

UPPER MANHATTAN (ABOVE 59 ST)

NEIGHBORHOOD GUIDE TO FOOD & ASSISTANCE



~~HUNGER~~
FREE
NYC

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

2017_{v2}

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.**

This Guide was made possible by funding from the New York City Council through a grant administered by the New York City Human Resources Administration and the Walmart Foundation.

This Guide is also available as a free PDF on our web site, www.hungerfreenyc.org/guides.

To order additional copies of this guide, call (646) 350-3833 or send us an email at guides@hungerfreenyc.org.

The following zip codes are covered by this guide:
10021, 10023, 10024,
10025, 10026, 10027,
10028, 10029, 10030,
10031, 10032, 10033,
10034, 10035, 10037,
10039, 10040, 10065,
10069, 10075, 10128.



**HUNGER
FREE
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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?




➔ **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 28.

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) ¹ | MAX. MONTHLY SNAP BENEFITS ² |
| 1 | \$1,307 | \$192 |
| 2 | \$1,760 | \$352 |
| 3 | \$2,213 | \$504 |
| 4 | \$2,665 | \$640 |
| Each additional household member | +\$453 (approximately) | +\$144 (approximately) |
| | ¹ In effect 10/1/16 - 9/30/17. | ² 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

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



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

646 355 1475 & 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 St. Nicholas SNAP Center**
132 W. 125 St., 3rd Floor, 10027
718 722 8013
Mon-Fri 8:30am-5pm
- 2 East End SNAP Center**
2322 3 Ave., 3rd Floor, 10035
718 722 8013
Mon-Fri 8:30am-5pm
- 3 Washington Heights SNAP Center**
4055 10 Ave., Lower Level, 10034
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

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.

4 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

5 William F. Ryan Community Health Center WIC

801 Amsterdam Ave, 10025

212 865 0410

Mon 9am-6:30pm; Tue, Thu 8:30am-5pm; Wed, Fri 9am-5pm

6 Mount Sinai St. Luke's Hospital Center

1111 Amsterdam Ave, 10025

212 523 3447

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

- 7 Bellevue - Metropolitan Hospital WIC**
 1901 1 Ave., Rm 1D31, 10029
 212 423 6919
Mon, Tue, Thu 7:30am-5pm; **Wed** 8am-6pm; **Fri** 8am-5pm; **3rd Sat** 8:30am-3:30pm by appt. only
- 8 Institute for Family Health WIC-Lexington Ave**
 1701 Lexington Ave., 10029
 646 218 4888
Mon-Fri 9am-5pm, **2nd Thu** 11am-7pm.
- 9 Institute for Family Health WIC-1st Ave**
 2082 1st Ave, 10029
 212 831 5380
Mon-Fri 9am-5pm, **3rd Thu** 11am-7pm
- 10 Institute for Family Health WIC-Madison Ave**
 1818 Madison Ave, 10035
 212 423 4201
Tue, Thu (except 1st Thu) 9am-5pm, **1st Thu** 11am-7pm **Wed** by appt.
- 11 East Harlem Council for Human Services - Boriken Neighborhood Health Center**
 2265 3rd Ave, 3rd Floor, 10035
 212 289 6650
Mon-Fri 8am-5pm
- 12 Harlem Hospital Center WIC Program-Main Office**
 506 Lenox Ave, 10037
 212 939 2730
Mon-Fri 8am-6pm, **Sat** 8am-3pm
- 13 New York Presbyterian Hospital - Charles B. Rangel WIC**
 534 West 135th St., 10031
 212 939 7830
Mon-Fri 8am-4:30pm
- 14 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

15 New York Presbyterian Hospital - Vanderbilt WIC

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

212 305 7122

Mon-Fri 8am-4:30pm

16 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

17 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

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.



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, 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.

UPPER WEST SIDE

10023-10025

18 Church of St. Paul the Apostle Loaves and Fishes

405 West 59th Street, 10019

212 265 3495

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

Food Pantry: Tue, Thu 11:30am-12:15pm

19 Christ and St. Stephen's Church

120 W. 69th St., 10023

212 580 8179

Soup Kitchen: Mon-Fri 9:30am-10:30am (brown bag meal
Including all holidays.

