

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.

To order additional copies of this guide,
send us an email at guides@hungerfreenyc.org
or visit orders.hungerfreearmerica.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
2. Call 844.330.2020
3. Complete and return the paper form you received by mail

Questions? contact: Filomena Acevedo
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

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





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 38.

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) ¹	MAX. MONTHLY SNAP BENEFITS ²
1	\$1,354	\$194
2	\$1,832	\$355
3	\$2,311	\$509
4	\$2,790	\$646
Each additional household member	+\$479 (approximately)	+\$146 (approximately)

¹In effect
10/1/19 - 9/30/20.

²In 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

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

1

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

3

Visit Your Local HRA Office

Apply at a SNAP office near you:

1 Washington Heights SNAP Center

4055 10th Ave., Lower Level, 10034

212 569 9835

Mon-Fri 8:30am-5pm

2 East End SNAP Center

2322 Third Ave 3rd Fl., 10035

212 860 5147

Mon-Fri 8:30am - 5pm

3 Waverly SNAP Center

12 W. 14 St., 4th Floor, 10011

212 352 2524

Mon-Fri 8:30am-6pm, **Sat** 9am-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 New York Presbyterian Hospital - Nagle Avenue WIC

68 Nagle Ave., 1st Floor, 10040

212 304 4723

Mon-Fri 8am-4:30pm; **2nd, 4th Sat** 8am-4pm

5 New York Presbyterian Hospital - Washington Heights WIC

549 West 180th Street, 2nd Floor, 10033

212 928 0307

Mon-Fri 8am-4:30pm; **1st, 3rd Sat** 8am-4pm

6 New York Presbyterian Hospital - Vanderbilt WIC

622 W. 168th St, 4th Fl, 10032

212 305 7122

Mon-Fri 8am-4:30pm

7 Harlem Hospital Center WIC-Center for Problems of Living

1727 Amsterdam Ave., 10031

212 926 3273

Mon-Fri 9:30am-3pm; **2nd, 4th Tue** 11am-6:30pm

8 New York Presbyterian Hospital - Charles B. Rangel WIC

534 West 135th St., 10031

212 939 7830

Mon-Fri 8am-4:30pm

9 Harlem Hospital WIC Office

506 Lenox Ave, 10037

212 939 2730

Mon 8am-7pm; **Tue-Fri** 8am-4pm; **Sat** 8am-2pm

10 East Harlem Council for Human Services - Boriken Health Center

2265 3rd Ave, 3rd FL, 10035

212 289 6650

Mon-Fri 8am-5pm

11 Institute for Family Health WIC-Madison Ave

1818 Madison Ave., 10035

212 423 4201

Tue, Thu (except 1st Thu) 9am-5pm, **Wed** by appt., **1st Thu** 11am-7pm

12 Harlem Hospital Center WIC Program-Sydenham

264 W. 118 St, 10026

212 932 6500

Tue-Thu 9:30am - 3pm

13 Mount Sinai St. Luke's Hospital Center

1111 Amsterdam Ave, 10025

212 523 3447

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

14 Institute for Family Health WIC-Lexington Ave

1701 Lexington Ave., 10029

646 218 4888

Mon-Fri 9am-5pm. **2nd Thu** 11am-7pm.

15 Institute for Family Health WIC-1st Ave

2082 1st Ave., 10029

212 831 5380

Mon-Fri 9am-5pm, **3rd Thu** 11am-7pm

16 Bellevue - Metropolitan Hospital WIC

19011 Ave., Rm 1D31, 10029

212 423 7395

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

17 William F. Ryan Community Health Center WIC

801 Amsterdam Ave, 2nd Floor, 10025

212 865 0410

Mon 6am-6:30pm; **Tue-Fri** 9am-5pm

18 Mt. Sinai Health System WIC Program- Roosevelt

515 W. 59 St., 2nd Floor, 10019

212 523 6539

Mon, Wed, Thu 9am-5pm; **Tue** 9am-7pm; **Fri** 9am-4pm

19 Bellevue - East Side WIC

4621 Ave., Ground Floor, 10016

212 562 6124

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

20 William F. Ryan - NENA Community Health Center WIC

279 E 3rd Street, 10009

212 477 8846

Mon, Tues, Weds, Fri 9am-5pm, **Thurs** 9am-7pm

21 New York Presbyterian Lower Manhattan WIC - Chinatown

244 Grand St, 4th Fl., 10002

646 588 2646

Mon-Fri 8am-5pm, **2nd Sat** 9am-4:30pm

22 Chinatown WIC

125 Walker St., 10013

212 226 8375

Mon-Wed 9am-5pm, **Sat** by appt. only

23 Bellevue - Chinatown WIC

210 Canal Street, Room 610, 10013

212 274 9655

Mon 8:45am-5:45pm, **Tue-Fri** 8:45am-4:15pm, **2nd Sun** 8:30am-3:30pm
by appt. only

24 Gouverneur Hospital WIC

227 Madison Street, 10002

212 238 7145

Mon-Fri 8am-5pm, **Sat** by appt. only

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 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.

Feel free to use this space for your own notes.



SENIOR MEALS

MEALS AT SENIOR CENTERS

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

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.

WASHINGTON HEIGHTS, INWOOD

10032-10034

25 Church of The Good Shepherd

104 Cooper St., 10034

212 567 1300

Food Pantry: ID required. Call on Fri to confirm if pantry will be open.

26 New York City Love Kitchen

3816 9th Ave., 10034

212 942 4204

Soup Kitchen: Mon-Fri 4:30pm - 6:30pm;

Food Pantry: 1st, 2nd, 3rd Thu 2pm-3pm; Photo ID and proof of address required for pantry registration. Entrance is at the corner of 204th and 9th Ave.

● 27 City Harvest Washington Heights/Inwood Mobile Market

Dyckman Houses, walkway between Nagle and 10th Ave., 10034
646 412 0600

Mobile Market Pantry: 2nd Wed and 4th Sat., 9:30am-11:30am.

Residents of the Dyckman Houses and members of the Dyckman Senior Center only. 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.

28 Jewish Community Council of Washington Heights - Inwood

121 Bennett Ave. #11A, 10033
212 568 5450

Food Pantry: Tue-Thu 11am - 1pm; Photo ID and proof of address required, clients must live in Inwood-Washington Heights. New clients must register between 12:30pm-1pm on Tue, Wed, or Thu. Each family unit can receive one food package per month. Kosher.

29 Catholic Charities - St. Rose of Lima

512 W 165th St., 10032
646 630 2390

Food Pantry: Thu 10am-4pm. Arrive early, first come first serve. Please bring proof of address and ID for each family member.

30 Community League of the Heights

508 W. 159th St., 10032
212 795 4779

Food Pantry: Wed, Sat 9am-11am; Picture ID required; can come once per week. Must be registered with the community center and can book appointments Tue and Thu.

31 City Harvest Washington Heights - Prince Hall Mobile Market

454 West 155th St. (St. Nicholas, curbside on 155th street), 10032

Mobile Market Pantry: 2nd Thu and 4th Sat., 9:30am-11:30am.

Residents of 10032 and members of the Community League of the Heights only. 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.

CENTRAL AND WEST HARLEM

10026, 10027, 10037, 10030, 10031, 10039

32 Father Creavin's Food Pantry - 151st St.

276 W. 151st St., 10039

212 281 2100

Food Pantry: 2nd, 3rd and 4th Tue of the month 9am-10am. Photo ID required.

33 Union Baptist Church

240 W. 145th St., 10039

212 862 3002

Soup Kitchen: Wed 1:30pm-2:30pm

34 Church of the Crucifixion

459 W. 149 St., 10031

212 281 0900

Food Pantry: Wed 10am-1pm. Referral and 2 forms of ID required

35 Upper Manhattan Mental Health Center

1727 Amsterdam Ave., 10031

212 694 9200 x519

Food Pantry: Tue (seniors only 58+) 1:30pm-4pm; Wed, Thu (families and singles) 1:30pm-4pm; ID required, emergencies food available Mon-Fri 9am-5pm. Can come once a month (seniors twice)

36 St. Charles Borromeo Church

211 West 141 Street, 10030

212 281 2100

Food Pantry: Sat 8:30am-11:30am; Photo ID and proof of address required. Call Fri before pick up.

37 Iris House West Side

2348 Adam Clayton Powell Blvd., 10030

646 548 0100

Soup Kitchen: Tue-Fri 12pm-1:30pm;

Food Pantry: Thu 2pm-4pm.

38 St. Mark the Evangelist Church

65 W 138th St., 10037

212 281 4931

Food Pantry: Sat 10am-11am (seniors); 12pm-1pm (adults). ID required.
Must live in the area.

39 Salvation Army Harlem Temple

540 Lenox Avenue, 10037

212 862 3900

Soup Kitchen: Mon- Fri 11:30am-12:30pm;

Food Pantry: Mon-Fri 10:30am-12:30pm. For pantry: Must live within zip codes 10027-10045. Referral, ID and proof of address required. By appointment only.

40 Grand Central Food Program - Harlem Hospital

137th St. and Lenox Ave., 10037

212 776 2000

Mobile Soup Kitchen: Mon-Sun 8:45pm; Come on time - distribution is mobile.

41 Catholic Charities - Rusty Staub Central Harlem Food Pantry

34 West 134th St., 10037

212 862 6401 x425

Food Pantry: Wed 9:30am-12pm. Photo ID and proof of address required for registration. Emergency food available by appointment over the phone.

42 Greater Central Baptist Church

2152-58 5th Ave., 10037

212 234 3828

Food Pantry: Once a month, day varies 10am-finish. Call first to get date or check sign posted outside church.

