

QUEENS

# NEIGHBORHOOD GUIDE TO FOOD & ASSISTANCE



~~HUNGER~~  
**FREE**  
**AMERICA**

Including information on SNAP/Food Stamps, Meals for Kids, Senior Meals, Soup Kitchens, Food Pantries, Farmers' Markets, and more...

2019-2020

# ABOUT

**THIS GUIDE WAS PRODUCED BY  
HUNGER FREE NYC TO CONNECT THOSE IN  
NEED WITH FREE COMMUNITY RESOURCES.  
WE HOPE IT PROVES USEFUL TO YOU.**

**INFORMATION IN THIS GUIDE IS ALSO  
AVAILABLE ON THE "GOTFOOD?" APP**

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This Guide is also available as a free PDF on our web site,  
[www.hungerfreenyc.org/guides](http://www.hungerfreenyc.org/guides).

To order additional copies of this guide,  
send us an email at [guides@hungerfreenyc.org](mailto:guides@hungerfreenyc.org)  
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# 2020 CENSUS

If you've not already done so, it is vitally important to complete the 2020 Census. The information you provide is completely confidential, protected by law, and cannot be shared with any other government agencies, including law enforcement or immigration officials. Your information will be used for statistical purposes only.

The census determines how federal funding will be spent in your community on things like **schools, childcare, healthcare, transportation** and many other programs and services vital to you and your family. It also determines the number of members of Congress who will represent New Yorkers.

The census should only take about 10 minutes to complete.  
**There are three easy ways to do so:**

1. Online at [www.my2020census.gov](http://www.my2020census.gov)
2. Call 844.330.2020
3. Complete and return the paper form you received by mail

Questions? contact: Filomena Acevedo  
[facevedo@hungerfreenyc.org](mailto:facevedo@hungerfreenyc.org) | 646.553.5901

Census info line: 800.923.8282

# COVID-19 PANDEMIC & FOOD ASSISTANCE

During the COVID-19 pandemic, many food pantries and soup kitchens have either closed or adjusted their hours and protocols.

Please call in advance before visiting any location to receive information on any changes to service.

You can also visit our online map of food assistance sites, which is being updated with the latest information:

[findfood.hungerfreeamerica.org](http://findfood.hungerfreeamerica.org)

Always remember to use appropriate safety measures and social distancing to protect yourself and those around you.

For the current COVID-19 guidelines for New York City, visit:  
[www.coronavirus.health.ny.gov](http://www.coronavirus.health.ny.gov)





# SNAP/ FOOD STAMPS

SNAP benefits (formerly known as food stamps) can help put healthy food on the table by providing monthly assistance to purchase food at authorized grocery stores and farmers' markets. Benefits are provided monthly through a plastic benefit card, similar to a debit or credit card.

## TERMS

### **EBT**

Stands for Electronic Benefit Transfer. It's the system the government uses to disburse benefits.

### **SNAP**

Stands for Supplemental Nutrition Assistance Program. "SNAP benefits" is the same thing as "food stamps."

## WHAT SHOULD I KNOW?

→ **Employment** does not interfere with getting SNAP. Even if you are working, but earning low wages, you may be eligible.

→ **Average SNAP benefits** are over \$100 per person per month, and \$250 or more for families. That means that SNAP benefits for the average family receiving them totals more than \$3,000 worth of food support each year.

→ **Farmers' markets** often accept SNAP benefits, so you can purchase fresh produce and food-producing seeds and plants using your benefits. For a complete list of farmers' markets that accept them, see page 29.

## AM I ELIGIBLE?

Eligibility is based on household size, income, expenses and other factors. Households have to meet income tests to receive benefits, but **households that have members who have earned income, who are disabled or elderly (60 or older), or have out-of-pocket expenses for childcare or dependent care, can have higher incomes and still be eligible.**

		
NUMBER OF PEOPLE IN HOUSEHOLD	MONTHLY INCOME LIMIT (PRE-TAXES) <sup>1</sup>	MAX. MONTHLY SNAP BENEFITS <sup>2</sup>
1	\$1,354	\$194
2	\$1,832	\$355
3	\$2,311	\$509
4	\$2,790	\$646
Each additional household member	+\$479 (approximately)	+\$146 (approximately)

<sup>1</sup>In effect  
10/1/19 - 9/30/20.

<sup>2</sup>In effect  
10/1/19 - 9/30/20.

If you meet the above income qualifications, it doesn't matter how much money you may or may not have in countable resources. In other words, you can save money for education, a home purchase, or retirement and still receive SNAP benefits.

## IMMIGRANT ELIGIBILITY

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Legal immigrants can often receive SNAP benefits if they:

- have lived in the country for 5 years or more; or
- are children (under age 18).

→ Ineligible immigrant parents can still receive benefits for their children even if a parent does not qualify.

→ Certain non-citizens, such as those admitted for humanitarian reasons, may also be able to receive benefits.

→ For questions about how receiving SNAP or other benefits may affect immigration status, please call the NYS New Americans hotline at 800.566.7636

## HOW TO APPLY

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### Apply at Select Community Organizations

Call either of the below numbers to see if you may be eligible for benefits. If so, you'll be offered an appointment at an agency in your community, where you'll receive help in submitting your application electronically.

#### Hunger Free NYC

646-836-9177 & 646-350-1104

2

### ACCESSNYC

Apply online at:

[www.nyc.gov/accessnyc](http://www.nyc.gov/accessnyc)

# 3

## Visit Your Local HRA Office

Apply at a SNAP office near you:

### 1 Queens SNAP Center

32-20 Northern Blvd., 2nd Floor (entrance on Honeywell St.), 11101  
718 784 6315  
**Mon-Fri** 8:30am-5pm

### 2 Jamaica SNAP Center

165-08 88th Ave., 3rd Floor, 11432  
929 252 3713  
**Mon-Fri** 8:30am-6pm

### 3 Rockaway SNAP Center

219 Beach 59 St., 1st Floor, 11692  
718 637 2750  
**Mon-Fri** 8:30am-5pm

You can also call 718 557 1399 to find a SNAP office near you and for information about qualifications, guidelines, and applications.



# FOOD FOR KIDS

## WOMEN, INFANTS & CHILDREN

**WIC** is the Women, Infants & Children Program.

### QUICK FACTS

- ➔ WIC is for low-income pregnant women, breast-feeding women, and women with children up to the age of five.
- ➔ You can work and still get WIC.
- ➔ You can continue to get cash assistance or SNAP benefits/food stamps while receiving WIC.
- ➔ You can get WIC even if you are undocumented or not a citizen.
- ➔ WIC is not considered a public charge. Receiving WIC will not affect your immigration status.

### HOW TO APPLY

To find the WIC office nearest you call 800 522 5006, call 866 3-HUNGRY or visit these local WIC offices.

#### 4 Public Health Solutions Astoria WIC Center

12-26 31st Avenue, 11106

718 726 5816

**Mon-Sat** 8:30am-4pm

#### 5 Bellevue - Sunnyside WIC

49-02 Queens Blvd., 11377

718 779 8828

**Mon** 9am-6pm; **Tue, Wed, Fri** 9am-5pm; **Thu** 8am-5pm; **2nd Sat** 8am-3:30pm by appt. only

#### 6 Catholic Charities Woodside WIC Site

42-71 65 PL, 11377

718 715 7001

**Mon-Fri** 8:30am-4:30pm

- 7 Elmhurst Hospital Center**  
81-06 Baxter Ave., 11373  
718 334 3265  
**Mon** 8am-4:30pm, **Tue** 10am-6pm, **Wed** 8-4:30pm, **Thu** 10-6pm, **Fri** 8-4:30. Mon, Wed, Fri: last appt. 3:30pm; Tue, Thu: last appt. 5pm
- 8 Public Health Solutions Corona WIC Center**  
103-24 Roosevelt Ave., 3rd Floor, 11368  
718 335 7563  
**Mon** 11am - 6:30pm; **Tue-Sat** 8:30am - 4pm
- 9 Urban Health Plan - Plaza del Sol Family Health Center Queens WIC**  
37-16 108th St., 11368  
347 686 3700 x5580  
**Mon, Thu, Fri** 9am-5pm; **Tue** 8am-5pm; **Wed** 8am-6pm; **every other Sat** 8am-4pm
- 10 Flushing Hospital Medical Center**  
45 Ave. at Parsons Blvd., 5th Fl., 11355  
718 670 5277  
**Mon-Fri** 8:30am-5pm
- 11 Public Health Solutions Ridgewood WIC Center**  
55-05 Myrtle Ave., 3rd Fl., 11385  
718 381 8343  
**Mon** 11am-6:30pm; **Tue-Sat** 8:30am-4pm
- 12 Queens Hospital Center - Queens General WIC**  
79-18 164th St., 11432  
718 883 4868  
**Mon, Tue, Thu, Fri** 8am-5pm (last appt. 5pm); **Wed** 8am-7pm
- 13 Jamaica Hospital - MediSys Hollis Ave.**  
188-03 Jamaica Ave., 11423  
718 479 0873  
**Wed** 8:30am-5pm