20 Blessed Sacrament Church

147 W. 70th St., 10023

212 877 3111

Soup Kitchen: Sun 2pm until done

21 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** 10am-2pm, start lining up at 9am

Photo ID and proof of address for all household members required first time.

22 Rutgers Thursday Nighters

236 West 73rd Street, 10023

212 877 8227

Soup Kitchen Thu 6pm-7pm, movie follows at 7pm**23 Grand Central Food Program - 79th St. Boat Basin**

79th St. Boat Basin - 79st St. at West Side Highway, 10024

212 776 2000

Mobile Soup Kitchen: Every day 7:55pm

Come on time - distribution is mobile.

24 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

25 Holy Trinity Church Breakfast Line

213 W. 82nd St., 10024

212 787 0634

Soup Kitchen: Every day 8:30am-9am**Food Pantry: 3rd Sat** 10:30am-11am**26 West End Collegiate Church**

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

212 787 1566

Soup Kitchen: Tue 4:30-5:30

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

27 West Side Campaign Against Hunger

263 W. 86th St., 10024

212 362 3662

Food Pantry: Mon 8am-6:30pm; **Wed, Thu, Fri** 8am-3pm

Photo ID required. Services for SNAP, SS, domestic violence, vocational training, ESL, HIV/AIDS support, child nutrition, health insurance enrollment, job placement assistance, homeless, legal assistance, mental health, and tax preparation available.

28 St. Ignatius of Antioch Episcopal Church

552 West End Ave. at 87th St., 10024

212 874 1050

Soup Kitchen: Mon 7pm, **Sat** 4pm

Brown bag meal, arrive early as food goes fast.

29 The Judith Bernstein Lunch Program

257 West 88th St., 10024

212 787 7600 x272

Soup Kitchen: Thu 12pm-1pm

Food is kosher.

30 Advent Lutheran Church

2504 Broadway, 10025

212 665 2504

Soup Kitchen: 4th Sat 12pm-1pm

Food Pantry: 1st Sat 12pm-1pm

31 Franciscan Community Center, Holy Name Church

207 West 96th Street, 10025

212 749 0276

Food Pantry: Mon 1pm-4pm

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

32 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 available outside

33 West End Presbyterian Church

165 W. 105th St, 10025

212 663 2900

Food Pantry: Tue or Thu once/month 11:30am-12:30pm

Photo ID and referral required each time. Call to confirm day.

34 Southern Baptist Church

12-16 W. 108 St., 10025

212 678 9769

Soup Kitchen: Wed 12:30pm-1:30pm**35 Mother's Kitchen at Ascension Church**

221 W 107th St, 10025 (in basement of Ascension Church)

212 222 0666

Soup Kitchen: 1st Sat 11am-4pm**36 Grand Central Food Program - Cathedral of St. John the Divine**

112th St. & Amsterdam, 10025

212 776 2000

Mobile Soup Kitchen: Every day 8:30pm

Come on time - distribution is mobile.

37 Cathedral Community Cares at Cathedral of St. John the Divine

1047 Amsterdam Ave, 10025

212 316 7581

Soup Kitchen: Sun 10am, 12:30pm

Take home bagged supper served after meal service has ended.

38 Broadway Community Inc

610 W. 114th St., 10025

212 222 6257

Soup Kitchen: Mon, Wed, Fri 10:30am-11:45am (doors open 10:15am), 12:30pm-2pm**Food Pantry: Mon** 3pm (produce pantry, no referral required), emergencies 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 and advocacy, and culinary training program available.

39 Community Impact

616 W. 114 St., 10025

212 854 6310

Food Pantry: Mon, Thu 12:30pm-2pm

ID, proof of address and referral required after first visit for everyone in household. Serves residents of Manhattan.

40 Church of Notre Dame

405 West 114th St, 10025

212 866 1500

Food Pantry: Tue 2pm-4pm

ID required.

UPPER EAST SIDE

10022, 10065, 10021, 10128

41 All Saints Episcopal Church

230 E. 60th St., 10022

212 758 0447

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

42 Christ Church United Methodist

524 Park Avenue, 10065

212 838 3036

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

43 Temple Shaaray Tefila

250 E. 79th St. (entrance on Second Ave), 10021

212 535 8008

Soup Kitchen: Wed 9am-1pm, arrive at 11am

Food is kosher.

