Eric B Chandler Health Center
Address:	277 George Street, New Brunswick, NJ 08901
County:	Middlesex
Phone:	732-235-6700 ext. 287
Focus:	To promote healthier lifestyle through physical activity, maintain healthy weight for better health, and achieve weight loss goals
Services:	    
Population served:	New Brunswick adults and seniors
Funded by:	Robert Wood Johnson Foundation
Fees & Charges:	None
Other information:	Call for information on current available programs

Program Name:	Senior Meal Program of Middlesex County
Agency/Institution:	Middlesex County Dept. on Aging
Address:	1 JFK Sq., 5th Fl, Dept. on Aging, New Brunswick, NJ 08901
County:	Middlesex
Phone:	732-745-2062
Website:	www.co.middlesex.nj.us
Focus:	To provide a nutritious meal, information and socialization to promote a healthy lifestyle
Services:	 
Population served:	Seniors
Funded by:	Federal
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)

MIDDLESEX COUNTY Physical Activity Programs

Program Name:	RU Healthy Dining Team
Agency/Institution:	Rutgers University-Dept. of Nutritional Sciences
Address:	26 Nichol Avenue, New Brunswick, NJ 08901-2882
County:	Middlesex
Phone:	732-932-5447
Focus:	To encourage students to make healthier food and lifestyle choices
Services:	 
Population served:	Adults
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)