**14 Public Health Solutions Jamaica WIC Center**

90-40 160th St, 11432

718 526 4633

**Mon** 11am-6:30pm, **Tue-Sat** 8:30am-4pm

**15 Catholic Charities Jamaica WIC Site**

161-10 Jamaica Ave, 11432

718 657 2580

**Mon** 8am-7pm; **Tue-Fri** 8am-4:30pm; **Sat** once/month by appt. only

**16 Jamaica Hospital**

134-20 Jamaica Ave, 11418

718 206 8600

**Mon-Fri** 7:30am-5:30pm, **Wed** open until 7pm, **every other Sat** 8am-3pm

**17 Queens Hospital Center - South Jamaica WIC**

114-02 Guy R. Brewer Blvd., 11434

718 883 6630

**Mon, Wed-Fri** 8am-5pm; **Tue** 8am-7:30pm; **every other Sat** 8:30am-3:30pm

**18 Joseph P. Addabbo Community Health Center - Farmers Blvd.**

114-39 Sutphin Blvd., 11434

718 945 7150

**Mon, Wed-Fri** 8am-5pm; **Tue** 8am-6pm; **Sat** 8:30am-2pm

**19 Joseph P. Addabbo Community Health Center**

1288 Central Ave., 11691

718 945 7150

**Mon** 8am-6pm, **Tue-Fri** 8am-5pm, **Sat** 8:30am-2pm, **Sun** 12pm-5pm

**20 Joseph P. Addabbo Community Health Center - Beach Channel Dr.**

6200 Beach Channel Dr., 11692

718 945 7150

**Mon, Tue, Thu, Fri** 8am-5pm; **Wed** 8am-6pm; **Sat** 8:30am-2pm

## SCHOOL & SUMMER MEALS

**SFSP** is the Summer Food Service Program, also known as Summer Meals.

### QUICK FACTS

- ➔ During school, free breakfasts are available to all children regardless of income, with no paperwork required.
- ➔ Many public school students are also eligible for free or reduced price lunch. An application may be required.
- ➔ Eligibility for school meals is not impacted by immigration status.
- ➔ In June, July and August, lunch and breakfast are served for free to all children under 19 at many public schools, houses of worship, recreation centers, and community centers - no application or registration required.

Visit [www.schoolfoodnyc.org](http://www.schoolfoodnyc.org) for more information about school breakfast, school lunch, and summer meals. For nearby summer meals sites, text FOOD to 877-877, call 311, or call the National Hunger Hotline at 866 3-HUNGRY.



# SENIOR MEALS

## MEALS AT SENIOR CENTERS

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Senior centers often serve meals for older people. Some centers offer free meals, others ask for a small contribution (from fifty cents up to a few dollars). This contribution may be voluntary or required. Senior centers and other sites with food for seniors are marked with ● in the Soup Kitchens and Food Pantries section.

### FIND YOUR LOCAL SENIOR CENTER

Call 311 and be prepared to provide your ZIP code to the operator.

## MEALS-ON-WHEELS PROGRAM

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If you are homebound and over the age of 60, you can receive home-delivered meals up to 7 days a week. Household income does not affect eligibility.

### HOW TO APPLY

To request meals-on-wheels service, call your local case management agency.

To find the appropriate agency, contact the Citymeals-on-Wheels' Program Department at 212 687 1234 or the National Hunger Hotline at 866 3-HUNGRY.



# SOUP KITCHENS



# FOOD PANTRIES

Agencies listed as soup kitchens provide prepared meals during their listed serving times, while agencies listed as food pantries provide bags of food to be prepared at home.

While we try to keep this list as accurate and up-to-date as possible, we recommend calling the agency before going to confirm their schedule. Some agencies require a referral, ID, or proof of address. To confirm, contact the agency directly or call the National Hunger Hotline at 866 3HUNGRY. Agencies marked with ● are senior centers and/or provide food specifically for seniors.

## LONG ISLAND CITY, ASTORIA, DITMARS

11101-11104

### 21 City Harvest Queensbridge Mobile Market

Basketball court behind 10-25 41st Ave., 11101  
646 412 0600

**Mobile Market Pantry: 2nd Tue, 4th Sat 9:30am-11:30pm.**

Residents of the Queensbridge, Ravenswood Houses and members of the Jacob Riis Settlement House. All food is fresh fruits and vegetables. Families must register to participate - bring proof of address and a photo ID. For further information on registration please call 646 412 0743. For information on available produce and dates of distribution, please call the Mobile Market Hotline at 866 444 0244.

### 22 Iglesia Alianza Cristiana Misionera Ebenezer

43-02 38th St., 11101  
718 729 1944

**Food Pantry: Sat 11am-1pm**

**23 St. Raphael's Food Pantry**

35-20 Greenpoint Ave., Rectory basement, 11101  
718 729 8957

**Food Pantry:** Thu 10:30am-12pm, Sat 1:30pm-3pm. Picture ID required first time. Provides dry food only. Can only come twice/month.

**24 City Harvest Astoria Mobile Market**

Basketball court in Astoria Houses (4-20 Astoria Blvd), 11102  
646 412 0600

**Mobile Market Pantry: 1st Sat and 3rd Thu** 9:30am-11:30am.

Residents of zip code 11102 and Astoria Houses only. All food is fresh fruits and vegetables. Families must register to participate - bring proof of address and a photo ID. For information on available produce and dates of distribution, please call the Mobile Market Hotline at 866 444 0244.

**25 St. Margaret Mary Church Food Pantry**

9-18 27th Ave., 11102  
718 721 9020

**Food Pantry:** Tue, Thu, Fri 11am-12:30. Photo ID and proof of address required. Serves residents of 11102.

**26 Salvation Army Astoria Food Pantry**

45-18 Broadway, 11103  
718 721 9046

**Food Pantry:** Wed 9:30am-11:30am. I.D. and proof of address required.

**Soup Kitchen:** Mon-Fri 10:30am-12pm

**27 New York School of Urban Ministry**

31-65 46th Street, 11103  
718 204 6471

**Food Pantry:** Every other Fri 10am-12pm. ID preferred.

**28 Hour Children Food Pantry**

36-11 12th St. between 36th & 37th Ave., 11106  
718 482 8226

**Food Pantry:** Mon 2pm-4pm, Tue 10:30am-12:30pm, Thu 3pm-5pm.  
Call before going. Photo ID and proof of address required first visit.  
Bring your own bag.

## SUNNYSIDE, WOODSIDE, CORONA, ELMHURST, JACKSON HEIGHTS, FLUSHING

11377, 11369, 11372, 11368, 11373, 11354, 11355, 11357

### 29 ACQC (AIDS Center of Queens County), Woodside

62-07 Woodside Ave., 3rd Fl., 11377

718 472 9400

**Food Pantry:** **Tue, Thu** 10am-12pm. Arrive early to get a ticket. Photo ID required.

### 30 St. John's Bread and Life Mobile Soup Kitchen - Woodside

65th & Broadway, 11377

718 574 0058

**Mobile Soup Kitchen:** **Tue** 9:30am-11am

### 31 Blessed Virgin Mary/St. Mary's Church Winfield

70-31 48th Ave, 11377

718 672 4848

**Food Pantry:** **Thu** 9am-12pm

### 32 Atonement Lutheran Church

30-61 87th St., 11369

718 639 6074

**Food Pantry:** **every other Thu** 9am-10am.

Line begins at 8am on 31st Avenue. [www.alcqueens.com](http://www.alcqueens.com).

### 33 First Baptist Church

100-10 Astoria Blvd., 11369

718 446 0200

**Soup Kitchen:** **Wed** 12pm-1pm.

**Food Pantry:** **Sat** 12pm-2pm. Soup Kitchen closed in July and August (food pantry still open). No ID required.

### 34 St Mark AME Church - The Voices of Hagar Food Pantry

95-18 Northern Blvd., 11372

718 205 0506

**Food Pantry:** **Tue** 12pm-2:30pm.

Closed July and Aug, reopens after Labor Day. Make appointments & walk-ins. Photo ID required; will be served without first time but must bring one next time.

● 35 **Salvation Army-Queens Temple**

86-07 35th Ave., 11372

718 335 3693

**Soup Kitchen: Mon-Fri** 12pm-1pm (Mon and Fri is "To Go");

**Food Pantry: Wed** 9:30am-10:30am. **Seniors only: Tue** 9:30am-2pm;

Proof of Address of the client. Names of the members of the family in the house. The proof can be Utility or Medical Bill.

36 **Mt. Olivet Gospel Church**

33-27 97 St., 11368

718 478 0780

**Food Pantry: Wed** 5:30pm-6:30pm. ID required, bring bags, client choice.

37 **Elmcor Youth & Adult Activities Inc**

33-16 108th Street, 11368

718 651 0096

**Food Pantry: Wed** 10am-1pm for appointment only and 1pm for new enrollees. New clients must register today with the Plentiful app. Bring your own bag.

38 **Mt. Horeb Baptist Church**

109-20 34th Ave., 11368

718 639 9066

**Soup Kitchen: Tue** 12pm - 2pm

39 **Corona SDA Church**

35-30 103rd St., 11368

718 429 7050

**Soup Kitchen: Sun** 12pm-2pm;

**Food Pantry: Mon** 9am-11am

40 **Evangelical Church Christ is the Light, Inc**

89-16 48th Ave., 11373

347 742 7614

**Food Pantry: Fri** 9am-11am. Pantry is client choice. Bring your own bag.

**41 New Life Food & Clothing Pantry**

82-10 Queens Blvd, 11373  
718 424 0122

**Food Pantry:** Tue 6pm-8pm, Sat 10am-12pm.

**Soup Kitchen:** Tue 6pm-8pm, Thu (for homeless meals only) 6pm-7pm, Sat 10am-12pm.

Photo ID required. Soup Kitchen for homeless. Inside New Life Fellowship Church, located in Old Elks Club.