44 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.

45 Jan Hus Presbyterian Church Homeless Outreach & Advocacy Program (HOAP)

351 E. 74th St., 10021
212 288 6743

Soup Kitchen: Tue 6pm, line up at 5:45pm

Food Pantry: Mon-Fri 10am-11:45am, 2pm-3:45pm. Bring your own bags. ID and proof of address required first time for pantry. Clothing available Mon, Wed, Fri 10am-11:45pm, 2pm-3:45pm. Mail distribution Mon-Fri 8am-5pm (registration required). Outreach office open Mon-Fri 10am-4pm. Shower facilities Tue, Thu 10am-11:45am, 2pm-3:45pm, towels, soap and shampoo provided.

● 46 The Carter Burden Luncheon Club

351 E. 74th St., 10021
212 535 5235

Soup Kitchen: Mon-Fri 12pm

Arrive before 12:30pm, meals for seniors 60+. ID and proof of address required, must live between E. 70th and E. 79th St.

47 Grand Central Food Program - Central Park

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

Mobile Soup Kitchen: Every day 9pm

Come on time - distribution is mobile.

48 Madison Avenue Presbyterian Church

921 Madison Ave., 10021
212 288 8920

Soup Kitchen: Thu 6:30 pm-7:30 pm

No service on Thanksgiving.

49 Church of the Holy Trinity

316 E. 88th St., 10128
212 289 4100

Soup Kitchen: Sat 5:15pm-6pm (neighborhood meal)

50 Our Lady of Good Counsel

230 East 90th Street, 10128

Soup Kitchen: Sat 6am-7:30am

- **51 Stanley M. Isaacs Neighborhood Center**
415 E. 93rd St., 10128
212 360 7620
Soup Kitchen: Mon-Fri 8:15am-9:15 am, 11:45am-12:30pm
Must be member of a senior center, meals for seniors (60+) only

EAST HARLEM

10029, 10035

- 52 Children's Aid Society-East Harlem**
130 E. 101st St., 10029
212 348 2343
Food Pantry: Mon, Tue 11:30am-1:30pm
Call first to check availability of food
- 53 Catholic Charities St. Cecilia's Parish Services**
125 East 105th St., 10029
212 348 0488
Food Pantry: Wed, Thu 9:30am-11am
Serves clients from zip codes 10029 10035, case management services M-F 9am-5pm
- 54 Good Neighbor Presbyterian Church**
115 E. 106th St., 10029
212 369 0505
Food Pantry: 1st, 2nd Thu 8am-11am
Photo ID required
- **55 New York Common Pantry**
8 E. 109 St., 10029
9177209710
Soup Kitchen: Mon-Fri 8am-9:15am; **Mon, Wed, Fri** 4:30pm-6pm
Food Pantry: Wed-Sat 10am-2:30pm, seniors only **Mon** 10am-2pm
Intake for new pantry members Mon-Sat 9am-6pm, Sun, holidays 2pm-6pm. ID for all household members and proof of need required for intake. Pantry is client choice.

56 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.

57 Liberation Healing Pentecostal Church

214 E. 111th St., 10029

646 294 2306

Food Pantry: Fri 11am, **Sat** 9am

ID required.

58 Little Sisters of the Assumption Family Health Service

333 E. 115th Street, 10029

646 672 5200

Food Pantry: Mon 9am-11am; **Tue** 9am-11am, 1pm-3pm; **Wed** 1:30pm-3:30pm; **Thu** 9am-11am, 1pm-3pm

Clients can come once a month. ID, proof of address in 10029 or 10025, and proof of household composition required.

Parenting and early childhood development program, nursing, environmental health, early intervention, advocacy, and preventive services available.

59 Fraternite Notre Dame

2290 First Ave., 10035

212 876 5855

Soup Kitchen: Tue-Fri 10:30am-1pm**Food Pantry: Fri** 2pm-4pm

ID and proof of household required for pantry. Bring your own cart and bags for pantry.

60 Iris House East Side

2271 2nd Ave, 10035

212 423 9049

Food Pantry: Tue, Thu 1pm-4pm

Registration Mon, Wed, Fri. Emergency food available at other times.

