

# NEIGHBORHOOD GUIDE TO FOOD & ASSISTANCE



2017<sup>v2</sup>

~~HUNGER~~  
**FREE  
NYC**

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

# 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.**

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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, call (646) 350-3833 or send us an email at [guides@hungerfreenyc.org](mailto:guides@hungerfreenyc.org).

The following zip codes are covered by this guide:  
11203, 11204, 11209,  
11210, 11214, 11218,  
11219, 11220, 11223,  
11224, 11226, 11228,  
11229, 11230, 11232,  
11234, 11235, 11236.



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# SNAP/ FOOD STAMPS

SNAP benefits, the new name for 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?

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➔ **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 20.

## 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 are disabled or elderly (60 or older), or have out-of-pocket expenses for child care or dependant 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	\$1,307	\$192
2	\$1,760	\$352
3	\$2,213	\$504
4	\$2,665	\$640
Each additional household member	+\$453 (approximately)	+\$144 (approximately)
	<sup>1</sup> In effect 10/1/16 - 9/30/17.	<sup>2</sup> In effect 10/1/16 - 9/30/17.

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.

➔ Immigration status is not negatively affected if you apply for or receive SNAP benefits.

## 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**

646 355 1475 & 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 Coney Island SNAP Office**

2857-2865 W. 8 St., 1st Floor, 11224

718 722 8013

**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

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

### QUICK FACTS

- ➔ WIC is for low-income pregnant women, breast-feeding women, and women with children under 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.

### HOW TO APPLY

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

#### 2 NYU Lutheran - Sunset Terrace WIC

514 49th St., 11220

718 633 0067

**Mon, Tue, Thu, Fri** 8am-4:30pm; **Wed** 8am-6pm

#### 3 NYU Lutheran - Family Support Center WIC

6025 6th Ave., 11220

718 630 7161/8531

**Mon, Wed** 8am-6pm; **Tue** 8am-7pm; **Thu, Fri** 8am-5pm

#### 4 Brooklyn Hospital Center - 61st St Family Health Center

771 61st St., 11220

718 745 3259

**Mon-Thu** 9am-5pm, **Fri** 8:30am-4:30pm, **every other Sat** 9am-4pm



- 5 Maimonides Medical Center WIC**  
 5613 Fort Hamilton Parkway, 11219  
 718 854 3190  
**Mon, Wed, Thu** 7:45am-4:45pm; **Tue** 7:45am-7pm; **Fri** 8am-2pm;  
**3rd Sun** 9am-1pm
- 6 Brooklyn Hospital Center - Coney Island**  
 485 Coney Island Ave., 11218  
 718 282 8904  
**Mon, Wed** 11am-6:30pm; **Tue, Thu** 9am-4:30pm **Fri** 8:30am-4:30pm
- 7 Yeled v'Yalda Early Childhood Center (38th St.)**  
 1312 38th St., 11218  
 718 686 3799  
**Mon** 10:30am-7pm; **Tue, Wed** 8:30am-4:30pm; **Thu** 7am-3:30pm;  
**Fri** 8:30am-12:30pm; **Sun once/month** 9am-12pm
- 8 Kings County Hospital Center WIC Office**  
 451 Clarkson Ave. T Building, Room 153, 11203  
 718 245 3123  
**Mon, Tue, Thu** 8am-5:30pm; **Wed** 8am-7pm (last appt. at 3:45pm); **Fri** 8am-5pm (last appt. at 2pm)
- 9 Kings County Hospital Center - Church Ave. WIC**  
 4310B Church Ave., 11203  
 718 282 1702  
**Mon-Wed, Fri** 9am-2:30pm; **Thu** 8am-2:30pm
- 10 Kings County Hospital Center - Nostrand Ave. WIC**  
 2266 Nostrand Ave., 11210  
 718 338 2588  
**Mon-Fri** 9am-5pm
- 11 Yeled v'Yalda Early Childhood Center (Farragut Rd)**  
 6002 Farragut Rd., 11236  
 718 943 8812  
**Tue, Wed** 10am-5pm
- 12 Coney Island Hospital WIC Program**  
 2601 Ocean Parkway, Room 1N1, 11235  
 718 616 4338  
**Mon-Fri** 8am-7pm, **Sat** 9am-4pm

### **13 Public Health Solutions Ocean Ave. WIC Center**

2555 Ocean Avenue, 2nd Floor, 11229

718 332 4059

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

**Sun** 8:30am-4pm

## **SCHOOL & SUMMER MEALS**

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**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, call the NYC Emergency Food Line at 866 888 8777 or call the National Hunger Hotline at 866 3HUNGRY. Agencies marked with ● are senior centers and/or provide food specifically for seniors.