**42 Jewish Institute of Queens**

60-05 Woodhaven Blvd., 11373  
718 426 9369 x229

**Food Pantry:** Fri 10:30am-12pm

**43 La Jornada**

135-32 38th Ave., 11354  
917 880 5693

**Food Pantry:** Sat 9am-11am except 4th Sat of the month;

**Soup Kitchen:** Sat 11am-1pm. ID required after first visit.

**44 Murray Hill Neighborhood Association**

41-54 Murray Street, 11355  
516 301 0154

**Food Pantry:** Sat 10am-12pm.

**45 South Asian Council for Social Services (SACSS) Food Pantry**

143-06 45th Ave., 11355  
718 321 7929

**Food Pantry:** Fri 10:30am-2:30pm

**RIDGEWOOD, MIDDLE VILLAGE, MASPETH, REGO PARK, FOREST HILLS**

[11375](#), [11374](#), [11367](#), [11385](#)

**46 Forest Hills Senior Center/Queens Community House**

108-25 62nd Dr., 11375  
718 699 1010

**Food Pantry:** Thu (except 1st Thu of month) 8:30am-9:30am.

- 47 Central Queens Y/Ester Grunblatt Russian Service Center**  
108-13 67th Rd., 11375  
718 268 5011  
**Food Pantry: Mon-Thu** 9:30am-2pm. Emergency food available other days 9:30am-2pm.  
Proof of ID for all Adults over the age of 18 such as Drivers license or Passports. For proof of household, either an insurance card or lease agreement.
- 48 Queens Jewish Community Council**  
119-45 Union Turnpike, 11375  
718 544 9033  
**Food Pantry: Mon-Thu** 11am-2pm.  
Photo ID preferred. Food is kosher.
- 49 Catholic Charities Our Lady of the Angelus**  
63-63 98th St., 11374  
718 897 4444  
**Food Pantry: 1st Sat** 10am-11am
- 50 Masbia of Rego Park**  
98-08 Queens Blvd., 11374  
718 972 4446  
**Soup Kitchen: Sun-Thu** 2pm-5pm, dinner to go.  
**Food Pantry: Fri** 7am-11am. Meals are Kosher.
- 51 Kehilat Sephardim of Ahavat Achim**  
150-62 78 Rd., 11367  
718 591 9574  
**Food Pantry: Mon, Wed** 10am-2pm, **Sun** 10am-4pm.  
Photo ID and proof of address required. Food is kosher.
- 52 Our Lady of The Miraculous Medal**  
62-81 60th Place, 11385  
718 366 3360  
**Food Pantry: Mon-Fri** by appt. only, for emergencies

**53 The Salvation Army Ridgewood Citadel Corps**

69-23 Cypress Hills St., 11385  
718 497 4356

**Food Pantry: Wed** 10am-1pm, by appointment. Must live in area. For appointments please bring photo ID, proof of address, and proof of income. If you have children under 18 years old please bring their birth certificate.

**54 Ridgewood Older Adult Center**

59-14 70 Avenue, 11385  
718 456 2000

**Food Pantry: Tue, Thu** 10:30am-12:30pm. Photo ID and proof of address required. Serves residents of Community Board 5.

**55 Sacred Heart Parish Ministries**

77-5 84th St. (enter through entrance on 77th Ave. between 84th and 85th), 11385  
718 821 3285

**Food Pantry: Mon-Thu** 10am-3pm. Residents of Glendale; must have a SNAP card or applied to SNAP. Must have photo ID with Glendale address. Children's birth certificates needed and will be copied.

**KEW GARDENS, OZONE PARK, WOODHAVEN, RICHMOND HILL**

11414-11421

**56 Richmond Hill SDA Community Services**

114-08 Jamaica Ave, 11418  
718 301 3179

**Food Pantry: Sun** 8am-9am

**57 River Fund**

89-11 Lefferts Blvd., 11418  
718 441 1125

**Food Pantry: Sat** 8am-11:00am.

Benefits Enrollment and Recertification Tue-Fri 9am-3pm and Sat 9am-1pm.

**58 All Nations Baptist Church Community Food Pantry**

86-74 80th St., 11421

718 847 4229

**Food Pantry: Sat** 10am-10:30am;

Sign up 8am-8:30am to get a number, clients line up at 9:45am in numerical order. The closed dates are posted on the outside of the church building.

**59 Christina Home Care Food Pantry**

120-13 Liberty Ave., 11419

917 592 8686

**Food Pantry: Fri** 2pm-5pm, opens at 1:30 when it's cold.

Also provides services for employment training, job placement, home care.

**60 St. Mary Gate of Heaven**

101-18 104th St., 11416

718 847 5957

**Food Pantry: Every other Thu** 9am-11am. ID with address required, serves residents of 11416 or 11417

**61 Crossover Baptist Church Community Outreach Help Center**

85-12 101st Ave., 11416

718 971 4953

**Food Pantry: Fri** 9am-12pm; **Sun** 1pm-3pm. Be prepared to show proof of family size.

**62 Our Lady of Grace Parish Ministries**

158-10 101st Street, 11414

718 845 6635

**Food Pantry: Tue, Thu** 10:30am-1pm. ID required.

**JAMAICA**

**11432-11436**

**63 St. Nicholas of Tolentine Church**

150-75 Goethals Ave., 11432

718 969 3226

**Food Pantry: Mon-Fri** 9am-12pm, 1pm-4pm referral required; **Thu** 9am-12pm no referral required

**64 First United Methodist Church of Jamaica**

162-10 Highland Ave., 11432  
718 739 2269

**Food Pantry: Mon** 8:30am-9:30am, **Thu** 6-7pm.

Current ID required with current address. Closed on holidays

**65 Jamaica Hispanic SDA Church**

88-28 161st St., 11432  
718 736 5291

**Food Pantry: Sun** 8am-9am. Sign in required.

**66 Presentation of the Blessed Virgin Mary**

88-19 Parsons Blvd., 11432  
718 739 0241

**Soup Kitchen: Thu** 5:30pm-6:30pm.

**Food Pantry: 1st and 3rd Tue** 4:30pm-6pm.

**67 Tabernacle of Prayer**

90-07 Merrick Blvd., between 90th & 91st, 11432  
718 657 4210

**Food Pantry: Fri** 10am-11:15am. ID required.

**68 First Presbyterian Church in Jamaica**

89-60 164th St., 11432  
718 526 4775 x29

**Soup Kitchen: Wed** 5:30pm-6:30pm.

**Food Pantry: Tue** 10am-12pm; **4th Sat** 9am-11am.

Photo ID and proof of address required for pantry, clients can pick up once per month.

**69 Salvation Army Jamaica Citadel**

90-23 161st Street, 11432  
718 297 4860

**Soup Kitchen: Mon-Wed** 12pm-1pm.

**Food Pantry: Thu** 10am-11am.

For food pantry, must register in person for food pantry with valid photo ID and proof of address. Must register ahead of time on Mon, Tue, or Wed 2-3:30pm. Pantry for each client is once a month.

**70 ACQC (AIDS Center of Queens County), Jamaica**

89-74 162nd St., 11432

718 896 2500

**Food Pantry: Tue, Thu** 8:30am-10:30am. ID required.

**71 River Fund Mobile Unit - Queens**

Rufus King Park, 150 St between 89 Ave. & Jamaica Ave., 11432

718 441 1125

**Food Pantry: 1st and 3rd Tue**, 11am-12:30pm

**● 72 Jamaica Service Program for Older Adults**

92-47 165th St., 11433

718 657 6618

**Food Pantry: Everyday** 8:30am - 4:30pm. Serves seniors (50+) but will provide pantry bag first time for those under 50 and referral to other pantries. Pantry is for emergencies only. Guests may come once per month.

**73 The Harding Ford Vision, Inc**

157-22 Tuskegee Airmen Way, 11433

347 661 7382

**Soup Kitchen: Wed** 10am-12pm;

**Food Pantry: Wed** 10am-12pm, **Sat** 2pm-4pm. Bring cart or bags.

**74 St. Bonaventure-St. Benedict the Moor Food Pantry**

171-17 110th Avenue, 11433

718 526 0040

**Food Pantry: 2nd, 4th Tue** 10am-12pm. ID required.

**75 Greater Allen A.M.E. Cathedral of New York**

110-31 Merrick Blvd., 11433

718 206 4600

**Soup Kitchen: Mon, Thu** 11am-1pm;

**Food Pantry: Mon, Thu** 11am-1pm, **4th Thu of the month** 5pm-7pm

**76 Calvary Baptist Church Food Pantry**

111-10 Guy R. Brewer Blvd., 11433

718 297 2301

**Food Pantry: Wed** 10am-12pm; **Thu** 11:30am-1:30pm. ID required.

- 77 Bethany Baptist Church of Jamaica**  
157-11 111th Ave, 11433  
718 659 6099  
**Soup Kitchen: Wed** 12pm-3pm;  
**Food Pantry: Tue** 11am-1pm
- 78 National Sorority Phi Delta Kappa "Big Sister" Center**  
117-08 Merrick Blvd., 11434  
718 723 1119  
**Food Pantry: Tue** 11am-1pm, **Thu** 3:30pm-5:30pm
- 79 Christ Church International Joseph House**  
122-20 Merrill St., 11434  
516 860 4432  
**Food Pantry: 2nd, 3rd, 4th Sat** 10am-12pm. ID required.
- 80 Rush Temple A.M.E. Zion Church**  
119-48 Sutphin Blvd., 11434  
718 529 5719  
**Soup Kitchen: Wed** 12pm-1:30pm;  
**Food Pantry: Tue** 9am-10am
- 81 Project Hope Charities Inc.**  
170-20 140th Ave., 11434  
718 529 0005  
**Food Pantry: Sat** 11am-1pm
- 82 Church of Christ the King Pantry**  
145-39 Farmers Blvd., 11434  
718 528 6010  
**Food Pantry: Tue** 2pm-3pm.  
Call on Mon to make sure they have food to pass out on Tue. ID preferred.
- 83 J.I.T.A. COMMUNITY OUTREACH CENTER**  
89-17 139th Street, 11435  
718 908 6303  
**Food Pantry: Tue, Sat** 3-5pm

**84 Brooks Memorial United Methodist Church**

143-22 109th Ave., 11435

718 658 8822

**Food Pantry: Thu** 4:30pm-6:30pm; **1st, 3rd Sat** 10am-12pm.

Photo ID required.