43 Church of the Annunciation

88 Convent Ave., 10027

212 234 1919

Food Pantry: Tue 10:30am-11:30am

44 St. Mary's Episcopal Church

521 West 126 Street, 10027

212 864 4013

Food Pantry: **Mon** 4pm-6pm; Photo ID and proof of address required.

Mobile Soup Kitchen: **Sat** 2pm-3pm, typical stops include 125th St under Metro North station and Marcus Garvey Park.

45 Salem United Methodist Church

2190 Adam Clayton Powell Jr., Blvd., 10027

212 678 2700

Soup Kitchen: **Wed** 12:30pm-2:30pm;

Food Pantry: **Fri** 11am-1pm. ID required.

46 Metropolitan Baptist Church

151 W. 128 St., 10027

212 663 8990

Soup Kitchen: **Mon-Sat** 12pm-food is finished;

Food Pantry: **Wed, Fri** 12pm-food is finished

47 Christ Temple of the Apostolic Faith

13-17 West 128th St., 10027

212 534 4200

Food Pantry: **Fri** 2pm-3pm, Closed August and holidays.

48 Harlem Dowling West Side Center for Children and Family Services

2139 Adam Clayton Powell Jr. Blvd, NW, 10027

212 749 3656

Food Pantry: **Tue** 12pm- 2pm, **Fri** 12pm- 2pm. Photo ID with proof of address for household members required first time

49 St. Joseph of the Holy Family Food Pantry

405 West 125th Street, 10027

212 662 9125

Food Pantry: **Sat** 8am-12pm

50 Safe Horizon Streetwork Project

209 West 125th Street, 2nd Fl, 10027

212 695 2220

Food Pantry: Mon, Tue, Thu, Fri 3pm-5pm. Limited availability, call 212 695 2220 for availability. Weekly pantry for Streetwork Project clients only (anyone under the age of 25 at risk or homeless can become a client). New intakes accepted 10:15am-11:15am.

51 African Services Committee

429 W. 127th St., 2nd Fl., 10027

212 222 3882

Food Pantry: Mon-Fri 9am-5pm. Must have letterhead referral from an agency to receive a pantry ID card, can come once/month.

52 The Riverside Church Food Pantry

91 Claremont Avenue, 10027

212 870 6733

Food Pantry: Tue-Fri 9:30am-1pm; ID and proof of address required for all household members. Only serves the first 60 people. Only serves those who live between 96th - 179th on the West Side.

53 Antioch Outreach Ministries

41 W. 124th St., 10027

212 534 5715

Food Pantry: Sat 7:30am-11am

54 Mt. Olivet Baptist Church Community Meals Program

201 Lenox Ave, 10027

212 864 1155

Soup Kitchen: Mon 12:30pm-1:30pm;

Food Pantry: Tue, Wed 10:30am-11:30am, line up at 9:30am.

55 Food Bank for NYC Community Kitchen

252 W. 116 St., 10026

212 566 7855

Community Meal: Mon-Fri Lineup begins at 3:30pm. 4pm-6pm.

Food Pantry: Registration available Mon, Tue, Thu, Fri at 3:30pm-5pm and **Wed** 11am-1pm; Requires proof of ID and address.

Senior Center: Breakfast Mon-Fri 9am-10am; Supper 2pm-3pm.

56 Project Create-Anthony House

73 Lenox Ave., 3rd Fl., 10026

212 663 1975

Food pantry: Every Other Wed 10am-12pm; Photo ID required

57 First Corinthian Baptist Church

1912 Adam Clayton Powell, Jr. Blvd., 10026

212 864 5976

Food Pantry: Fri 9am-1pm, **3rd Sat** 10am-3pm; photo ID with address required to register, registration only on 3rd Sat. No registration needed for fresh produce.

EAST HARLEM

10029, 10035

58 Chilis on Wheels - Harlem

125th Street and Park Avenue (under the overpass), 10035

303 618 0528

Soup Kitchen: Fri 3pm-6pm.

Personal care products available every week (including women's hygiene products). Clothing distribution once/month, care package distribution seasonally. Vegan, suitable for all food allergies.

59 Salvation Army Manhattan Citadel

145 E. 125th St., 10035

212 860 3200

Soup Kitchen: Mon-Fri 1pm;

Food Pantry: Mon-Fri 9am-4pm

60 The Relief Bus - Harlem

Park Ave. between 124th and 125th, 10035

800 736 2773

Mobile Soup Kitchen: Fri, Sat 10am-2pm

61 Grand Central Food Program - Lexington & 124th

Lexington Ave & 124th St, 10035

212 776 2000

Mobile Soup Kitchen: Mon-Sun 9pm; Come on time - distribution is mobile.

62 Bailey House

1751 Park Ave, 3rd FL., 10035

212 633 2500 x363

Food Pantry: **Wed** 1pm-3:30pm. Photo ID or Benefits card required.
Emergency Food Pantry is available, please call Mon-Fri for additional information.

63 Beth-Hark Christian Counseling Center

2-26 East 120th St., 10035

212 860 1520/1523

Soup Kitchen: **Wed, Thu** 12pm-2pm.

Food Pantry: **By appointment only Tue** 1pm-3:30pm, **Thu** 3:30pm-6pm. Bring ID for first visit to pantry. Proof of address required for all members of household. Provide case management, pastoral care, advocacy, clothing closet, benefits screening, and job placement assistance.

64 Friendly Hands Ministry Inc.

229 E. 118th St., 10035

347 380 1436

Soup Kitchen and Food Pantry: **Mon-Fri** 9am-3pm. ID Required.

65 Fraternite Notre Dame

2290 First Ave., 10035

212 876 5855

Soup Kitchen: **Tue- Fri** 10:30am-1pm;

Food Pantry: **Fri** 2pm-4pm. Bring your own cart and bags for pantry.

66 Iris House East Side

2271 2nd Ave, 10035

212 423 9049

Food Pantry: **Thu** 2pm-4pm or until supplies last. Any form of ID.

Registration Wed, Thu Fri. Emergency food available at other times when inquired.

67 Mt. Zion AME Church

1765 Madison Ave, 10029
212 369 6643

Soup Kitchen: Wed 12pm-1pm;

Food Pantry: Fri 10am-11am; Photo ID and proof of address required.

Can come to pantry once per month. SNAP application services available in English and Spanish.

68 Little Sisters of the Assumption Family Health Service

333 E. 115th Street, 10029
646 672 5200

Food Pantry: Tue 9:30am-11:30am, Wed 9:30am-11:30am, 1:30pm-3:30.

Clients can come once a month. New registrations need to arrive half an hour before the end of the food pantry shift. ID, proof of address in 10029 or 10035, and proof of household composition required. Parenting and early childhood development program, nursing, environmental health, SNAP assistance, Immigration consultations, and preventive services available.

● 69 New York Common Pantry

8 E. 109 St., 10029
917 720 9710

Soup Kitchen: Mon-Fri 8am-9:30am, Mon, Wed, Fri 4:30pm-6pm;

Food Pantry: Client choice digital pantry; sign up to order

Mon-Sat 9am-6pm, **Sun and holidays** 2pm-6pm. NY Common Pantry also provides CSFP for Seniors; Visit website for more info: <http://nycommonpantry.org/what-we-do/programs/>. ID for all household members and proof of need required for intake.

70 Good Neighbor Presbyterian Church

115 E. 106th St., 10029
212 369 0505

Food Pantry: 1st, 2nd Thu 8am-11am; Photo ID required

71 Catholic Charities St. Cecilia's Parish Services

125 East 105th St., 10029
212 348 0488

Food Pantry: Wed 9am-11am. Serves clients from zip codes 10029, 10028, 10035, case management services M-F 9am-5pm

UPPER EAST SIDE

10022, 10065, 10021, 10128

72 Our Lady of Good Counsel

230 East 90th Street, 10128

212 289 1742

Soup Kitchen: Sat 7am-8am

73 Unitarian Church of All Souls

1157 Lexington Ave., 10075

212 628 8568

Soup Kitchen: Mon 7pm-8pm, Fri 12pm-1pm. Entrance for Fri meal around corner at 160 E. 80th St. Provide referrals for clothing and other services.

74 Temple Shaaray Tefila

250 East 79th St. (entrance on 79th), 10075

212 535 8008

Soup Kitchen: Wed 11:30am-12:30pm, arrive at 11am.

75 The Carter Burden Luncheon Club and Senior Program

351 E. 74th St., 10021

212 535 5235

Lunch: Mon-Fri 12-12:30pm. Meals for seniors 60+. ID and proof of address required, must live between E. 70th and E. 79th St.

76 Church of The Epiphany

1393 York Ave., 10021

212 737 2720

Soup Kitchen: Wed 7pm. Doors open 6pm, check-in 6:45pm. Social worker available Wed 6pm-7pm

77 Madison Avenue Presbyterian Church

921 Madison Ave., 10021

212 288 8920

Soup Kitchen: Thu 6:15pm-7:30pm. No service on Thanksgiving.

78 Grand Central Food Program - Central Park

5th Ave. and 72nd St., 10021
212 776 2000

Mobile Soup Kitchen: Mon-Sun 9:15pm; Come on time - distribution is mobile.

79 Christ Church United Methodist

524 Park Ave., 10065
212 838 3036

Soup Kitchen: Sun 4:30pm-6:30pm

80 All Saints Episcopal Church

230 E. 60th St., 10022
212 758 0447

Soup Kitchen: Sat 4:30pm-5:30pm

UPPER WEST SIDE

10023-10025

81 Broadway Community

601 W 114th St, 10025
212 864 6100 X128

Soup Kitchen: Mon, Wed, Fri 10am-2pm;

Food Pantry: Mon 3pm-4pm, Produce Pantry, no referral required.

