



Lunch Break

HELP FOR TODAY • HOPE FOR TOMORROW

Mission

As a caring community, Lunch Break freely provides food, clothing, housing solutions, life skills, and fellowship to those in need in Monmouth County and beyond.

Vision

A world where every human being has a healthy meal, a warm home, an open heart, and the resources to achieve one's unique potential.

Values

We serve everyone with compassion and dignity.

On behalf of Lunch Break, it is my pleasure to express our strong support for RWJBarnabas Health and the renewal of State-appropriated funds to RWJBarnabas Health (RWJBH) in the FY 2027 New Jersey State Budget. Lunch Break is a community-based nonprofit located in Red Bank, NJ, dedicated to helping our community break the cycle of poverty and live life fully, independently and with the dignity we all deserve. For the last 42 years, Lunch Break has and continues to freely provide food, clothing, housing solutions, life skills, and fellowship to those in need in Monmouth County and beyond. Specifically, Lunch Break serves people experiencing poverty, low-to-moderate income, unemployment, and underemployment.

Aligning with RWJBH's mission, Lunch Break has found that direct investment in community-based programs and services effectively advances financial independence, health and wellness and opportunities for a more fulfilling and brighter future for those we serve. The State-appropriated funds allow RWJBH to support these goals and ensures all who need assistance will find it at Lunch Break.

Funding from RWJBH is more critical now than ever before. More families who once managed on their own are turning to Lunch Break's food pantry and community kitchen for help. Food insecurity in the county has increased significantly due to soaring living costs, particularly the rising prices of essential food items. In 2025, Lunch Break has seen a significant increase in the number of food-insecure individuals and families seeking assistance.

Lunch Break has also benefited from the collaborative effort with RWJBH to help our community access SNAP benefits for the past several years. Once a week, a representative from the Community Roots Health Collaborative visits Lunch Break and assists our client to enroll in the SNAP program. Additionally, a nutritionist from the program has provided valuable on-site consultations with clients regarding their health and nutrition, as well as offering healthy recipes and demonstrations in the pantry.

We express our sincere appreciation and gratitude for our partnership with RWJBarnabas Health and its on-going commitment to building and sustaining healthier, more vibrant communities.

In gratitude,

Gwendolyn O. Love
Executive Director

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