**85 St. Clement Pope Roman Catholic Church**

141-11 123rd Ave., 11436

718 529 0273

**Food Pantry: Thu** 5pm-6pm. Serves 18 and older.

**86 Union United Methodist Church**

126-22 150th Street, 11436

718 529 3691

**Soup Kitchen: Tue** 6:30pm-7:30pm.

**Food Pantry: Fri** 4pm-5:30pm. Call for emergency food.

**87 Holy Ghost Upper Room Filling Station Ministry**

146-17 133rd Ave., 11436

718 529 2060

**Food Pantry: Sat** 10am-12pm.

ID and proof of address needed for all household members.

**ST. ALBANS, SPRINGFIELD GARDENS, QUEENS VILLAGE,  
CAMBRIA HEIGHTS, HOLLIS**

11423, 11427-11429, 11411-11413

**88 Catholic Charities Church of the Incarnation**

89-28 207th St., 11427

718 465 8534

**Food Pantry: Fri** 12pm-2pm. ID required.

**89 Walk in Love Family Center**

202-11 Jamaica Avenue, 11423

718 479 2127

**Food Pantry: Wed** 1pm-3:30pm, **Thu** 5pm-6:30pm, **Sun** 1pm-3pm.

Distribution is while supplies last.

**90 Beraca SDA Church**

91-19 191st St., 11423

718 740 1916

**Food Pantry: Wed** 10am-11am**91 Hollis Avenue Congregational Church**

211-04 Hollis Ave., 11429

718 468 1498

**Food Pantry: Tue** 11am-1pm.

ID preferred, serves residents of Hollis Ave/Cambria Heights.

**92 Queens Tabernacle Church**

114-03 Colfax St., 11411

718 465 4448

**Food Pantry: Sat** 8am-12pm (until food runs out), **Tue** 3pm-5pm if extra food is available.**93 Kerith Food Pantry**

230-11 Linden Blvd., 11411

917 523 7476

**Food Pantry: Wed** 5:30pm-7:30pm**94 Genesis Transitional Housing Ministries Inc.**

195-12 Hollis Ave., 11412

718 217 6530

**Food Pantry: 2nd, 4th Fri** 9am-1pm**95 Second Chance Agape Worship Center**

200-12 Hollis Avenue, 11412

917 767 6262

**Food Pantry: Thu** 12pm-2pm**96 Resurrection Lutheran Church**

189-20 114th Road, 11412

718 454 4044

**Pantry Bag Distribution: 1st and 3rd Wed** 8:30am-10:30am

- 97 First Church of God in Christ**  
187-10 Baisley Blvd., 11412  
718 712 4831  
**Soup Kitchen: Wed** 12pm-1:30pm,  
**Food Pantry: Thu** 1:30pm-3pm. Photo ID required for pantry, tickets handed out at 12pm.
- 98 Our Lady of Light Food Pantry**  
118-22 Riverton St., 11412  
718 528 1220  
**Food Pantry: every other Wed** 12:30pm-1:30pm
- 99 St. Albans Baptist Church**  
196-20 119 Ave., 11412  
718 723 8005  
**Food Pantry: 1st and 3rd Sat** 10am - 12pm
- 100 Queens Faith Temple Outreach Center**  
217-03 Merrick Blvd., 11413  
917 603 9295  
**Food Pantry: Sun** 2pm - 4pm
- 101 Gethsemane Soul Saving Outreach**  
145-41 228th St., 11413  
917 519 6051  
**Food Pantry: Wed** 1pm-2pm
- THE ROCKAWAYS**  
11691-11693
- 102 First Presbyterian Russell Sage Memorial Food Pantry**  
896 Central Ave., 11691  
718 909 5953  
**Food Pantry: Sat** 9am-10:30am. Must be 18 yrs or older.
- 103 First Church of God**  
21-23 Birdsall Ave., 11691  
718 327 1114  
**Food Pantry: 2nd and 4th Sat** 11am-1pm

**104 The Campaign Against Hunger at World Harvest Deliverance Center**

1521 Central Ave, 11691

718 773 3551

**Food Pantry: Tue** 3pm-6pm

**105 Jewish Community Council of the Rockaway Peninsula**

1525 Central Avenue, 11691

718 327 7755

**Food Pantry: Tue, Thu** 9:30am-1:30pm.

ID required, can come once/month, serves residents of the Rockaways. Kosher/Client Choice. Provides SNAP enrollment assistance.

**106 ACQC (AIDS Center of Queens County), Far Rockaway**

1139 Foam PL, 11691

718 868 8645

**Food Pantry: Wed, Fri** 11am-1pm.

Can come once/month. Photo ID required.

**● 107 St. Mary Star of the Sea**

1920 New Haven Avenue, 11691

718 327 1133

**Food Pantry: Tue or Fri** 1pm-2:30pm. Call to confirm day.

Photo ID and proof of address required. 1st, 3rd week for non-seniors; 2nd, 4th week for seniors; 5th week open to all.

**108 J.U.S.T.I.C.E. Organization/Jesus is Justice Mission Inc.**

223 Beach 28 St., 1st Fl, 11691

718 772 7951

**Food Pantry: Wed** 12pm-2pm.

Also provides assistance for housing, clothing, and healthcare.

**109 Full Gospel Tabernacle Food Pantry**

361 Beach 42nd St., 11691

718 327 2221

**Food Pantry: 3rd Sat** 10am-12pm.

Photo ID required, must register with pantry.

**110 Bethel A.M.E. Church**

215 Beach 77th St., 11692  
718 474 7712

**Food Pantry: Thu** 11am-1pm;  
ID with address required.

**111 Catholic Charities BFFY - St. Vincent de Paul at St. Rose of Lima**

130 Beach 84th St., 11693  
718 634 7394

**Food Pantry: Tue, Fri** 10am-11:45am. Please arrive no later than 11:45.  
Must live between Beach 54th to Beach 94th St. Photo ID and proof  
of address required first visit. Can visit once/month.

**112 St. Camillus RC Church**

99-15 Rockaway Beach Blvd., 11694  
718 634 8229

**Food Pantry: Wed** 10am-12pm.  
ID required. Serves residents from Beach 95th St and above



# FROM THE FARM

FROM THE FARM

New Yorkers can access foods straight from the farm in two ways: farmers' markets and community supported agriculture programs or CSAs.

## FARMERS' MARKETS

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All farmers' markets listed accept EBT/SNAP (food stamps).