Supermarket Pantry every 4th Sat 1pm-3pm. **Emergency Pantry**

Mon, Wed 4pm (referral required - see Hakim for referral Mon, Wed 10:30am-1:30pm, can come once/month). Showers, medical services, social services referrals, advocacy, and culinary training available.

82 Community Impact

616 W. 114 St., 10025
212 854 6310

Food Pantry: Mon, Thu 12pm-2pm. Registration at 11am. ID, proof of address and referral required after first visit for everyone in household. Only serves Manhattan addresses.

83 Church of Notre Dame

405 West 114th St., 10025
212 866 1500

Food Pantry: Tue 2pm-4pm. ID required.

84 Grand Central Food Program - Cathedral of St. John the Divine

112th St. & Amsterdam, 10025

212 776 2000

Mobile Soup Kitchen: Mon-Sun 8:30pm; Come on time - distribution is mobile.

85 Mother's Kitchen at Ascension Church

221 W 107th St, 10025

212 222 0666

Soup Kitchen: 1st Sat 11am-4pm; in basement of Ascension Church;

Food Pantry: 2nd Wed 5:30pm-7pm, **4th Sat** 10am-12pm. Bring government ID and re-usable shopping bag.

86 West End Presbyterian Church

165 W. 105th St, 10025

212 663 2900

Food Pantry: Tue or Thu 11:30am-12:30pm once/month. Photo ID and referral required each time. Call to confirm day.

87 St. Michael's Episcopal Church

225 W. 99th St., 10025

212 222 2700

Soup Kitchen: Sat 10am-11:30am;

Volunteers available for information on shelters, laundry; Medivan is there about 3/4 weeks - you can find their schedule online.

88 Franciscan Community Center, Holy Name Church

207 West 96th St., 10025

212 932 8040 x33

Food Pantry: Mon 11am-3pm.

Photo ID required. Clients may come once a month. Bring own bag/shopping cart. Intake by social worker required annually.

89 Advent Lutheran Church

2504 Broadway, 10025

212 665 2504

Soup Kitchen: 4th Sat 12pm-1pm (Nov and Dec is the 3rd Sat);

Food Pantry: 1st Sat 10am-11am

90 The Judith Bernstein Lunch Program at B'nai Jeshurun

257 West 88th St., 10024

212 787 7600 x272

Soup Kitchen: Thu 12pm-1pm. Food is kosher.

91 West Side Campaign Against Hunger

263 West 86th Street, 10024

212 362 3662 x123

Food Pantry: Mon 8am-12pm, 1pm-6:30pm, **Wed-Fri** 8am-12pm, 1pm-3pm. New customers are required to bring Photo ID and Proof of Address for every household member. Customers can shop once per calendar month.

92 Grand Central Food Program - 86th & West End

86th St. and West End Ave., 10024

212 776 2000

Mobile Soup Kitchen: Everyday 8:15pm; Come on time - distribution is mobile.

93 St. Matthew's-St. Timothy's Church

26 W. 84th St., 10024

212 362 6750

Soup Kitchen: Sun 2pm-3pm. October to June. First come, first served.

94 Holy Trinity Church Breakfast Line

213 W. 82nd St., 10024

212 787 0634

Soup Kitchen: Mon-Sun 8:30am-9am.

Food Pantry: 3rd Sat 10:30am-11am

95 Grand Central Food Program - 79th St. Boat Basin

79th St. Boat Basin, 79th St. at W Side Highway, 10024

212 776 2000

Mobile Soup Kitchen: Mon-Sun 7:55pm; Come on time - distribution is mobile.

96 West End Collegiate Church

245 W. 77th St. between Broadway & West End Ave., 10024
 212 787 1566

Soup Kitchen: Tue 4:30pm-5:30pm.

Optional Bible Study and Prayer 4pm-4:30pm. Social Worker on site.
 Closed in August.

97 Rutgers Thursday Nighters

236 West 73rd Street, 10023
 212 877 8227

Soup Kitchen: Thu 6pm-7pm, movie follows at 7pm

98 National Council of Jewish Women

241 West 72nd Street, 10023
 212 687 5030

Soup Kitchen: Wed 4:30pm-5:30pm, **Sun** 11:30am-12:30pm;

Food Pantry: Mon 9:30am - 2pm. Photo ID and proof of address for all household members required first time.

99 Blessed Sacrament Church

147 W. 70th St., 10023
 212 877 3111

Soup Kitchen: Sun 2pm-3pm

100 The Brown Bag Program at Christ & St. Stephen's Church

120 W. 69th St., 10023
 212 580 8179

Brown Bag Program: Mon-Fri 9:30am-10:30am, Including all holidays.

MIDTOWN

[10019](#), [10022](#), [10036](#), [10018](#), [10001](#), [10010](#), [10016](#), [10017](#)

101 Church of St. Paul the Apostle Loaves and Fishes

405 West 59th St., 10019
 212 265 3495

Soup Kitchen: Tue, Thu 11:30am-12:15pm;

Food Pantry: 3rd Sat 9am-10am

102 St. Paul's House

335 W. 51st St., 10019

212 265 5433

Soup Kitchen: Mon, Wed, Fri 8am - 8:40am

Food Pantry: Tue 10am-11am. Must live between 10th St. and 89th St. on the West Side. ID and proof of residence required for pantry.

103 Grand Central Food Program - 51st & Broadway

SW corner of 51st St. and Broadway, 10019

212 776 2000

Mobile Soup Kitchen: Mon-Sun 7:15pm; Come on time - distribution is mobile.

● **104 Encore Senior Center**

239 W 49th St., 10019

212 581 2910

Soup Kitchen: Mon-Fri 11am-1:15pm. For seniors (60+) only. Home delivered meals are offered daily - must live between 14th St. and 110th St. from the River to 5th Ave.

105 Grand Central Food Program - SONY Building

55th St. between Madison and 5th Ave., 10022

212 776 2000

Mobile Soup Kitchen: Mon-Sun 9:30pm; Come on time - distribution is mobile.

106 Central Synagogue Breakfast Program

123 E. 55th St, 10022

212 838 5122

Soup Kitchen: Thu, Fri 6am-7:30am. Hot meal with bagged lunch.

107 St. Peter's Lutheran Church

619 Lexington Ave. at 54th St, 10022

212 935 2200

Soup Kitchen: Tue 7am-8:30am, 4pm-6:30pm. Doors open at 7am, service starts at 7:15am. Afternoon hours are run by the Momentum Project. Clients must complete intake at 3pm.

108 Crossroads Community Services at St. Bartholomew's Church

108 E. 51st Street, 10022

212 378 0229

Soup Kitchen: **Mon-Sun** 5:30pm-6:30pm; **Sun, Mon, Wed** 7am-8:30am;
Sat 9:30am-11am;

Food Pantry: **Thu** 10am-2pm; For pantry can come once/month,
appointment required, call to make appointment 212 378 0234. Walk-
ins can arrive at 12:30pm.

109 St. Clements Food Pantry

423 W. 46th St., 10036

212 246 7277 x22

Food Pantry: **Fri** 4pm-6pm (except the first Fri of the month), **Sat**
(except 1st Sat) 9:30am-11:30am. ID required first time to register.

110 St. Luke's Lutheran Church

308 W. 46th St., 10036

212 246 3540

Soup Kitchen: **Tue, Thu** 1pm-2pm

111 Crossroads Food Pantry

329 W. 42nd St., 10036

212 246 4732

Food Pantry: **Every other Sat** 11am-1pm. Proof of residence and
income required.

112 Grand Central Food Program - Port Authority

40th St., between Dyer and 10th Ave., 10018

212 776 2000

Mobile Soup Kitchen: **Mon-Sun** 7:35pm; Come on time - distribution
is mobile.

113 The Dwelling Place of N.Y., Inc.

409 W. 40th St., 10018

212 564 7887

Soup Kitchen: **Wed** 5:30pm-6:30pm. For women age 30+ only.

114 Rauschenbusch Metro Ministries - Metro Baptist Church

410 W. 40th St, 10018

212 594 4464

Food Pantry: Sat 11am-11:30am (no pantry 5th Sat). One visit per month. ID and proof of address for all household members required.

115 Gay Men's Health Crisis

307 W 38th St, 10018

212 367 1000

Food Pantry: Tue , Wed, Fri 1pm-4pm, Thu 11am-2pm. After first visit, must become a member - call 212 367 1057 to make an appt.

116 Sylvia Rivera Food Pantry

446 W. 36th St., 10018

212 629 7440

Food Pantry: Thu 9am-10am (groceries); Tue-Fri 1pm-3pm; Tue-Fri 10am-3pm emergency pantry. Bring your own bag for pantry.

117 Grand Central Food Program - 35th & FDR

35th St. under FDR Drive, 10016

212 776 2000

Mobile Soup Kitchen: Mon-Sun 7:15pm

118 Grand Central Neighborhood Social Services Corp

120 E. 32nd St., 10016

212 883 0680 x101 or 122

Soup Kitchen: Mon-Sun 6am-7am, 12pm-1:15pm, 4pm-5:30pm.

119 Grand Central Food Program - Penn Station

West Side 8th Ave. at 33rd St., 10001

212 776 2000

Mobile Soup Kitchen: Mon-Sun 9:15pm. Come on time.

120 St. Francis of Assisi

139 W. 31st St., 10001

212 736 8500

Soup Kitchen: Everyday 7am-7:30am. Sandwiches and coffee, line starts at around 6:30am.

Food pantry: Fri, Sat 9am-11am. Must register by calling 212-471-4246.

121 St. John's Bread of Life

213 West 30th St., 10001

212 564 9070 x203

Food Pantry: Wed 12pm-2pm

Must live between 14th St. and 60 St. ID and proof of address for all household members required.