- 61 Friendly Hands Ministry Inc.**
229 E. 118th St, 10035
347 380 1436
Soup Kitchen: Mon, Tue, Thu 12pm-2pm
Food Pantry: Wed 9am-12pm
ID required
- 62 Chambers Memorial Baptist Church**
219 E. 123rd St., 10035
Food Pantry: Wed 10am-finish
Must bring ID on Tue 12pm-1pm to register
- 63 Bailey House**
1751 Park Avenue, 3rd Floor, 10035
212 633 2500 x363
Food Pantry: Wed 1:30pm-3pm
Photo ID or Benefits card required.
- 64 Beth Hark Christian Counseling Center**
2-26 E. 120th St., 10035
212 860 1520/1523
Soup Kitchen: Wed, Thu 12pm-2pm
Food Pantry: Tue 1pm-5pm
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, job placement assistance, volunteer income tax assistance.
- 65 Salvation Army Manhattan Citadel**
145 E. 125th St., 10035
212 860 3200
Soup Kitchen: Mon-Fri 1pm
Food Pantry: Mon-Fri 9am-4pm
- 66 The Relief Bus - Harlem**
Park Ave. between 124th and 125th, 10035
Mobile Soup Kitchen: Fri, Sat 10am-2pm

CENTRAL AND WEST HARLEM

10026, 10027, 10037, 10030, 10031, 10039

67 First Corinthian Baptist Church

1912 Adam Clayton Powell, Jr. Blvd., 10026

212 864 5976

Food Pantry: Fri 1pm-3pm, **3rd Sat** 10am-12pm

Photo ID with address required to register, registration only on 3rd Sat. No registration needed for fresh produce.

68 Project Create-Anthony House

73 Lenox Ave., 3rd Fl., 10026

212 663 1975

Food pantry: Wed 10am-12pm

Photo ID required

69 Food Bank for NYC Community Kitchen

252 W. 116 Street, 10026

212 566 7855

Soup Kitchen: Mon-Fri 9am-10am (seniors only), 2pm-3pm (seniors only), 4pm-6pm (open to all)

Food Pantry: Tue, Thu, Fri 11am-3:30pm; **Wed** 1pm-8pm

Food pantry registration Mon, Tue, Thu, Fri 3:30pm-5pm, Wed 11am-1pm. ID and proof of address required for registration.

Can come to pantry once/month. Tax assistance offered at 71 St. Nicholas Ave.

70 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 10am-11am, line up at 9:30am

71 Emmaus House

160 W 120 Street, 10027

212 749 9404

Food Pantry Sun 2pm-5pm

Call for emergencies. ID required.

72 Harlem Dowling West Side Center for Children and Family Services

2090 Adam Clayton Powell Jr. Blvd, Suite 108, 10027
212 749 3656

Food Pantry: Tue 12pm-2pm; **Fri** 2pm-4pm

Photo ID with proof of address for household members required first time.

73 Harlem Community Nutritional Pantry

132 W. 125 St., 10027
212 666 7538

Food Pantry: Mon-Thu 10am-12pm

ID and proof of household required after first visit.

74 Antioch Outreach Ministries

41 W. 124th St., 10027
212 534 5715

Food Pantry: Sat 8:30am-10:30am

75 Shiloh Church of Christ

5 -7 West 128 Street, 10027
201 960 8100

Soup Kitchen: Thu 12pm-2pm

Food Pantry Thu 12pm-2pm

76 Christ Temple of the Apostolic Faith

13-17 West 128th Street, 10027
212 534 4832

Food Pantry: Fri 2pm-3pm

Closed July/August.

77 Department of Probation Manhattan Office

127 West 127th Street, 2nd Floor, 10027
212 280 4804

Food Pantry: Mon 11am-2pm

Can come once every two weeks.

78 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.

79 Momentum Project at St. Joseph of the Holy Family

405 West 125th Street, 10027

Soup Kitchen: Fri 11am-12:30pm, 3pm-5:30pm

Intake at 2pm for afternoon clients.

80 St. Joseph of the Holy Family

405 West 125th Street, 10027

Food Pantry: Sat 8am-12pm**81 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.

82 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.

83 St. Mary's Episcopal Church

521 West 126 Street, 10027

212 864 4013

Mobile Soup Kitchen: Sat 2pm-3pm, typical stops include 125th St under Metro North station and Marcus Garvey Park.**Food Pantry: Mon** 4:30pm-6pm

Photo ID and proof of address required for pantry.