### LONG ISLAND CITY, ASTORIA, DITMARS

11101-11104

#### 113 Ditmars Park Youthmarket

Ditmars Park on Steinway (between Ditmars Blvd and 23rd Ave), 11105

**Sat** 9am-2pm, July 13-Nov 23

#### 114 Sunnyside Greenmarket

Skillman Ave. - 42 St. & 43 St., 11104

**Sat** 8am-2pm, year round.

## SUNNYSIDE, WOODSIDE, CORONA, ELMHURST, JACKSON HEIGHTS, FLUSHING

11377, 11369, 11372, 11368, 11373, 11354, 11355, 11357

#### 115 Jackson Heights Greenmarket

34 Ave. between 77th St. and 78 St., 11372

**Sun** 8am-2pm, year round.

#### 116 Elmhurst Hospital Greenmarket

41 Ave., 80 St. & 81 St., 11373

**Tue** 8am-4pm, Jun 4-Nov 26

#### 117 Corona Greenmarket

Roosevelt Ave. & 103 St., 11368

**Fri** 8am-3pm; Jun 21-Nov 22

**118 Flushing Greenmarket**

Kissena Blvd. and Maple Ave. (Maple Playground), 11355

**Wed** 8am-3pm, Jul 3-Nov 27

**119 Queens Botanical Garden Down to Earth Farmers' Market**

Dahlia Ave. and Main St. (just outside garden), 11355

**Fri** 8:30am-4pm, Jun 14 - Nov 22

**RIDGEWOOD, MIDDLE VILLAGE, MASPETH, REGO PARK, FOREST HILLS**

11375, 11374, 11367, 11385

**120 Forest Hills Greenmarket**

70 Ave. & Queens Blvd., 11375

**Sun** 8am-2pm, year round.

**121 Ridgewood Youthmarket**

Cypress Ave (between Myrtle Ave & Putnam Ave), 11385

**Sat** 8am-3pm, July 13-Nov 23

**EASTERN QUEENS**

11366, 11432, 11418, 11691

**122 Cunningham Park's Down to Earth Farmers Market**

NE Corner of Cunningham Parking lot off Union Turnpike, 11366

**Sun** 9am-2pm; 5/12 - 11-24

**123 Jamaica Saturday Down to Earth Farmers' Market**

160th St. & Jamaica Ave., 11432

**Sat** 8:30am-4pm, 6/15 - 11/23

**124 Jamaica Friday Down to Earth Farmers' Market**

Parsons Blvd. between Archer and Jamaica Ave., 11432

**Fri** 8:30am-4pm, 6/14 - 11/22

**125 Forest Park Youthmarket**

Myrtle Ave and Park Lane South (My Buddy Statue plaza), 11418

**Sat** 9am-2pm, July 13-Nov 23

## 125 Downtown Rockaway Greenmarket

Mott Ave and Beach 22nd St, 11691

**Sat** 9am-1pm, July 13-Nov 23

## CSA PROGRAMS

CSA members purchase "shares" in an entire season of high quality, fresh produce grown by local farmers. Members usually pay for their shares in advance, but some CSAs adjust payment to income, accept SNAP benefits, and allow some members to pay week to week. Members typically pick up boxes of produce from a set location every week though some CSAs have half-shares available for pick up every other week.

Note that sign up is generally March to May, with the first pickup in June or July and the last one in late October or early November. As a rule, late sign up is not permitted. Some CSAs also have limited winter shares.

### Corbin Hill

Multiple pickup locations. Allows signups Tuesday/Wednesday before first pickup. Permits weekly payment and payment via SNAP. Weekly in summer, every other week in winter. Reduced price shares available. Visit Corbin Hill's website, call, or email to find a CSA program near you and sign up.

**Contact:** [info@corbinhillfarm.com](mailto:info@corbinhillfarm.com), 646 254 2250

**Web:** [www.corbinhillfoodproject.org/new-farm-share/](http://www.corbinhillfoodproject.org/new-farm-share/)

### Just Food

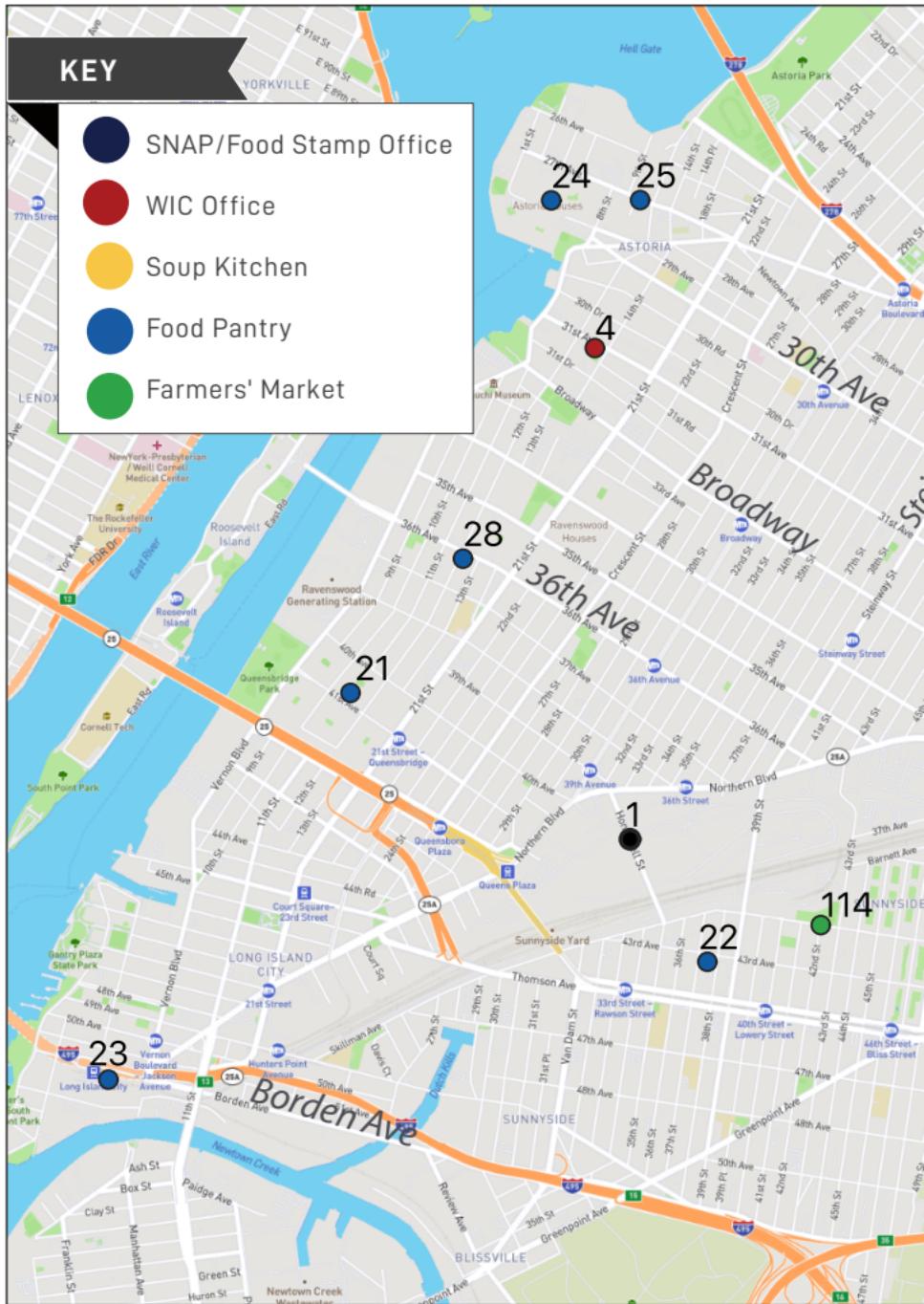
Multiple pickup locations. Sign up deadlines and SNAP acceptance vary. Winter shares available from some CSAs. Visit Just Food's website, call, or email to find a CSA program near you. Contact the CSA directly to sign up.

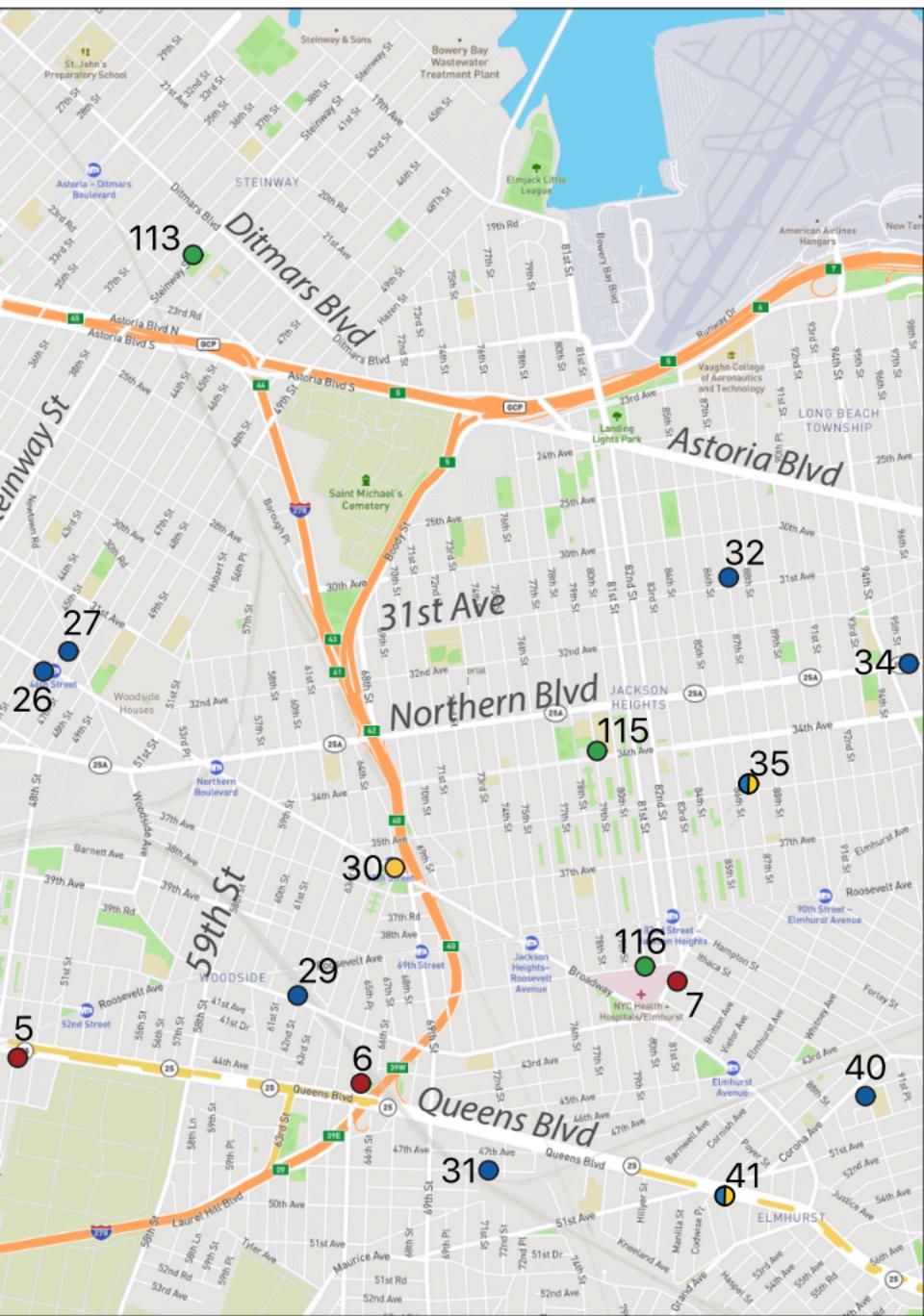
**Contact:** [info@justfood.org](mailto:info@justfood.org), 212 645 9880