122 The Relief Bus - Chelsea Park

28th St., between 9th & 10th Ave., 10001

800 736 2773

Soup Kitchen: Wed, Fri 10am-2pm

123 Holy Apostles Soup Kitchen

296 9th Ave., 10001

212 924 0167

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

Social Services Office open during Soup Kitchen Hours. Services offered: Mail, Phone, Free Hair Cuts Referrals, Toiletries, SNAP Enrollment, Benefit Enrollment Computer Lab M,W,F 12:30pm-2:30pm Computer Skill Training and Resume Training, Employment Search Brown Bag Lunch Program M-F Delivered to Community Partners, Backpack Pantry Program Fris 3:00pm., Sun Supper 3rd Sun of the Month Intergenerational Family Style Dinner 3:00 pm. Warming Center when NYC Code Blue is in effect 9:00pm-7:00am

124 Grand Central Food Program - Madison Square Park

5th Ave. and 27th St., 10001

212 776 2000

Mobile Soup Kitchen: Mon-Sun 8:45pm;

Come on time - distribution is mobile.

125 New Alternatives for Children

37 West 26th Street, 6th Floor, 10010

212 994 7919

Food Pantry: Mon, Tue 2pm-5pm

CHELSEA, WEST VILLAGE

10011-10014

126 St. Peter's Episcopal Church

346 W. 20th St., 10011
212 929 2390

Food Pantry: Sat 10:30am-11:30am. Referrals requested when available.

● 127 Xavier Mission at the Church of St. Francis Xavier

55 W 15th St., 10011
212 627 2100

Soup Kitchen: Sun 12:30pm-3pm. Seniors and disabled line up on 15 St. for soup kitchen, all others on 16th St. (elevator for those unable to navigate stairs on 15th St).

Food Pantry: 2nd Sat 10am-11:30am; Pantry is client choice; open only to residents of 10001-10003, 10009-10014, 10016. ID and proof of address for all adult household members required for pantry.

128 Salvation Army New York Temple

132 West 14th St., 10011
212 337 7469

Soup Kitchen: Mon-Thu 12pm-1pm;

Food Pantry: Mon-Fri 9:30am-11am, 1:30pm-3pm. Food pantry requires ID and proof of address in 10002-10007, 10009-10014, 10038, 10041, 10047, or 10048 at first visit. Please call 212-337-7469 for an appt.

129 Hope for our Neighbors in Need at Church of the Village

201 W. 13 St., 10011
212 243 5470

Soup Kitchen: Sat 12pm-3pm,

Food Pantry: Tue 12pm-3pm. Doors open 30 minutes before food service begins.

130 Church of the Ascension

12 West 11th St., 10011
212 254 8620

Food Pantry: 1st and 3rd Sat 8:30am-9:30am. Must register beforehand. Line up on north side of West 11th St starting at 5th Ave. Bring proof of address and photo ID for all household members.

131 Chilis on Wheels

302A W 12th Street, #279, 10014
303 618 0528

Soup Kitchen: Sat 1pm-3pm.

Personal care products available every week (including women's hygiene products). Clothing distribution once/month, care package distribution seasonally. Vegan, suitable for all food allergies.

132 Church of St. Joseph in Greenwich Village

371 6th Ave, 10014
917 754 8901

Soup Kitchen: Sat 1:30pm-3pm

133 Hebrew Union College-Jewish Institute of Religion

1 West 4th St., 10012
212 674 5300

Soup Kitchen: Mon 5pm-6pm. Entrance on Mercer Street. During the school year, warm balanced meals, clothing, toiletries, music, and free legal advice from NYU law students inside. In summer months, service is 5pm-5:30pm outside.

134 New York City Rescue Mission

90 Lafayette Street, 10013
212 226 6214

Soup Kitchen: Mon-Sun 8am-9am, 6pm-7pm.

Food Pantry: 2nd Sat 10am-11am. ID required for pantry. SNAP and Medicaid Enrollment Tue 3pm-5pm. Emergency Shelter 7 days a week, women intake 3pm-3:45pm, men intake 4pm-5pm. Clothing distribution Thu 11am-2pm.

135 The Relief Bus - Lower Manhattan

90 Lafayette St., 10013
Soup Kitchen: Thu 10am-2pm

136 Grand Central Food Program - Lafayette & Leonard

Lafayette St. and Leonard St., 10013
212 776 2000

Mobile Soup Kitchen: Mon-Sun 7:45pm; Come on time - distribution is mobile.

EAST VILLAGE, LOWER EAST SIDE, CHINATOWN

10003, 10009, 10002

137 St. George's Common Table

209 East 16th Street, 10003
646 723 4178

Soup Kitchen: Thu 12:00pm-12:45pm. Doors open at 11:30am.

138 Grand Central Food Program - Union Square

Union Square, 10003
212 776 2000

Mobile Soup Kitchen: Mon-Sun 8:30pm; Come on time - distribution is mobile.

139 The Hetrick-Martin Institute

2 Astor Pl., 3rd FL, 10003
212 674 2400

Soup Kitchen: Mon-Sat 5pm-6pm.

For youth only, ages 13-24 Mon-Fri and ages 13-21 on Sats. Must complete intake to become client with photo ID, proof of age. Provide academic enrichment, arts and culture, health and wellness, counseling, job readiness, and homeless services. www.hmi.org

140 Village Temple Soup Kitchen

33 East 12th Street, 10003
212 674 2340

Soup Kitchen: Sat 2:30pm-4:30pm

141 Momentum Project at Middle Collegiate Church

50 E. 7th St., 10003
212 477 0666

Soup Kitchen: Mon 11:30am-1pm, 5:30pm-6:30pm.

Food Pantry: 2nd and 4th Mon during Soup Kitchen hours; call, or visit <http://www.middlechurch.org/about/calendar> to see dates.

142 St. Joseph House/Catholic Worker

36 East 1st St., 10003
212 254 1640

Soup Kitchen: Mon-Fri 10am-11:30am. Men only, Clothing rummage room Mon & Fri 2:30pm-3:30pm

143 The Father's Heart Ministries

543-545 East 11th Street, 10009
212 375 1765

Soup Kitchen: **Tue** 6pm-7pm (for KidZone attendees), **Sat** 10am-11am (except 1st Sat);

Food Pantry: **Tue** 6pm-6:30pm (for KidZone attendees), **Sat** 10am-11am (except 1st Sat). SNAP (food stamps) pre-screening available. Free GED and ESL classes Sat 10am-11:30am, Tue 6pm-7:30pm; legal aid desk 2nd Sat.

144 Trinity's Services and Food for the Homeless

602 E 9th St., 10009
212 228 5254

Soup Kitchen: **Mon-Fri** 11am-12pm;

Food Pantry: **Mon-Fri** 12:30pm-1:30pm. ID for all household members required for pantry. Pantry is client choice, may be received once a calendar month. www.safhnyc.org

145 Street LIFE Ministries - Tompkins Square Park

Ave A & 7th Street (Tompkins Square Park), 10009
718 539 2324

Mobile Soup Kitchen: **Tue** 9am-12pm

146 University Community Social Services

137 East 2nd St., 10009

347 850 2230

Soup Kitchen: **Sat** 9am-11am, 1pm-2:30pm.

Food Pantry: **Sat** 1pm-2:30pm

147 The Bowery Mission

227 Bowery, 10002
212 674 3456

Soup Kitchen: **Everyday** breakfast 8am - 9am, lunch 1pm - 2pm, dinner 6pm - 7pm.

Food Pantry: **Mon-Fri** 9am - 11am. Other social services provided, call or visit for details.

148 Grand Central Food Program - Bowery Mission

227 Bowery, 10002

212 776 2000

Mobile Soup Kitchen: Mon-Sun 8:20PM; Come on time - distribution is mobile.

149 Dewitt Reformed Church Food Pantry

280 Rivington St., 10002

212 674 3341

Food Pantry: Mon, Thu 10am-12pm

150 Vision Urbana

66 Essex St, 10002

646 626 9748

Food Pantry: Mon 10am-12pm

151 Grand Central Food Program - Allen St.

25 Allen St. (Lower East Side Harm Reduction), 10002

212 776 2000

Mobile Soup Kitchen: Mon-Sun 7:30pm; Come on time.

152 Primitive Christian Church

207 East Broadway, 10002

212 673 7868

Food Pantry: 1st Thu 10am-12pm. ID required. Client choice pantry.

153 Cabrini Immigrant Services of NYC

139 Henry St., 10002

212 791 4590 x102

Food Pantry: Tue 9:30am-12:30pm, Non members need to bring some type of document to show an address. Non members are allowed to receive food once every other month.

DOWNTOWN**10271, 10004-10007****154 Trinity Church Brown Bag**

209 Broadway, 10007

646 216 6413

Soup Kitchen: Sun 2-2:30pm, **Mon-Sat** 12:45pm-1:15pm. Brown bag lunch. Please arrive early, lunch is distributed on time.**155 Grand Central Food Program - Staten Island Ferry Terminal**

Staten Island Ferry, 10004

212 776 2000

Mobile Soup Kitchen: Mon-Sun 8pm; Come on time.



