

Choice Food and Resource Center

January to August 2026



Volunteers: With heavy hearts, we bid goodbye to Mark McMahon as he prepares for his move. In September, we welcomed Mary Lou Taylor who will be helping register guests. As always, we thank Doug Bonar for his continued service and Pat Buckendahl for inventory assistance. Together we help our neighbors access an assortment of fresh and shelf-stable foods as well as personal care products and other items supplied by the Community Food Bank of NJ, REPLENISH (the Middlesex County food bank), Amazon, and private donations such as your support through Christ Church's Food Pantry account. If you are interested in helping, contact Catherine Ambos at 732-718-2039 or msambos@gmail.com.

The Choice Food and Resource Center (CFRC) has 420 in-person appointments available each month. Most of the available slots are filled each month, but generally, about 20% of the people do not come to their appointment. Since July, ICE has been seen more frequently in the Handy Street - Suydam St. areas, and this may have impacted the number of people who miss appointments. Unity Square received a grant to do home delivery to people who are unable to get to Unity Square in person. The home delivery started in June and has kept the Assistance numbers fairly consistent despite a reduction in the number of people showing up for their appointments.

CFRC Assistance	2026	to Date								
	2026	January	February	March	April	May	June	July	August	September
Assistance Records	793	773	851	804	758	793	774	787	816	
Children < 18 y.o.	544	536	567	550	477	516	513	490	529	
Adults > 17 y.o.	950	921	984	949	921	929	968	933	942	
Seniors > 60 y.o.	215	204	209	202	221	219	229	214	220	
Households	401	393	412	401	385	399	407	385	411	
Total Individuals	1494	1457	1551	1499	1398	1445	1481	1423	1471	

Definitions:

Assistance Records: The number of categories each family received from in a visit: everyone receives the Food “record” plus one additional “record” for any other category: diapers (by size), adult incontinence products (by size) and sanitary products. For example, a family with two children needing diapers of different sizes would have two different records, but if both children used the same size diapers, they would have one record.

Total Individuals: Adults plus children 17 and under.

Seniors: Adults over age 60. The Community Food Bank of New Jersey breaks out this category so we can better see the number of seniors served.

In addition to the 420 scheduled appointments, the CFRC now does an “open distribution” every Friday in each month other than the second Friday when guests have appointments. At open distributions, foods (mostly shelf-stable items and fresh fruits and vegetables when available) are laid out on tables in front of the large, overhead garage door of the old firehouse. People line up with their own bags to select what they want. Between 150 and 200 neighbors, take advantage of this opportunity each week. Some of these families also have an appointment for food, some do not. Since neither identification nor registration is required, this expands our ability to serve our neighbors.

Peace,

Catherine Ambos