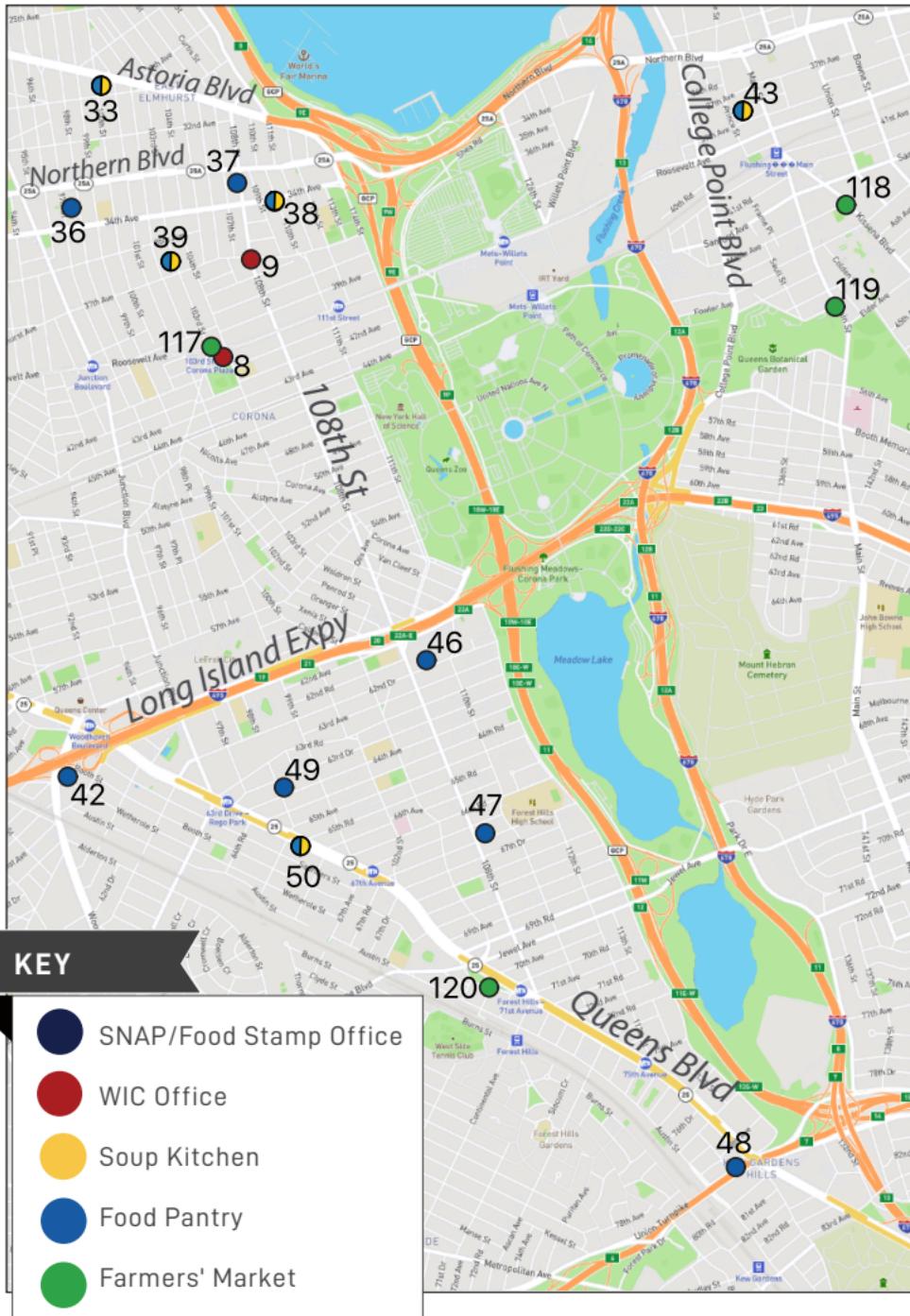
**Web:** [www.justfood.org/csaloc](http://www.justfood.org/csaloc)

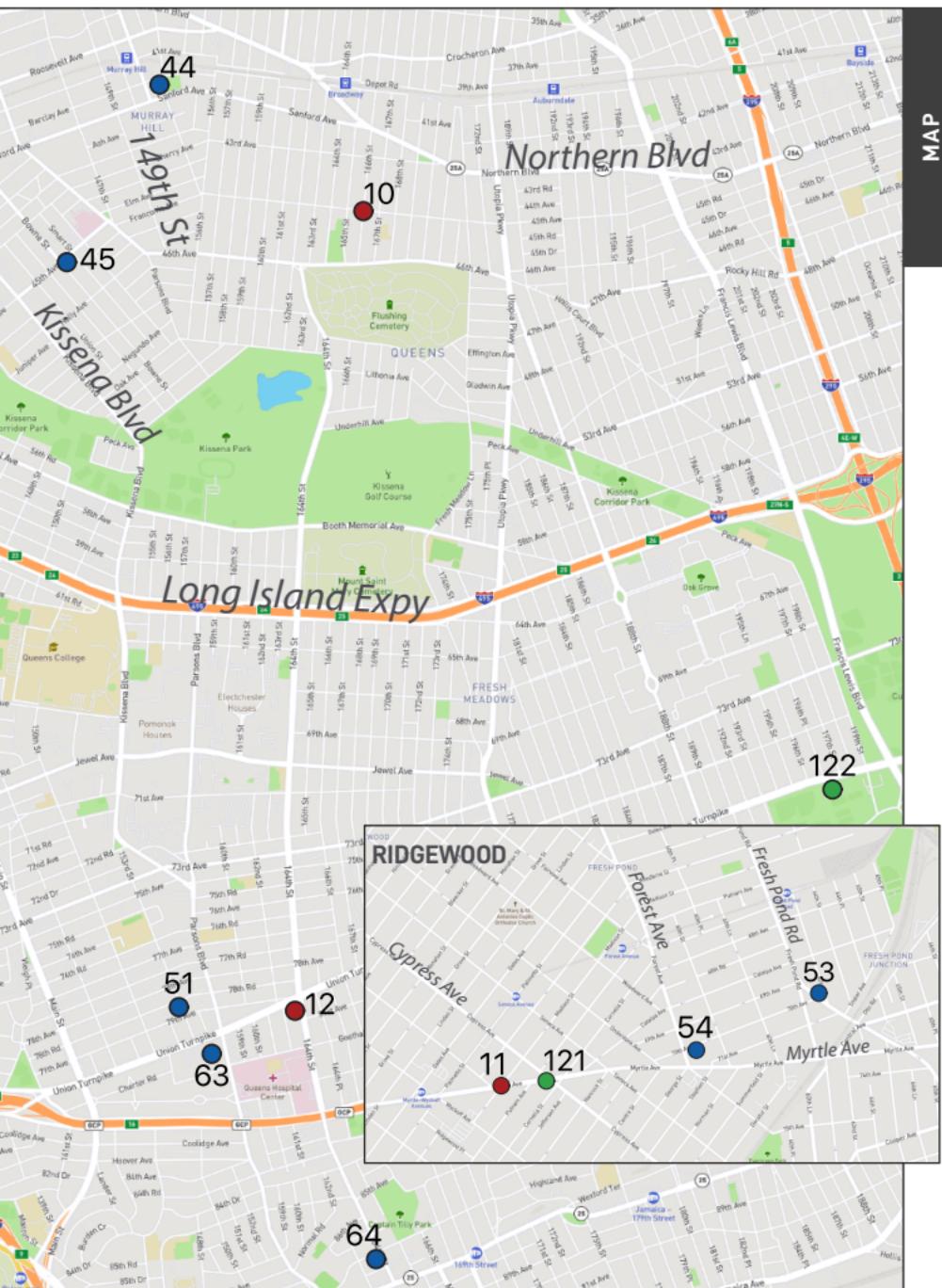
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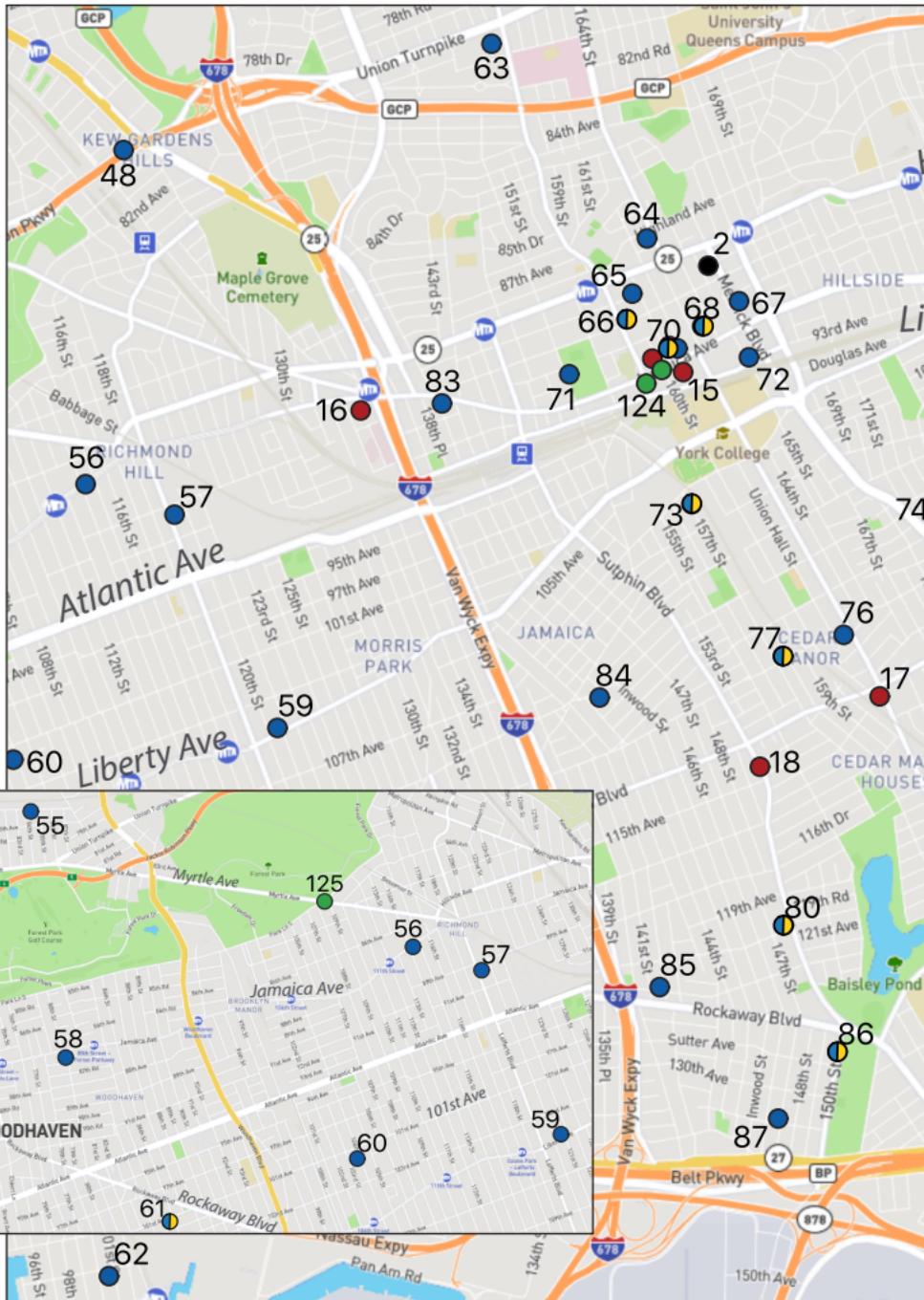
- SNAP/Food Stamp Office
- WIC Office
- Soup Kitchen
- Food Pantry
- Farmers' Market