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

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

WASHINGTON HEIGHTS, INWOOD

10032-10034

156 Inwood Greenmarket

Isham St. between Seaman and Cooper, 10034

Sat 8am-3pm, year round

157 175th Street Greenmarket

175th St. between Wadsworth and St. Nicholas, 10033

Thu 8am-4pm, Jun 27-Nov 21

158 Fort Washington Greenmarket

168th St. and Fort Washington Ave., 10032

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

CENTRAL AND WEST HARLEM

10026, 10027, 10037, 10030, 10031, 10039

159 Grassroots Farmers' Market

W 145th St. & Edgecomb Ave, 10030

Tue, Sat 9am-4pm, Jul - Nov

160 Harvest Home Harlem Hospital Market

W. 137th St. and Lenox Ave, 10037

Fri 9am-2pm (Winter hours), 8am-4pm (Summer hours). Year round

161 Harvest Home 125th Street Market

E. 125th St and Adam Clayton Powell Blvd, 10027

Tue 8am-4pm, June 5-Nov 20**162 Columbia University Greenmarket**

Broadway and W. 114th St., 10027

Thu 8am-4pm, **Sun** 8am-5pm; year round. Closed Thanksgiving. 11/22 rescheduled to 11/20.**163 Harvest Home Lenox Ave. Market**

Lenox Ave. between W. 117 and W. 118 St., 10026

Sat 8am-4pm, Jun 9-Nov 17**EAST HARLEM**

10029, 10035

164 PS 57 Youthmarket

115th Street & 3rd Ave (SW corner), 10029

Wed 9am-4pm, July 10-Nov 27**165 Harvest Home East Harlem Market**

E. 104th St and 3rd Ave, 10029

Thu 8am-4pm, July 5-Nov 15**166 Mt. Sinai Hospital Greenmarket**

E. 99th St. between Madison Ave & Park Ave, 10029

Wed 8am-5pm, Jun 12-Nov 27 Closed 7/4 (Indep).**167 Harvest Home Metropolitan Farmers' Market**

98th St. & 2nd Ave., 10029

Fri 8am-4pm June 8-Nov 16**UPPER EAST SIDE**

10022, 10065, 10021, 10128

168 92nd Street Greenmarket

First Ave. and E. 92nd. St., 10128

Sun 9am-4pm, June 23- Nov 24.**169 82nd Street Greenmarket**

E 82nd St, between 1st Ave and York Ave., 10028

Sat 9am-2:30pm, Year round (4/6-3/28)

UPPER WEST SIDE

10023-10025

170 Morningside Park Down to Earth Farmers' Market

110th St. & Manhattan Ave, 10025

Sat 9am-4pm, 5/11 - 12/28

171 97th Street Greenmarket

W 97th St. and Columbus Ave., 10025

Fri 8am-2pm, Year round (4/5-3/27)

172 79th Street Greenmarket

Columbus Ave. between 78th and 81st St., 10024

Sun 9am-5pm, 4/7-3/29

173 Tucker Square Greenmarket

W. 66th St. and Columbus Ave, 10023

Thu, Sat 8am-5pm, year round. Closed 11/22 Open 11/21

MIDTOWN

10112, 10019, 10022, 10036, 10018, 10001, 10010, 10016, 10017

174 57th Street Greenmarket

W. 57th St & 9th Ave. (Balsley Park), 10019

Sat 8am-5pm, Jun 1-Nov 23; **Wed** 8am-5pm Jun 5-Nov 27; Closed 7/4

175 Rockefeller Center Greenmarket

Rockefeller Plaza between W. 50th St. & W. 51st St, 10112

Wed 8am-5pm, **Thu** 8am-5pm, **Fri** 8am-5pm. 7/24 - 8/30.

176 Rockefeller Farm Stand

Rockefeller Place at 50th St, Rockefeller Center North Plaza, 10124

Fri 8am-5pm; 7/19 - 8/23

177 Dag Hammarskjold Plaza Greenmarket

E. 47th St. & Second Ave, 10017

Wed 8am-4pm, year round. Closed 7/4 (Indep) & 9/26 (Gen Assembly).

178 Times Square

Broadway and 44th St, 10036

Fri 9am-2pm, July 12 - Aug 30

179 Hudson Yards Down to Earth Farmers' Market

Hudson Blvd. East at 34th St., 10001

Thu 8:30am-4pm, 5/16 - 11/21

CHELSEA, WEST VILLAGE

10011-10014

180 Chelsea Down to Earth Farmers' Market

23rd St. at 9th Ave, 10011

Sat 9am-4pm, 5/4 - 12/21

181 PS 11 Farm Market

320 West 21st Street, 10011

Wed 8am-10am, Jun-Nov

182 Abingdon Square Greenmarket

W. 12 St. & 8th Ave., 10014

Sat 8am-2pm, Year round (4/6-3/28)

EAST VILLAGE, LOWER EAST SIDE, CHINATOWN

10003, 10014, 10009, 10002

183 Union Square Greenmarket

E. 17 St. & Broadway, 10003

Mon, Wed, Fri, Sat 8am-6pm, year round. 11/23 resched. to Tue 11/20

184 Stuyvesant Town Greenmarket

14th St. Loop & Ave. A (in the Oval), 10009

Sun 9:30am-4pm, May 20-Nov 18

185 Tompkins Square Greenmarket

E. 7 St. & Ave. A, 10009

Sun 9am-6pm, year round.

186 Essex Crossing Farmacy + Farm Stand

Clinton and Delancy, 10002

Wed and Sat 10:30am-4:30pm; 6/29 - 11/16

187 Lower East Side Youthmarket

Grand St btwn Pitt St & Willet St (outside Abrons Arts Center), 10002

Thu 8am-3pm, July 11-Nov 21

188 Gouverneur Hospital Youthmarket

Madison St between Clinton St and Jefferson St (side walk by the entrance to Little Flower Playground), 10002

Thu 8:30am-2pm, July 11-Nov 21

DOWNTOWN

10271, 10004-10007

189 Tribeca Greenmarket

Greenwich St. & Chambers St., 10007

Wed, Sat 8am-3pm

Wed: 6/6 - 11/21; Sat year round. Closed 7/4.

190 City Hall Greenmarket

Broadway & Chambers St., 10007

Tue, Fri 8am-4pm, Year Round, 11/23 resched. to Wed 11/21. Closed 12/25 & 1/1.

191 Bowling Green Greenmarket

Broadway & Battery Pl., 10004

Tue, Thu 8am-5pm. Year round. 11/22 rescheduled to W 11/21. Closed 12/25 & 1/1.

192 Staten Island Ferry/Whitehall Greenmarket

4 South St. (inside terminal), 10004

Tue, Fri 8am-7pm, year round. Closed 11/23. Closed 12/25 & 1/1.

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, 646 254 2250

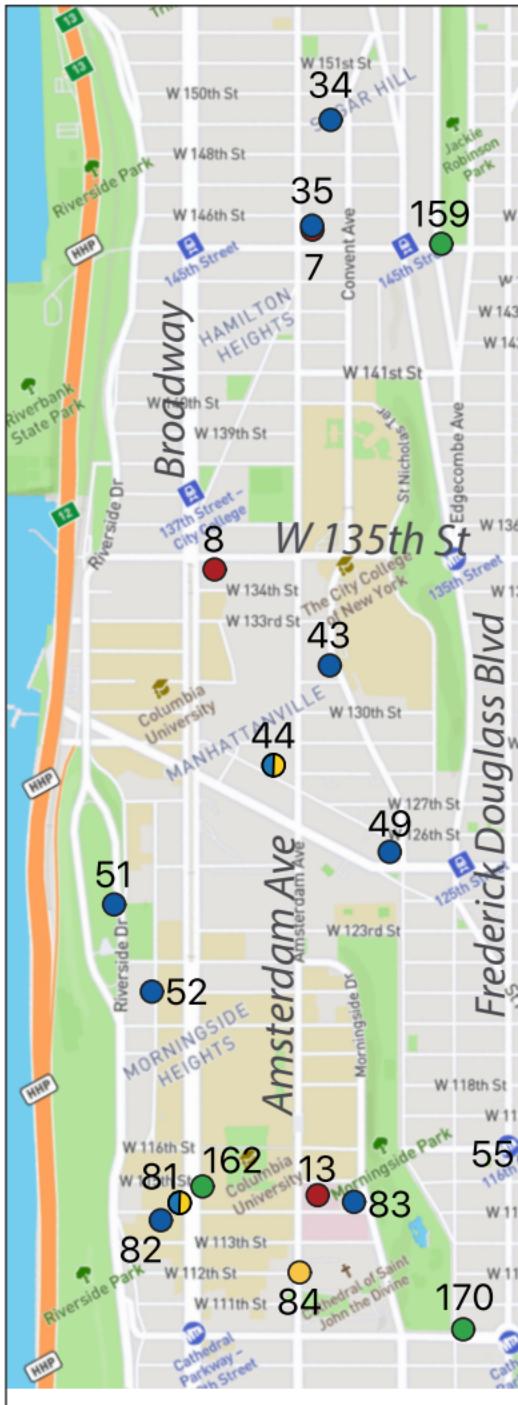
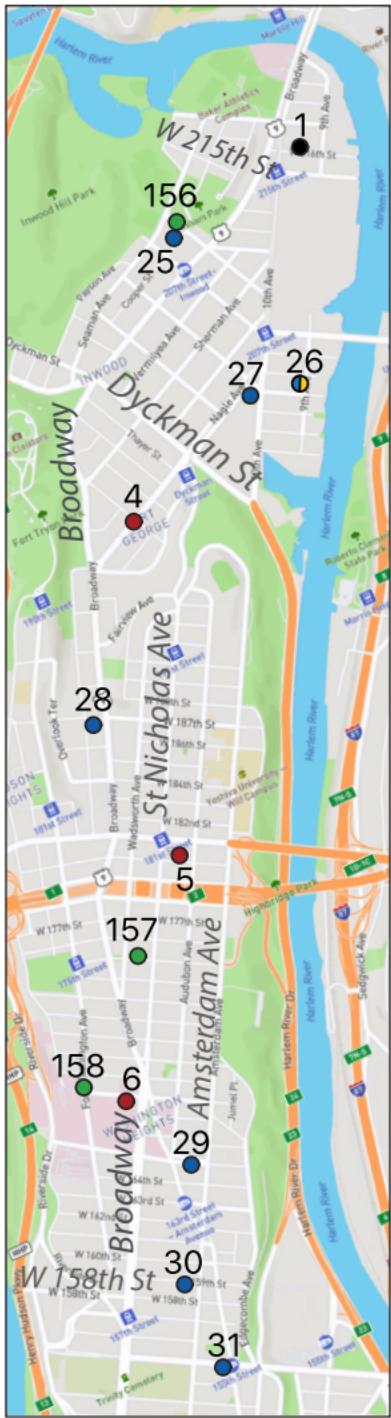
Web: www.corbinhillfoodproject.org/new-farm-share/