## SUNSET PARK, BAY RIDGE

11232, 11220, 11209

### 14 Sunset Park Emergency Food Program / The Center for Family Life

443-39th St., 11220

718 492 3585

**Food Pantry:** Tue 10am-1pm; Wed, Thu 11am-1pm

ID required after first visit.

### 15 Salvation Army Sunset Park Corp.

520 50th St., 11220

718 438 1771

**Soup Kitchen:** Mon-Fri 12pm-1pm

**Food Pantry:** Mon-Thu 1:30pm-4:30pm, Fri emergencies only.

For pantry only: Appointment necessary, call or visit office Mon-Fri 9am-5pm first to make appointment. ID and proof of residence in 11215, 11218-11220, 11231, 11232 required. No requirements for soup kitchen.

**16 Basilica of Our Lady of Perpetual Help**

526 60th Street, 11220

718 439 5100

**Food Pantry: 1st, 2nd Sat** 10am-12pm

Must live between Ft. Hamilton Pkway and the waterfront, from 54th St to 65th St. Photo ID and proof of address required for adults, birth certificate or health plus card for children.

**17 Bay Ridge Center**

411 Ovington Ave., 11209

718 748 0650

**Soup Kitchen: Mon, Wed** 12pm - 2pm (brown bag meal)**Food Pantry: Last Wed** of the month 10am-3pm

ID and proof of address in Brooklyn required for pantry.

**18 Catholic Charities Our Lady of Angels**

336 73rd St., 11209

718 680 6344

**Food Pantry: Mon, Wed** 9:30am-1:30pm

ID required for all household members. Proof of residence in Brooklyn required

**KENSINGTON, BORO PARK, BENSONHURST, DYKER HTS**

11219, 11228, 11204, 11214

**19 Zichron Acheinu Levy Menachem Tzion**

928 44th St., 11219

718 774 0741

**Food Pantry: Fri** 11:30am-12:30pm

ID preferred. Call 347 742 0552. Must live in the neighborhood.

**20 Masbia of Boro Park**

5402 New Utrecht Ave., 11219

718 972 4446

**Soup Kitchen: Sun-Thu** 6:30pm-8pm**Food Pantry: Fri** 7am-11am. Meals are kosher.**21 Catholic Charities Holy Spirit Church**

1712 47th St., 11204

718 436 5565

**Food Pantry: every other Fri** 9am-10:30am

## **22 Reaching Out Community Services Inc.**

7708 New Utrecht Ave., 11214

718 373 4565

**Food Pantry: Mon-Fri** 9am-5pm

Call first to confirm. SNAP assistance available - to apply bring photo ID, benefits card, and utility bill (any kind). Call first for appointment, 718 373 4565 ext 101.

## **23 Bensonhurst COJO / Kosher Food Program**

8635 21st Ave., Ste. 1B, 11214

718 333 1834

**Food Pantry: Tue** 10am-4pm

All food is kosher.

## **FLATBUSH, EAST FLATBUSH, MIDWOOD, DITMAS PARK, FLATLANDS, CANARSIE**

11218, 11226, 11210, 11230, 11203, 11234, 11236

## **24 Calvary Pentecostal Church**

151 Woodruff Ave., 11226

718 469 8252

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

Photo ID required. Can come to pantry twice per month.

## **25 FAOG Food Pantry Program**

2170 Bedford Ave., 11226

718 974 0107

**Food Pantry: Mon** 12pm-2pm

ID required.

## **26 CAMBA Beyond Hunger Emergency Food Pantry**

2241 Church Ave., 3rd Floor, 11226

718 282 3082

**Food Pantry: Tue, Thu** 10am-12:30pm

ID required after first visit. Please bring your own bags and/or cart. Can visit once per month - 1st week last names A-F, 2nd week last names G-L, 3rd week last names M-S, 4th week last names T-Z.

## **27 Holy Cross Church Food Pantry**

2530 Church Ave., 11226

718 469 5900

**Food Pantry: Tue, Thu** 2pm-3:30pm

**28 Gospel Tabernacle Church of Jesus Christ**

2314 Snyder Ave., 11226

718 284 3497

**Food Pantry: Every other Sat** 10am-12pm, call to confirm week**29 Flatbush SDA Church**

261 East 21st Street, 11226

718 693 9180

**Soup Kitchen: Mon** 11am-1pm

ID required after first visit.