84 Church of the Annunciation

88 Convent Ave., 10027

212 234 1919

Food Pantry: Tue 10:30am-11:30am**85 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.

86 Rusty Staub Food Pantry at the Joseph P. Kennedy Center

34 West 134th St., entrance on Lenox Terrace off 135th St., 10037
212 862 6401

Food Pantry: Wed 2pm-5pm

Serves residents of Harlem. Walk-in services for eviction prevention and youth services Mon-Fri 9am-5pm. Emergency food available through case managers.

● **87 St. Mark the Evangelist Church**

65 W 138th St., 10037
212 690 2763

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

88 Salvation Army Harlem Temple

540 Lenox Avenue, 10037
212 862 3900

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

Food Pantry: Mon-Fri 10am-3pm

For pantry: serves residents of zip codes 10027-10045. Referral, ID and proof of address required. By appointment only.

89 Grand Central Food Program - Harlem Hospital

137th St. and Lenox Ave., 10030
212 776 2000

Mobile Soup Kitchen: Every day 8:45pm
Come on time - distribution is mobile.

90 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.

91 St. Charles Borromeo Church

211 West 141 Street, 10030
212 281 2100

Food Pantry: Sat 9am-10:30am

Photo ID and proof of address required

92 Father Creavin's Food Pantry - St. Charles Borromeo Church

211 W. 141st, 10030

212 281 2100

Food Pantry: Sat 8:30am-10:30am

Photo ID and proof of address required

93 Convent Ave Baptist Church

425 W. 144th St., 10031

212 234 6767 x102

Food Pantry: Mon, Thu 9am-12pm

Photo ID and proof of address required first time.

94 Greater Tabernacle Baptist Church

340 Convent Ave., 10031

212 368 4754

Food Pantry: Sat twice/month 9am-11amSee website www.greatertabernaclebc.org or call for dates.**95 Upper Manhattan Mental Health Center**

1727 Amsterdam Ave., 10031

212 694 9200 x519

Food Pantry: Tue (seniors only 58+) 2pm-4pm; **Wed, Thu** (families and singles) 2pm-4pm

ID required, emergencies food available Mon-Fri 9am-5pm. Can come once a month (seniors twice)

96 Church of the Crucifixion

459 W. 149 St., 10031

Food Pantry: Wed 10am-1pm

Referral and 2 forms of ID required

97 Union Baptist Church

240 W. 145th St., 10039

212 862 3002

Soup Kitchen: Wed 1:30pm-2:30pm**98 Father Creavin's Food Pantry - 151st St.**

276 W. 151st St., 10039

212 281 2100

Food Pantry: Tue 9am-10am, except 1st Tue of month

WASHINGTON HEIGHTS, INWOOD

10032-10034

- 99 City Harvest Washington Heights - Prince Hall Mobile Market**
454 West 155th Street (St. Nicholas, curbside on 155th street),
10032

Mobile Market Pantry: 2nd Thu, 4th Sat 9:30am-11:30am
Residents of 10032 and members of the Community League of the Heights (C.L.O.T.H.) 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.

- 100 Community League of the Heights**

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

Food Pantry: Wed, Sat 9am-11am
Photo ID required. Can come once per week.

- 101 Catholic Charities Washington Heights Ecumenical Food Pantry**

4111 Broadway, 10033
212 795 6860

Food Pantry: Wed, Thu 2pm-3:30pm
Photo ID and proof of address for all household members required for registration.

- 102 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. Each family unit can receive one food package per month. Kosher

- 103 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.

104 City Harvest Washington Heights/Inwood Mobile Market

Dyckman Houses, walkway between Nagle and 10th Avenue, 10034

Mobile Market Pantry: 2nd Wed, 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.

105 Church of The Good Shepherd

104 Cooper Street, 10034

212 567 1300

Food Pantry: Sat 7:30am-9am

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



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).

UPPER WEST SIDE

10023-10025

106 Tucker Square Greenmarket

W. 66th St. and Columbus Ave., 10023

Thu, Sat 8am-5pm, year round. Closed Thanksgiving.

107 79th Street Greenmarket

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

Sun 9am-5pm, year round.