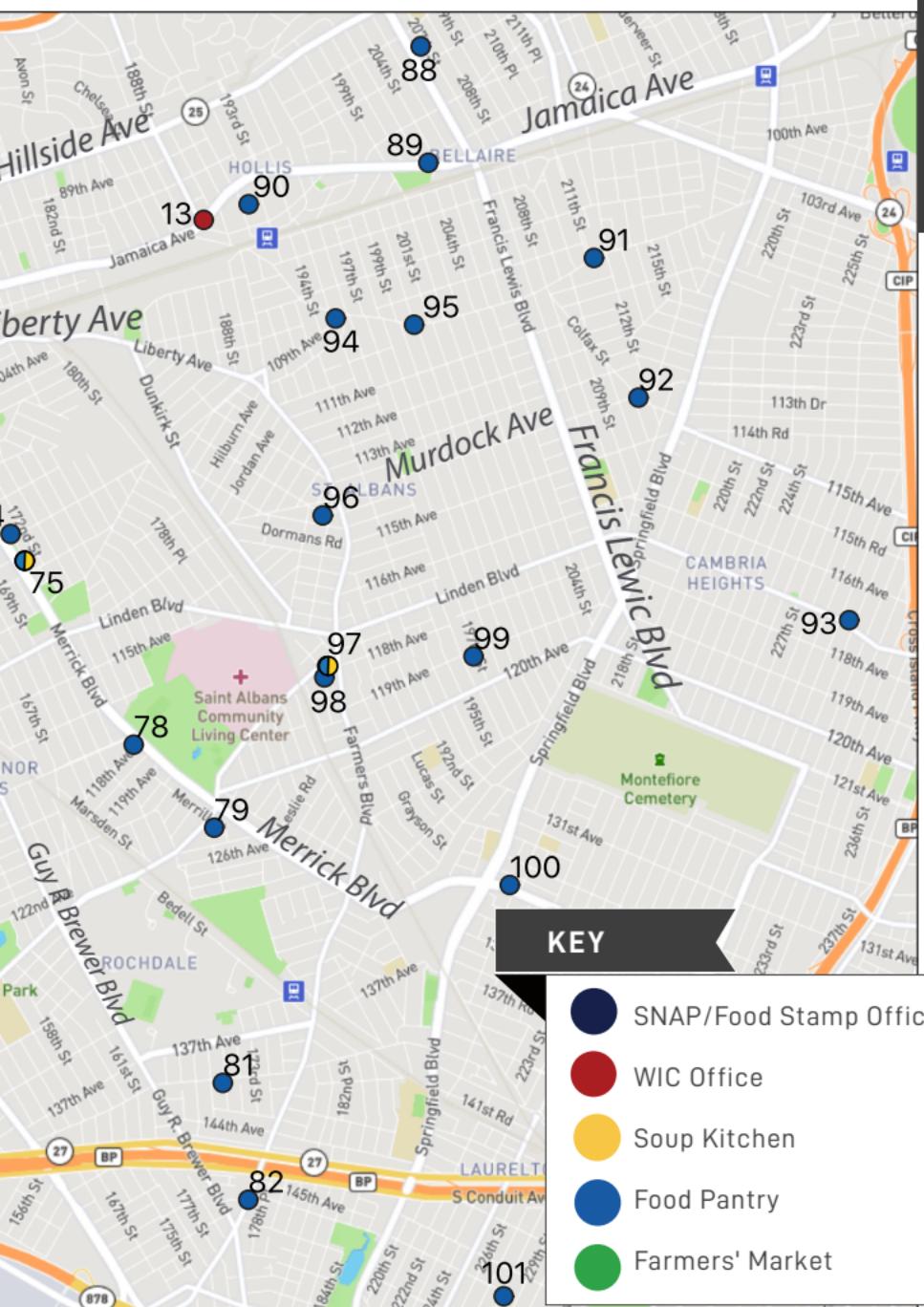






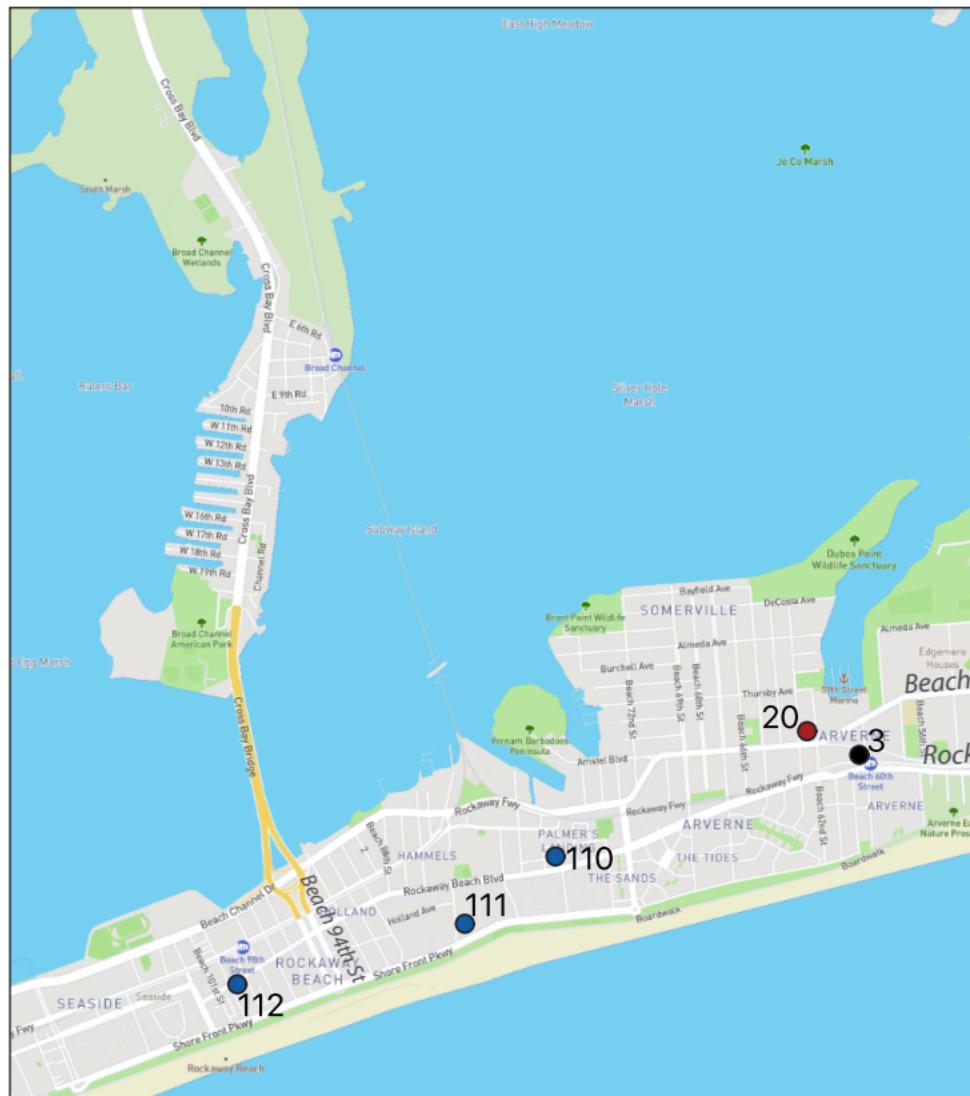


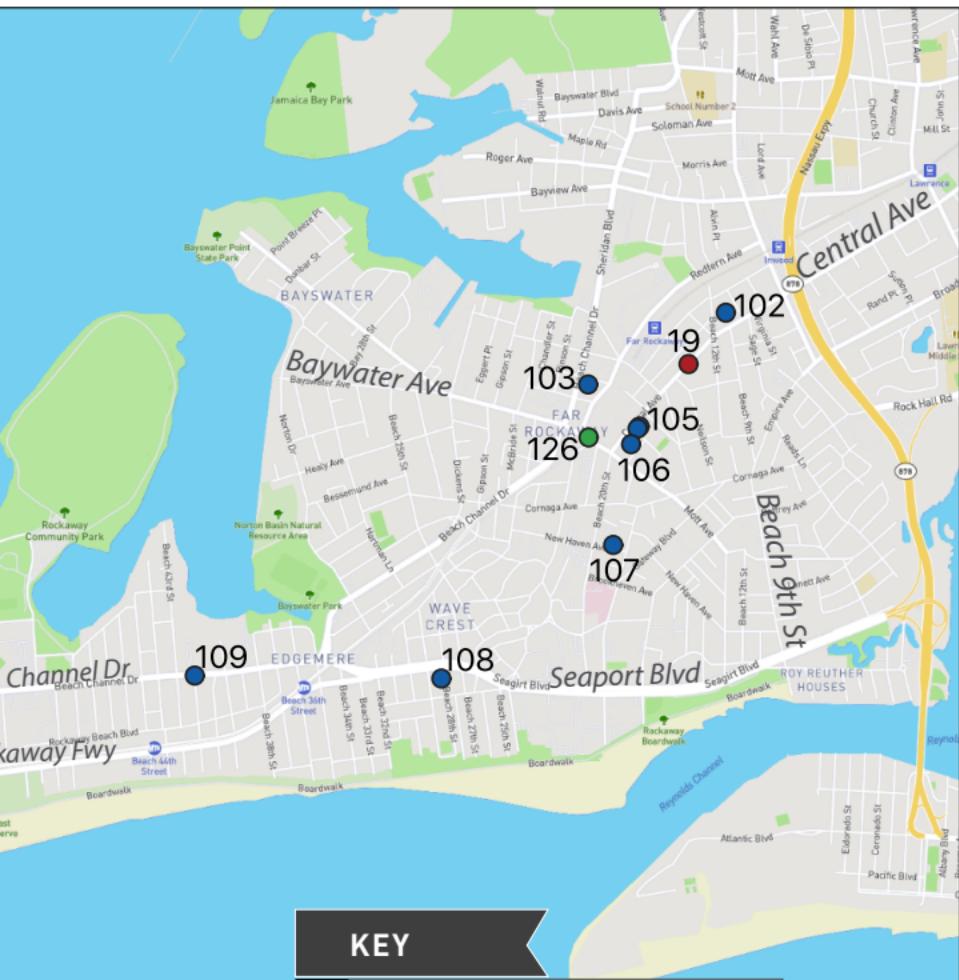
Neighborhood Guide to Food and Assistance - Queens Edition



East High Meadow

Jo Co Marsh







# HOME DELIVERED MEALS

## GOD'S LOVE WE DELIVER

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God's Love We Deliver cooks and home-delivers nutritious meals for people with serious illnesses and their families.

Eligibility is based on a valid medical note that reflects diagnosis and difficulty with activities. Application form from website ([www.gldw.org/getmeals](http://www.gldw.org/getmeals)) can be faxed or emailed, or call agency directly for an interview. New clients must apply for services before assessment for home delivery of meals. Dial 212-294-8102 or email [clientservices@gldw.org](mailto:clientservices@gldw.org) to learn more.

\*Information on Meals-On-Wheels can be found in the Senior Meals section



# JOB TRAINING & RESOURCES

Certain individuals may be required to be employed, seeking employment and / or enrolled in a training program in order to receive SNAP benefits.

## EMPLOYMENT & TRAINING

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Visit the following sites to find out more about training and education programs across the city:

[www1.nyc.gov/html/sbs/wf1/html/develop/develop.shtml](http://www1.nyc.gov/html/sbs/wf1/html/develop/develop.shtml)

[www1.nyc.gov/site/hra/help/types-training-education.page](http://www1.nyc.gov/site/hra/help/types-training-education.page)

# OTHER ASSISTANCE

Additional organizations in your neighborhood that can assist you with matters other than food support.

## MEDICAL CARE

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### **Elmhurst Hospital Center**

79-01 Broadway, 11373

718 334 4000

### **Junction Medical Center**

34-33 Junction Blvd., 11372

718 334 6150

### **Ridgewood Medical Center**

769 Onderdonk Ave., 11385

718 334 6190

### **Corona Health Center**

104-04 Corona Ave., 11368

718 334 6100

### **Long Island City Health Center**

36-11 21 St., 11106

718 482 7772

### **Woodside Health Center**

50-53 Newtown Rd., 11377

718 334 6140

### **Queens Hospital Center**

82-68 164 St., 11432

718 883 3000

### **Jamaica Hospital**

8900 Van Wyck Expressway, 11418

718 206 6000

### **South Queens Health Center**

114-02 Guy R. Brewer Blvd., 11434

718 883 6699

**Charles B. Wang Community Health Center**

136-26 37 Ave., 11354