Just Food

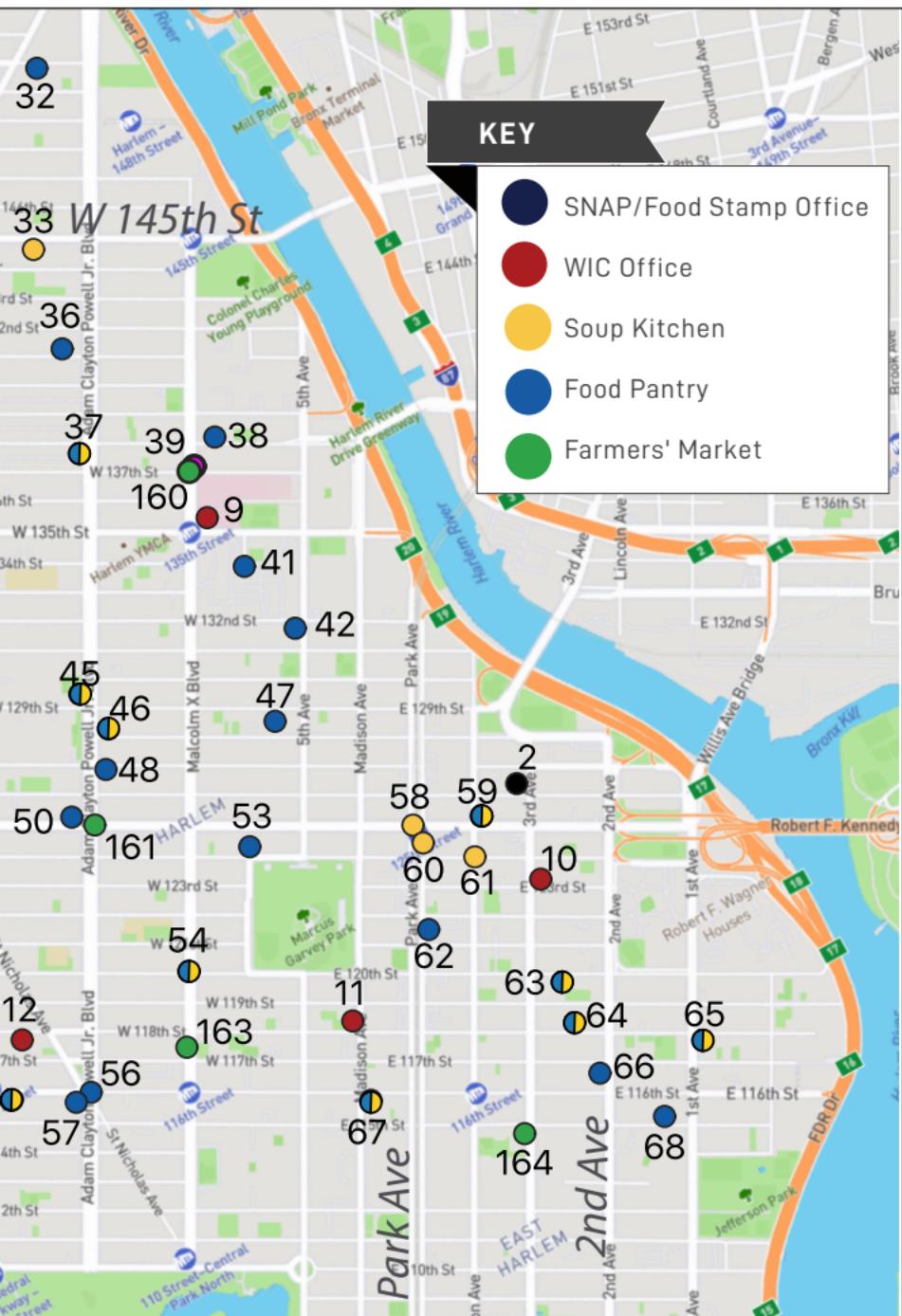
Multiple pickup locations. Sign up deadlines and SNAP acceptance vary. Winter shares available from some CSAs. Visit Just Food's website, call, or email to find a CSA program near you. Contact the CSA directly to sign up.

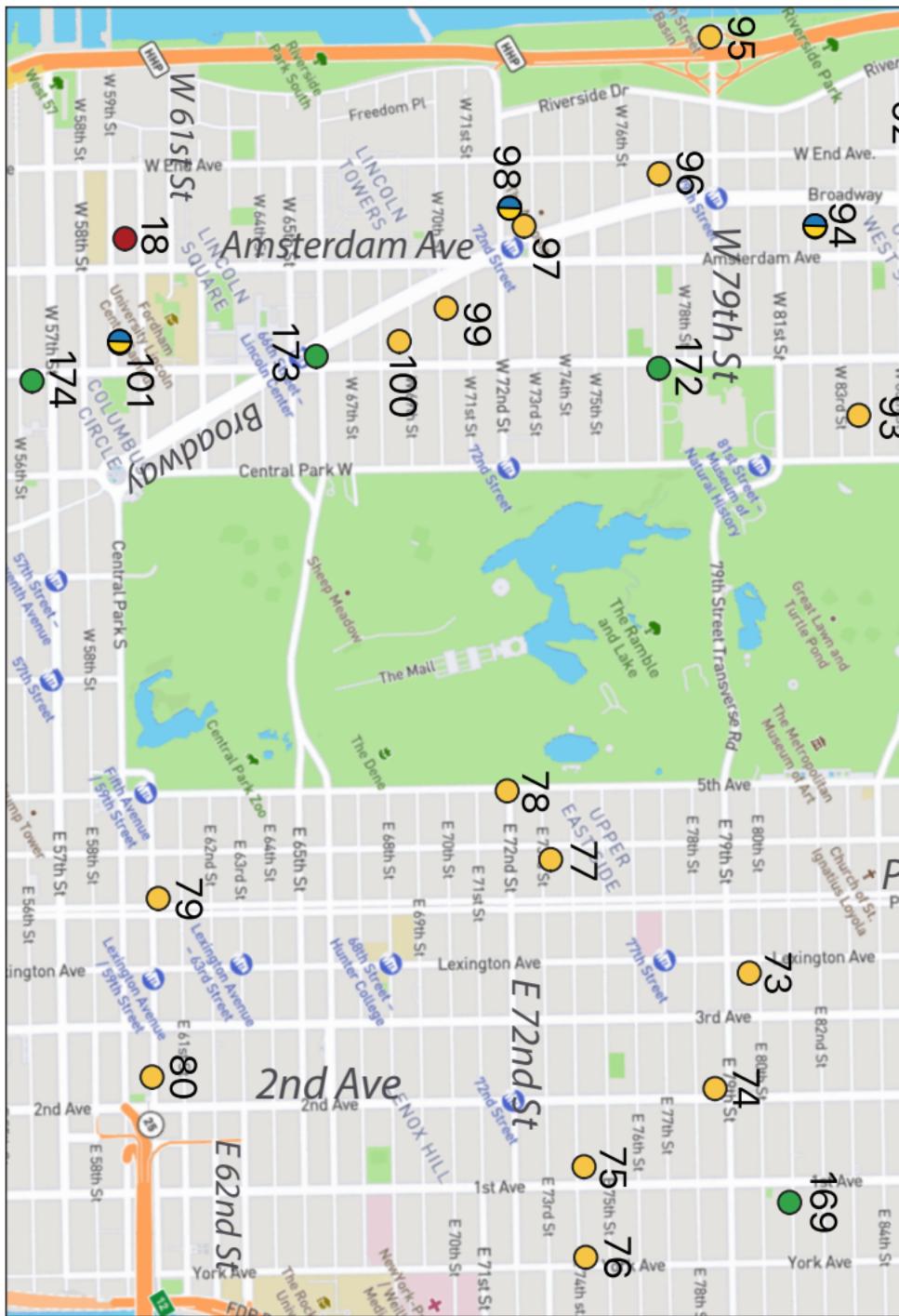
Contact: info@justfood.org, 212 645 9880