**30 CAMBA**

1720 Church Ave., 2nd FL., 11226

718 287-2600

**Food Pantry: Tue, Wed, Thu** 10am-1pm**31 Fernande Valme Ministries**

1120 Flatbush Ave, 11226

718 284 1809

**Food Pantry: Thu** 10am-11am**32 Worldwide Evangelical Outreach**

3102 Clarendon Road, 11226

718 284 3551

**Food Pantry: Thu** 1pm-3pm

Register first visit, can come every other week.

**● 33 Hazel Brooks Senior Ctr.**

961 Ocean Ave., 11226

347 435 3287

**Soup Kitchen: Mon-Fri** 9am-10am, 12:30 pm-1:30 pm

Free for seniors (60+). Under 60: \$1 for breakfast, \$4 for lunch.

**34 Our Lady of Refuge Pantry**

2020 Foster Ave., 11210

718 434 2090

**Food Pantry: Wed** 10am-1pm

Bring photo ID.

**35 Admirable Church**

1910 Flatbush Ave., 11210

347 779 7192

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

**36 Masbia of Flatbush**

1372 Coney Island Ave., 11230

718 972 4446

**Soup Kitchen: Sun-Thu** 3pm-7:30pm

**Food Pantry: Fri** 7am-11am

Meals are Kosher

● **37 Shalom Senior Center**

483 Albany Ave., 11203

718-774 9213

**Food Pantry: Mon-Fri** 2pm-3pm

**38 Breakthrough Pantry/Triumphant Full Gospel Assembly**

889 Rutland Rd., 11203

718 774 4696

**Food Pantry: Thu** 4pm-6pm

Photo ID required. No pantry on holidays.

**39 United Community Baptist Kitchen**

545 Utica Ave., 11203

718 467 7708

**Soup Kitchen: Sat** 10am-12pm

ucbonline.com

**40 Society of St. Vincent de Paul at Saint Catherine of Genoa Church**

520 Linden Boulevard, 11203

718 282 7162

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

**41 God's Battalion Prayer Church**

661 Linden Blvd., 11203

718 773 9249

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

**42 Brooklyn Faith SDA Church**

5518 Church Avenue, 11203

718 342 8421

**Soup Kitchen: Fri** 1pm until food runs out (by 4pm)

**Food Pantry: Thu** 2pm-4pm



**43 Bread of Life Food Pantry**

781 East 93rd Street, 11236

347 955 4403

**Food Pantry: Sat** 1pm-3pm

ID required.

**44 Light House of Hope Food Pantry**

602 E. 89th St., 11236

347 742 7651

**Food Pantry: Sat** 10am-1pm.

ID required.

**45 Our Lady of Miracles Parish-Canarsie Food Pantry**

757 E. 86th St., 11236

718 257 2400

**Food Pantry: Sat** 10am-11:30am

ID required.

**46 Zion Church of the Truth**

8315 Flatlands Ave., 11236

718 241 8167

**Food Pantry: Sat** 1pm-3pm

Must sign in and provide proof of household.

**CONEY ISLAND, BRIGHTON BEACH, SHEEPSHEAD BAY,  
GRAVESEND, MILL BASIN, MARINE PARK**

11223, 11224, 11235, 11229

**47 Sephardic Bikur Holim**

425 Kings Hwy, 11223

718 787 1100 x354

**Food Pantry: Mon** 9am-12pm; **Tue-Thu** 9am-12:30pm; **Thu** 2pm-3:30pm, **Fri** 9am-11am

Kosher food. ID required first time.

**48 Salt and Sea Mission**

2417 Stillwell Ave., 11223

718 372 3576

**Food Pantry: Tue, Thu** 12pm-2pm

ID and proof of residence required.

**49 River Fund Mobile Unit - Brooklyn**

2002 Neptune Avenue, 11224

**Food Pantry: 2nd, 4th Sat** 12pm-1:30pm

**50 St. John's Bread and Life Mobile Soup Kitchen - Coney Island**

Corner of West 20th and Mermaid Ave., 11224

**Mobile Soup Kitchen: Mon** 10am-12pm, **Thu** 10:30am-12pm

**51 Coney Island Lighthouse Mission**

2114 Mermaid Ave., 11224

718 415 1170

**Soup Kitchen: Wed, Fri** 6:30pm-7:30pm

**Food Pantry: Tue** 6pm-7pm, **Thu** 11am-12pm

ID required for food pantry, must register beforehand.

Registration Mon, Wed, Fri 10am-2pm.