108 97th Street Greenmarket

W 97th St. and Columbus Ave., 10025

Fri 8am-2pm, year round.

109 Project EATS Frederick Douglass Houses Market

W. 101 St. between Amsterdam & Columbus, 10025

Sat 10am-4pm, Jul-Nov

110 Morningside Park Down to Earth Farmers' Market

110th St. & Manhattan Ave, 10025

Sat 9am-3pm, year round

111 Columbia University Greenmarket

Broadway and W. 114th St., 10027

Thu, Sun 8am-5pm, year round. Closed Thanksgiving.

UPPER EAST SIDE

10022, 10065, 10021, 10128

112 82nd Street Greenmarket

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

Sat 9am-2:30pm, year round

113 92nd Street Greenmarket

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

Sun 9am-4pm, June 25 - Nov 19. Closed for Marathon Nov 5.

EAST HARLEM

10029, 10035

114 Harvest Home Metropolitan Farmers' Market

99th St. & 3 Ave., 10029

Fri 8am-4pm, June 9-Nov 17

115 Mt. Sinai Hospital Greenmarket

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

Wed 8am-5pm, Jun 14-Nov 22

116 Harvest Home East Harlem Market

E. 104th St (between Second Ave & Third Ave), 10029

Thu 8am-4pm, July 6-Nov 16

117 Harvest Home East River Market

1st Ave. between E. 108th and E. 109th St., 10029

Sat 9am-4pm. Jul 8-Nov 18

CENTRAL AND WEST HARLEM

10026, 10027, 10037, 10030, 10031, 10039

118 Harvest Home Lenox Ave. Market

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

Sat 8am-7pm, Jun 10-Nov 18

119 Harvest Home Harlem Hospital Market

506 Lenox Ave. between W. 135 and W. 137 St., 10037

Fri 8am-7pm, year round

120 Grass Roots Farmers' Market

W. 145th St. & Edgecombe Ave., 10030

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

121 Harvest Home West Harlem Market

Broadway between W. 137 and W. 138 St., 10031

Tue 8am-4pm, Jul 11-Nov 22

WASHINGTON HEIGHTS, INWOOD

10032-10034

122 Sugar Hill Greenmarket

W155th St. and St. Nicholas Ave., 10032

Sat 8am-4pm, Jun 24-Nov 18

123 Fort Washington Greenmarket

168th St. and Fort Washington Ave., 10032

Tue 8am-4pm, Jun 6-Nov 21. Closed Independence Day.

124 175th Street Greenmarket

175th Street between Wadsworth and St. Nicholas, 10033

Thu 8am-5pm, Jun 29-Nov 30

125 Inwood Greenmarket

Isham St. between Seaman and Cooper, 10034

Sat 8am-3pm, year round

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/csalloc



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.