Web: www.justfood.org/csaloc

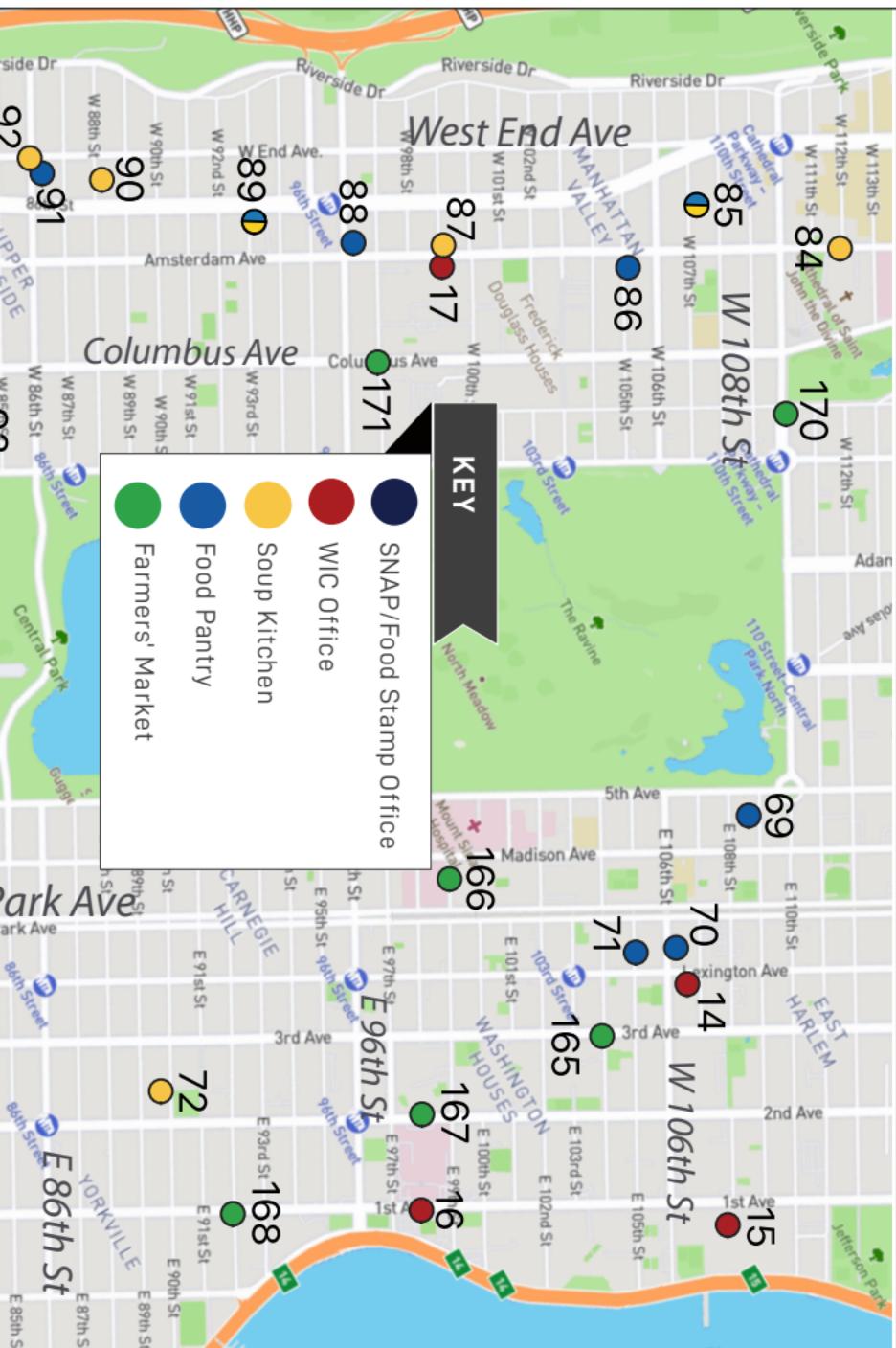


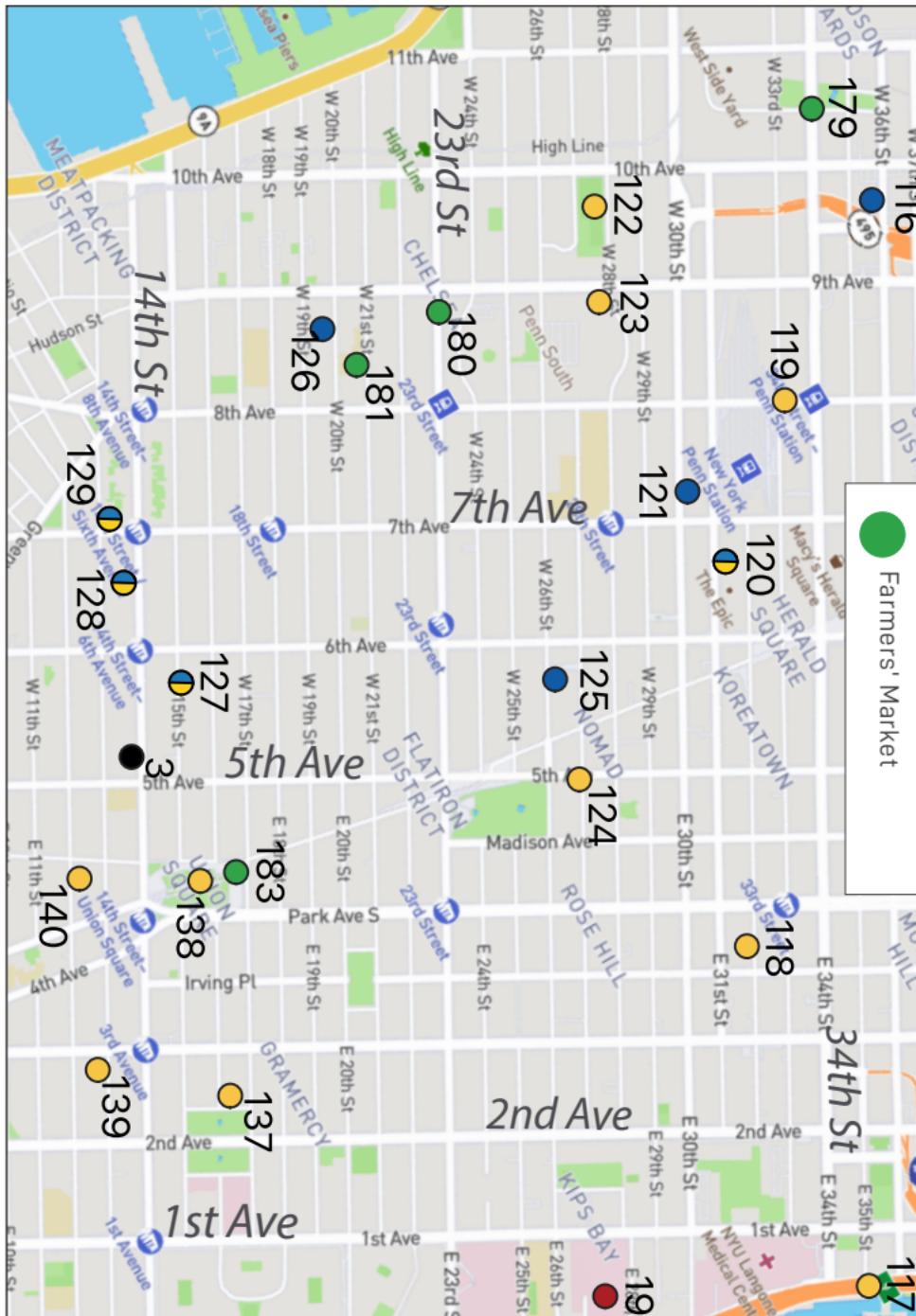
Neighborhood Guide to Food and Assistance - Manhattan Edition