● **52 Haber House Senior Center**

3024 W. 24th St., 11224

718 372 5775

**Food Pantry: Mon-Fri** 9am-11:30am

Upon availability - call first to confirm. ID required after first visit. Kosher.

**53 Shorefront Jewish Community Council**

128 Brighton Beach Avenue, 4th floor, 11235

718 743-0575

**Food Pantry: Mon-Thu** 9am-5pm, **Fri** 9am-2pm

Food is kosher.

**54 Catholic Charities St. Marks**

2609 E. 19th St., 11235

718 891 0443

**Food Pantry: Tue-Thu** 9:30am-11:30am

**55 Kings Bay YM-YWHA**

3495 Nostrand Avenue, 11229

718 648 7703

**Food Pantry: Mon-Fri** 9am-5pm

Proof of address for all household members required.



# 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)



# 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).

### SUNSET PARK, BAY RIDGE

11232, 11220, 11209

#### **56 Sunset Park Greenmarket**

59 St. & 4 Ave., 11220

**Sat** 8am-3pm, Jul 1-Nov 18

#### **57 Bay Ridge Greenmarket**

95 St & 3 Ave., 11209

**Sat** 8am - 3pm, May 13-Nov 18

### KENSINGTON, BORO PARK, BENSONHURST, DYKER HTS

11219, 11228, 11204, 11214

#### **58 Bensonhurst Greenmarket**

81 St. & 18 Ave., 11214

**Sun** 9am-4pm, Jun 4-Nov 19

#### **59 Borough Park Greenmarket**

14 Ave. - 49 St. & 50 St., 11219

**Thu** 8am-3pm, Jul 6 - Nov 21

### FLATBUSH, EAST FLATBUSH, MIDWOOD, DITMAS PARK, FLATLANDS, CANARSIE

11218, 11226, 11210, 11230, 11203, 11234, 11236

#### **60 Cortelyou Greenmarket**

Cortelyou Rd. and Rugby Rd., 11226

**Sun** 8am-3pm, year round.

**61 Parkside Greenmarket**

Parkside Ave. and Ocean Ave., 11226

**Sun** 8am-4pm, Jun 11-Nov 19

**62 Youth Farm Market**

Kingston Ave. between Rutland and Withrop, 11203

**Wed** 2:30pm-6:30pm, Jun-Oct

**63 Harvest Home Kings County Hospital Market**

Clarkson Ave. between E. 37th & E. 38th, 11203

**Wed** 8am-4pm, Jun 7-Nov 22

**CONEY ISLAND, BRIGHTON BEACH, SHEEPSHEAD BAY,  
GRAVESEND, MILL BASIN, MARINE PARK**

11223, 11224, 11235, 11229

**64 Harvest Home Coney Island Market**

Ocean Parkway between Ave. Z & Shore Rd., 11235

**Wed, Fri** 8am-4pm, Jun 7-Nov 22

## CSA PROGRAMS

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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)