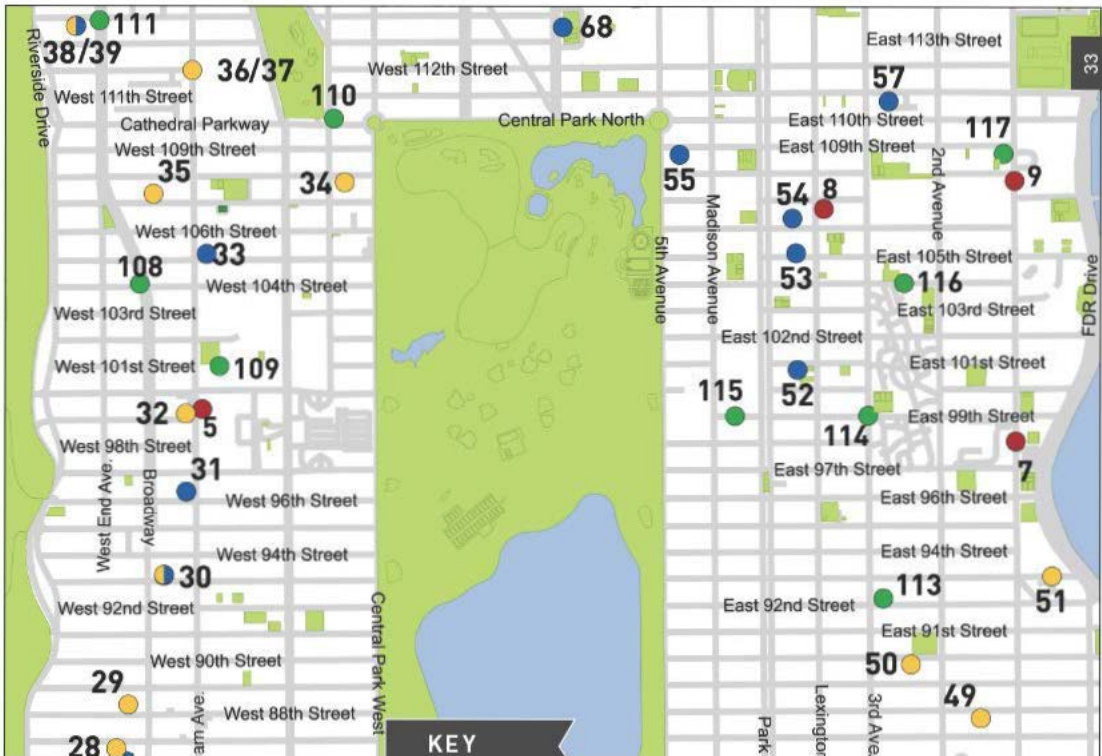
EMPLOYMENT & TRAINING

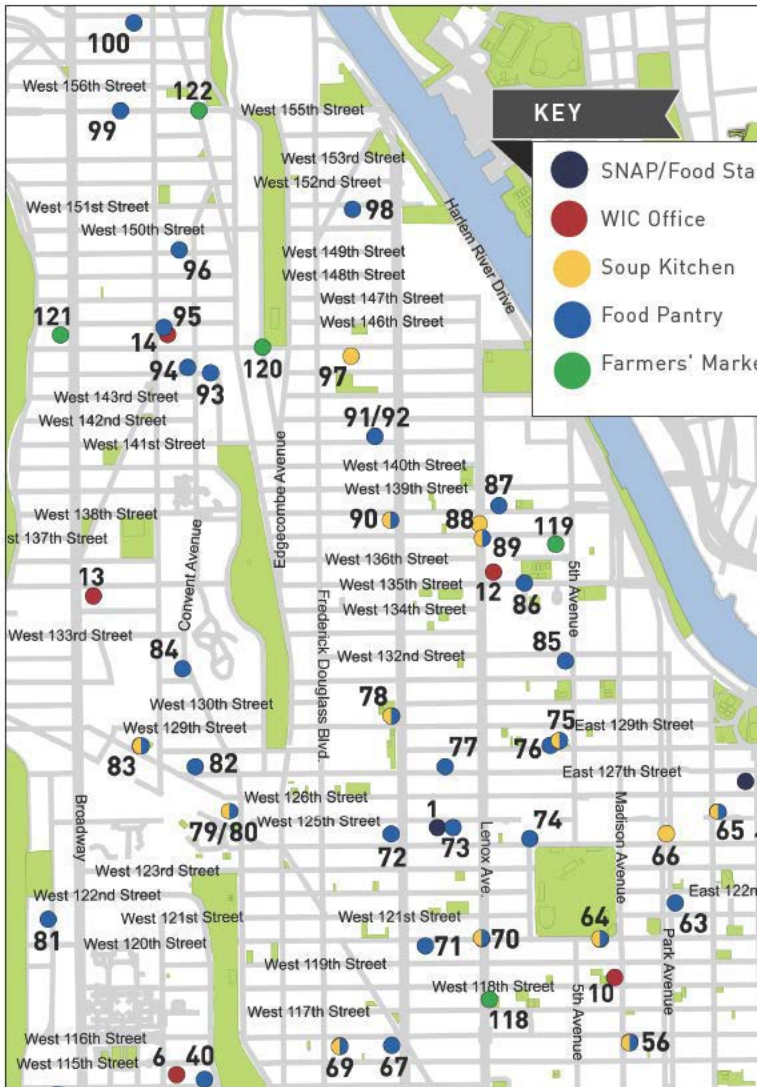
Visit the following sites to find out more about training and education programs across the city:

www1.nyc.gov/html/sbs/wf1/html/develop/develop.shtml

www1.nyc.gov/site/hra/help/types-training-education.page









[illegible]

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

1901 1 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

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

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 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.