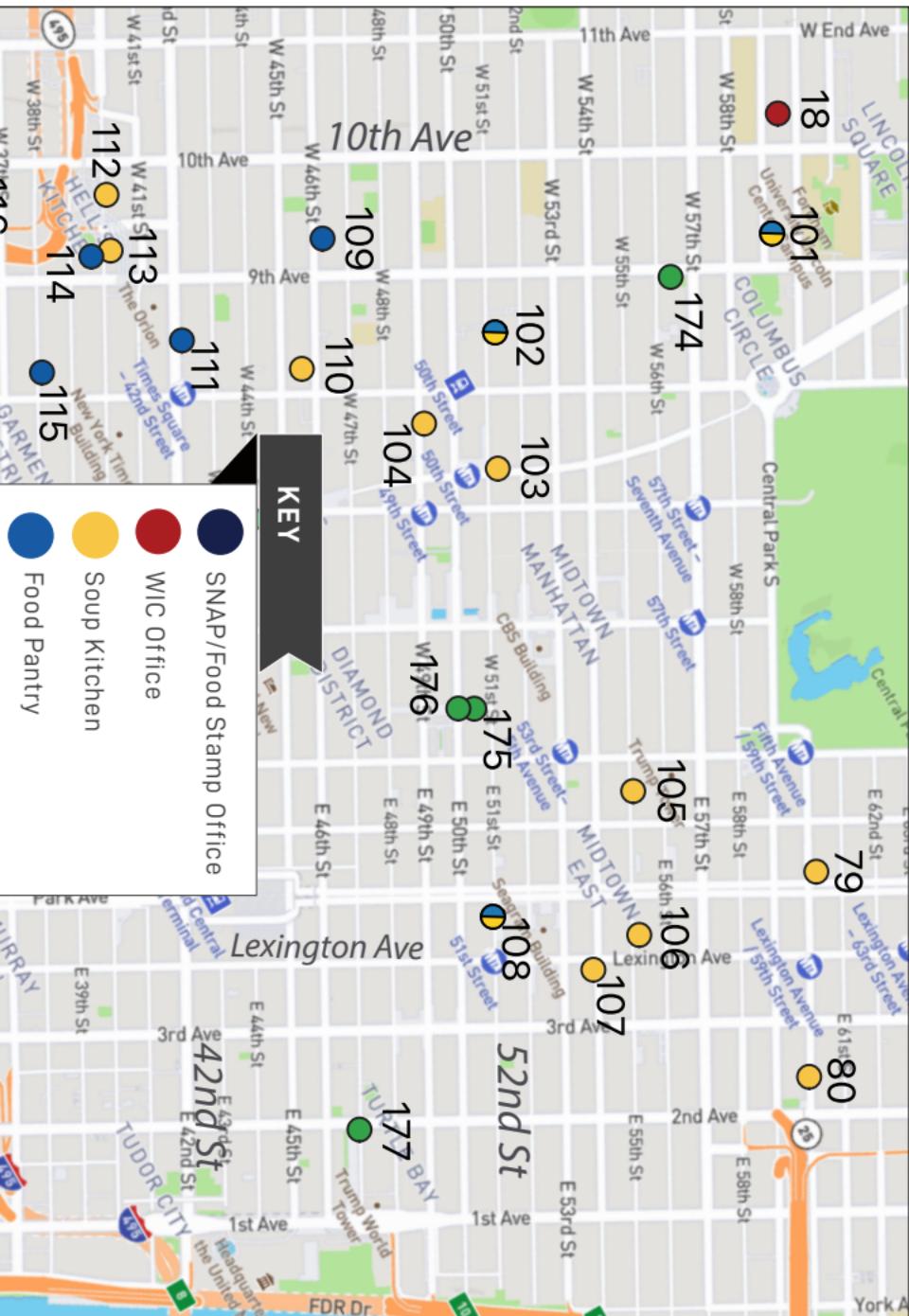


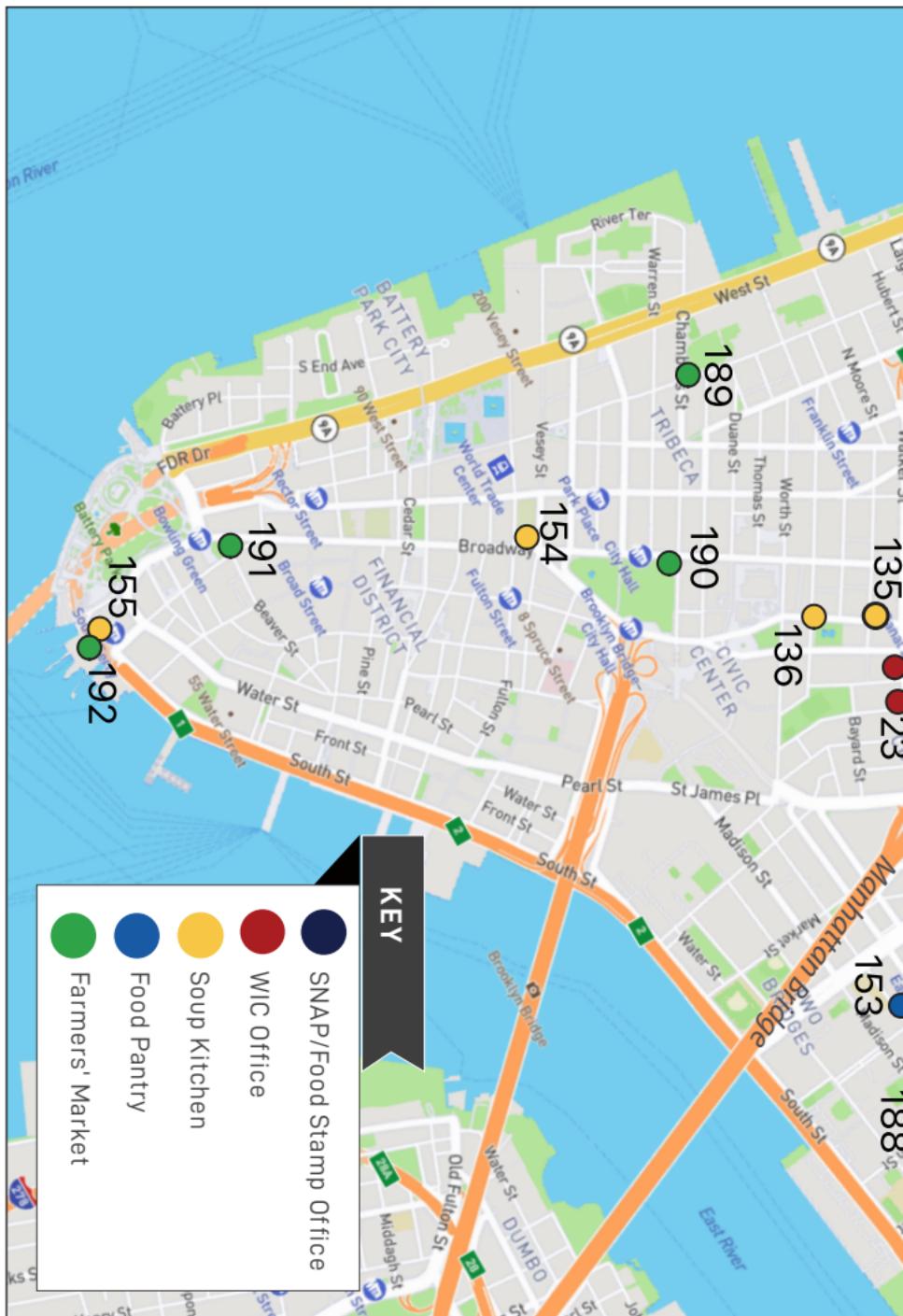
Neighborhood Guide to Food and Assistance - Manhattan Edition

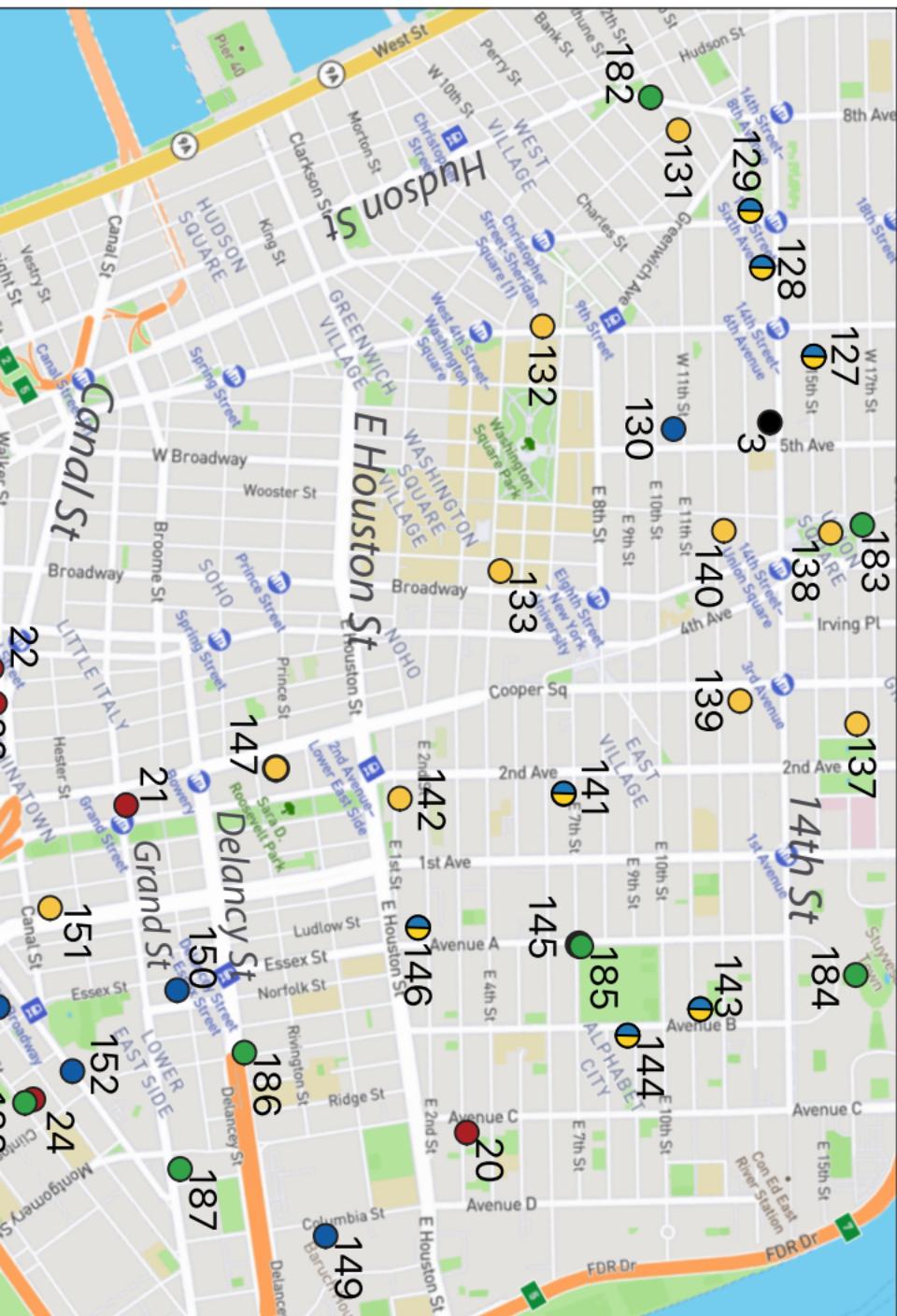




Farmers' Market









HOME DELIVERED MEALS

GOD'S LOVE WE DELIVER

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) 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 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

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

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

Harlem Hospital Center

506 Lenox Ave., 10037
212 939 1000

Metropolitan Hospital

19011 Ave., 10026
212 423 6262

Washington Heights Health Center

600 W. 168th St., 10032
212 795 0880

St. Nicholas Health Center

281 W. 127 St., 10027
212 865 1300

La Clinica del Barrio

413 E. 120 St., 10035
212 410 7940

William F. Ryan Community Health Center

110 W. 97 St., 10025
212 749 1820

Bellvue Hospital

462 1 Ave., 10016
212 562 4141

Gouverneur Hospital

227 Madison St., 10002
212 441 5000

New York Presbyterian Lower Manhattan Hospital

170 William St., 10038
212 312 5110

William F. Ryan Chelsea Clinton Community Health Center

645 10 Ave., 10019

212 265 4500

Judson Health Center

34 Spring St., 10012

212 925 5000

Roberto Clemente Health Center

540 E. 13 St., 10009

212 387 7400

HEALTH INSURANCE

Affinity Health System

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

General Info 866 694 9809

1307 St. Nicholas Ave., 10033

88 East Broadway, Unit 142, 10002

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

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?

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