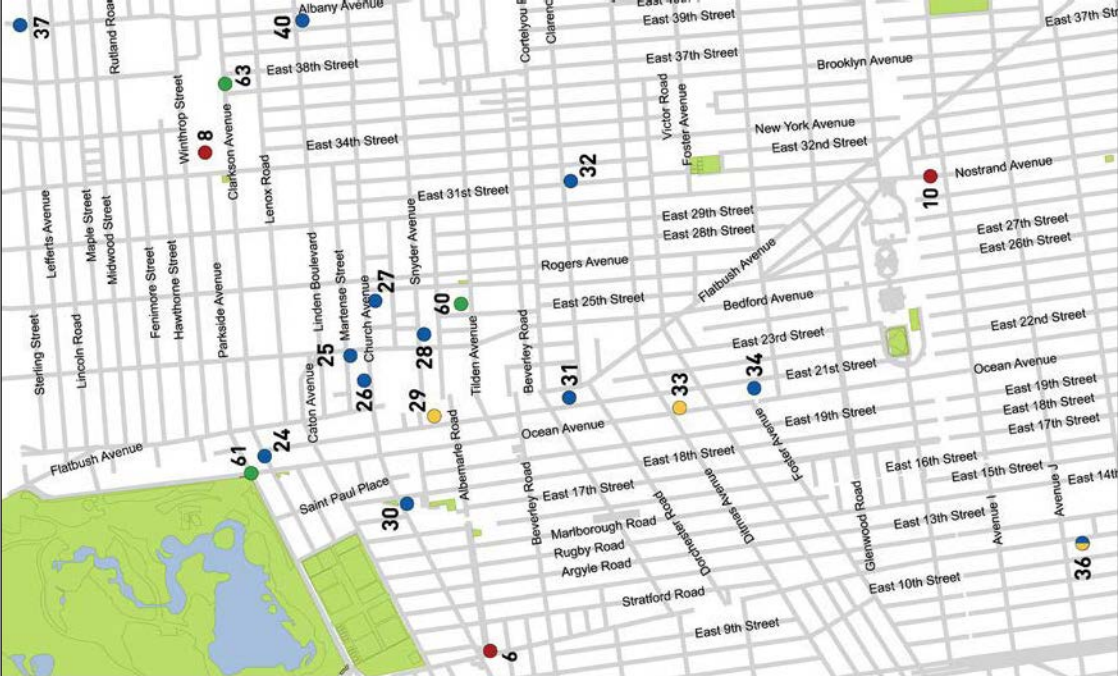
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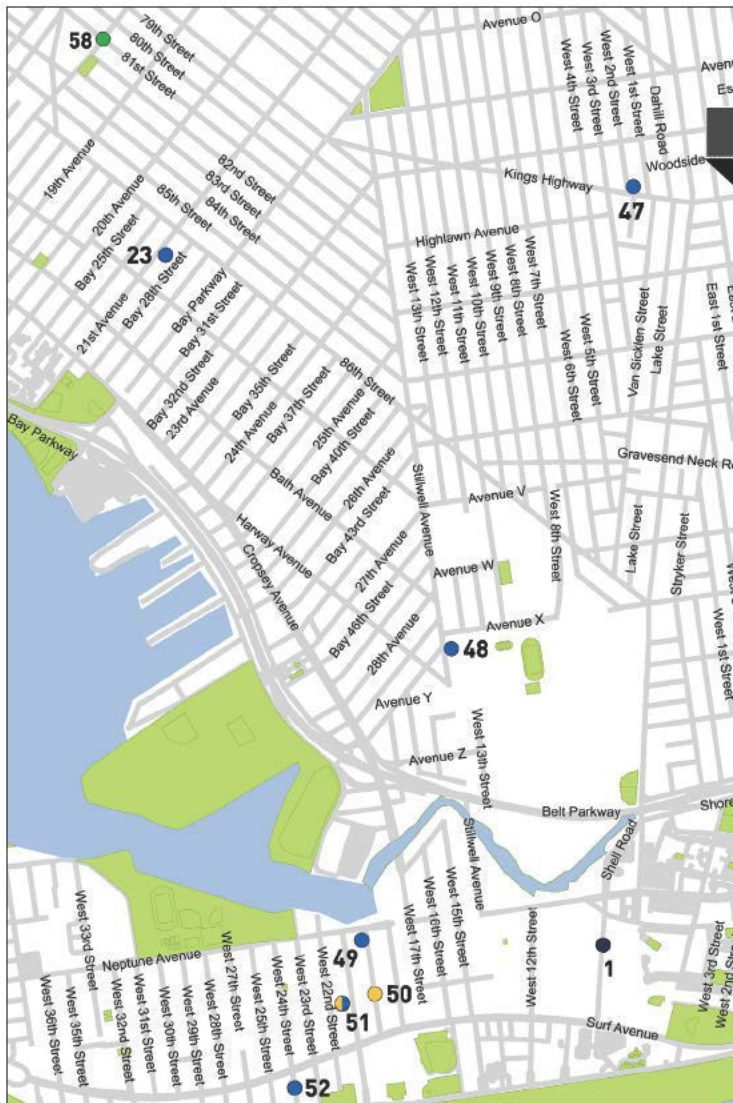














# OTHER ASSISTANCE

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

## MEDICAL CARE

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### **Kings County Hospital Center**

451 Clarkson Ave., 11203  
718 245 3131

### **Coney Island Hospital**

2601 Ocean Parkway, 11235  
718 616 3000

### **Maimonides Medical Center**

4802 10 Ave., 11219  
718 283 6000

### **Lutheran Medical Center**

150 55 St., 11220  
718 630 7000

### **Homecrest Health Center**

1601 Avenue S, 11229  
718 616 5102

### **Ida G. Israel Health Center**

2925 W 19 St., 11224  
718 692 9540

## 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

5221 8th Ave., 11220  
857 Flatbush Ave., 11226

## 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 Hunger Hotline** 866 3-HUNGRY (866 348 6479)

**NYC Hunger Hotline** 866 888 8777

**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

~~HUNGER~~  
**FREE  
NYC**

Have any suggestions on how to make this Guide better? Email [guides@hungerfreenyc.org](mailto:guides@hungerfreenyc.org).