

Basic Needs NEWSLETTER

FALL 2024



HELLO FALL!

Welcome back students!

We hope you all had a great summer and a great start to your fall 2024 semester. As you settle into the new semester, Please learn about important programs that may be beneficial to college students, and other important resources!

We welcome you to visit our site for more information.

[Basic Needs](#)



FALL FARMERS MARKET

Through the collaboration with the NBCFM, we are able to bring more fresh produce on campus! If you are regular Food Pantry user you can utilize market bucks at this event too! Stop on by for tons of delicious and fresh produce!

FALL FARMERS MARKETS

THURSDAYS
September 5, 12, 19, 26
October 3, 24, 31
November 7, 14
11AM-3PM

NEW BRUNSWICK COMMUNITY FARMERS MARKET

RUTGERS UNIVERSITY
Student Basic Needs
Division of Student Affairs
Family and Community Health Sciences
New Jersey Agricultural Experiment Station

COLLEGE AVENUE
STUDENT CENTER
MORRELL STREET

WHAT IS BASIC NEEDS?

Basic needs include, but are not limited to, food, housing, clothing, childcare, mental health, financial resources and transportation. At some point in your educational journey, you may face challenges in accessing adequate amounts of food, housing, financial or other resources. This is called basic needs insecurity and millions of college students experience it each year.



NJ SNAP BENEFITS



GOVERNOR MURPHY'S RECENT CHANGE TO SNAP BENEFITS

WHAT IS SNAP?

The Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, helps low-income people buy nutritious food. Although SNAP is a federal program, state agencies run the program through local offices. You may be eligible to receive SNAP benefits if you meet certain income and resource requirements.

STEPS TO HELP ACHIEVE FINANCIAL RESPONSIBILITY AS A COLLEGE STUDENT

As a college student it can often be overwhelming to understand your financial standing, as you are working towards your degree while dealing with the challenges of day-to-day life. It is important to understand how to manage your money and understand what tools may be available to you. Click [here](#) to learn about some useful tips to better manage your money.

DONATE



Your gift will support Basic Needs initiatives at Rutgers, which supports students with essential resources, including access to nutritious food, stable housing, and financial education. Click the link below for more details.

GIVE NOW

Thank you to those that have donated over the years!



MARKET BUCKS

Make sure to ask for Market Bucks next time you visit the Rutgers student Food Pantry. With Market Bucks you can redeem them for fresh fruits and vegetables at the New Brunswick Community Farmers Market and Cook's Market.

Markets where you can redeem Market Bucks:

Tuesdays and Saturdays (9am-1pm)

NBCFM Market Pavilion

178 Jones Avenue, New Brunswick

Wednesdays (11am-3pm)

Kilmer Square Park

108 Albany Street, New Brunswick

Fridays (11am-3pm)

130 Log Cabin Road, New Brunswick



Market Bucks must be used before you are able to get more.



THE TRENDING TOPICS

GET THE RESOURCES YOU NEED. NOT SURE WHERE TO START OR HAVE QUESTIONS ABOUT THE SERVICES AND RESOURCES AVAILABLE TO YOU? VISIT [BASICNEEDS.RUTGERS.EDU](https://basicneeds.rutgers.edu)

HOW TO GET FOOD STAMPS IN COLLEGE

If you are a low income student, getting food stamps through the Supplemental Nutrition Assistance Program, also known as SNAP, may be a helpful tool in order to alleviate everyday stresses. Food insecurity is a major issue on campuses and many student's who do qualify, sometimes have no idea and assume that because they are a student, that they cannot receive SNAP. For more information and to find out if you qualify click [here](#).

WHAT INTERNATIONAL STUDENTS SHOULD KNOW ABOUT FINANCIAL AID

International students have many more expenses compared to students already living in the United States, especially since they are not eligible for state and federal aid opportunities. That is why being aware and knowledgeable on what it means financially to be an international student, is so crucial. For more information about what you should know about financial aid as an international student, click [here](#)

HOW TO HANDLE THE DELAY IN THE RELEASE OF THE FAFSA FORM

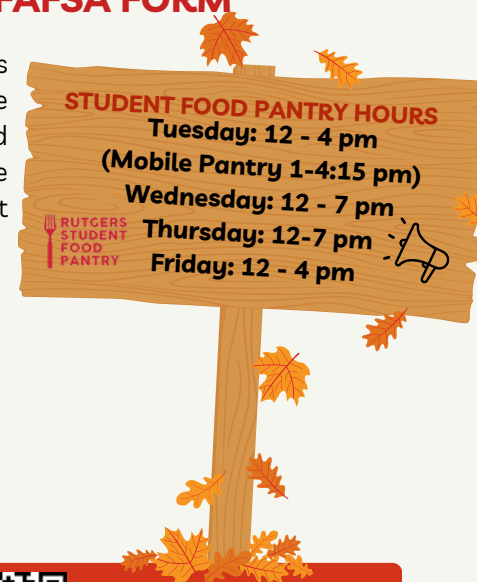
The Free Application for Federal Student Aid, also known as FAFSA, is what helps students obtain financial aid and assistance based on the information they provide about their own and/or their families financial standing. Though normally released earlier, the FAFSA application should be ready by December 1 of this year. For more information about the delay and how to handle it, and more information about FAFSA, click [here](#)

LOCAL RESOURCES & AID

- [Dean of Students Drop in Hours](#)
- [NJ Food Pantry Database](#)

CURRENT RESEARCH & NEWS

- [Very few low-income troops eligible for Basic Needs Allowance so far](#)
- [New Role Brings More Focus to Student Basic Needs](#)



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RUTGERS
Student Affairs