718 886 1200

**Queens Health Network Medical Center at Parsons**

90-37 Parsons Blvd., 11413

718 334 6440

**Joseph P. Addabbo Family Health Center**

6200 Beach Channell Dr., 11692

718 945 7150

## **HEALTH INSURANCE**

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**Affinity Health System**

Information regarding health insurance, including enrollment in Medicaid, Medicare and other plans.

**General Info 866 694 9809**

41-46 Main St., Flushing 11355

37-06 74th St., Jackson Heights 11372

168-22 Jamaica Ave., Jamaica 11432

## LEGAL ASSISTANCE

### The City Bar Justice Hotline

212 626 7383

**Mon–Thu** 9am–5pm, **Fri** 9am–1pm

Free, basic legal advice on a range of civil issues. Will not provide an attorney or assist with in-court representation.

### [www.lawhelpny.org](http://www.lawhelpny.org)

Provides specific and detailed assistance regarding a wide range of legal topics, including agencies that might be able to help you find an attorney to represent you in court.

## EMERGENCY NUMBERS

**National and NYC Hunger Hotline** 866 3-HUNGRY (866 348 6479)

**Police, Fire or Ambulance:** 911

**Emergency Shelter:** 311

**Homeless Hotline:** 800 994 6494, 212 533 5151

**Immigration Hotline:** 212 419 3737, 800 566 7636

**Center for Disease Control:** 800 232 4636

**Poison Control:** 800 222 1222

**AIDS Hotline:** 800 541 AIDS, 800 233 7432 (Spanish)

**Alcoholics Anonymous:** 212 647 1680

**Narcotics Anonymous:** 212 929 6262

**Gamblers Anonymous Hotline:** 855 222 5542

**Domestic Violence Hotline:** 800 621 4673

**Battered Women Hotline:** 718 499 2151

**Rape & Sexual Assault Hotline:** 212 423 2140, 212 227 3000

**Child Abuse Hotline:** 800 342 3720

**Runaway Hotline:** 800 786 2929 (800 RUN AWAY)

**Crime Victim Hotline:** 212 577 7777, 800 689 4357

**Suicide Hotline:** 800 273 8255

**National Crisis Line:** 800 999 9999

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## WHAT AM I ELIGIBLE FOR?

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Use the chart below to see what programs may be available for you and your family.

### PEOPLE WITH CHILDREN



### PEOPLE WITHOUT CHILDREN



### SENIOR CITIZENS



### HOMELESS INDIVIDUALS



### LEGAL IMMIGRANTS



### UNDOCUMENTED IMMIGRANTS



SNAP/Food Stamp Benefits



Groceries at Food Pantries



WIC Packages  
School Breakfast & Lunch  
Free Summer Meals  
for Children



Meals at Soup Kitchens



Meals at Senior Centers  
Home-delivered Meals