

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...

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

To order additional copies of this guide, call (212) 825-0028 x 216 or send us an email at guides@hungerfreenyc.org.







The following zip codes are covered by this guide: 11411, 11412, 11413, 11415, 11416, 11417, 11418, 11419, 11420, 11421, 11423, 11427, 11428, 11429, 11432, 11433, 11434, 11435, 11436, 11451, 11691, 11692, 11694.



**HUNGER
FREE
NYC**

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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 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 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	\$1,276	\$194
2	\$1,726	\$357
3	\$2,177	\$511
4	\$2,628	\$649
Each additional household member	+\$451	+\$146 (approximately)
	¹ In effect 10/1/15 - 9/30/16.	² In effect 10/1/15 - 9/30/16.

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 (ages 18 or under).

➔ 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

646 358 4917 & 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 Jamaica SNAP Center

165-08 88 Ave., 3rd Floor, 11432

718 722 8013

Mon-Fri 8:30am-6pm, **Sat** 9am-5pm

2 Rockaway SNAP Center

219 Beach 59 St., 1st Floor, 11692

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 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.

HOW TO APPLY

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

3 Public Health Solutions Jamaica WIC Center

90-40 160th St., 11432
718 526 4633

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

4 Catholic Charities Jamaica WIC Site

161-10 Jamaica Ave., 11432
718 657 2580

Mon 8:30-7pm, **Tue-Fri** 8:30am-4:30pm, **3rd Sat** 9am-4:30pm

5 Queens Hospital Center

114-02 Guy R. Brewer Blvd., Suite 213, 11434
718 883 6630

Mon, Wed, Thu 9am-5pm, **Tue** 8am-6:30pm, **Fri** hours vary, call to confirm

6 Medisys (Hollis)

188-03 Jamaica Ave., 11423
718 479 0873

Wed 8:30am-5pm

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.



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



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.

JAMAICA

11432-11436, 11451

7 St. Nicholas of Tolentine Church

150-75 Goethals Ave., 11432
718 969 3226

Food Pantry: Thu 9am-12pm

Referral needed on other days-call for more info.

8 First United Methodist Church of Jamaica

162-10 Highland Ave., 11432
718 739 2269

Food Pantry: Mon 8:30am-9:30am

ID with current address required. Closed on holidays.

9 Jamaica Hispanic SDA Church

88-28 163rd St., 11432
718 736 5291

Food Pantry: Sun 8am-9am

Sign in required.

10 Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., 11432
718 739 0241

Soup Kitchen: Thu 5:30pm-7pm

11 River Fund Mobile Unit-Queens

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

718 441 1125

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

12 First Reformed Church of Jamaica

159-29 90th Ave., 11432
718 658 6333

Soup Kitchen: Mon 5pm-6pm

13 ACQC - AIDS Center of Queens County, Jamaica

89-74 162nd St., 11432
718 896 2500

Food Pantry: Tue, Thu 8:30am-11am

Get there early to get a ticket-first come first served. Only 75 people will be served. ID required.

14 First Presbyterian Church in Jamaica

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

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

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

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

15 Tabernacle of Prayer

90-07 Merrick Blvd., 11432
718 657 4210

Food Pantry: Fri 10am-11:15 am

ID required.

- 16 Jamaica Service Program for Older Adults**
 92-47 165th St., 11433
 718 657 6618
Food Pantry: Mon-Fri 8:30am-4:30pm
 - 17 St. Bonaventure-St. Benedict the Moor Food Pantry**
 171-17 110th Ave., 11433
 718 526 0040
Food Pantry: 2nd, 4th Tue-10am-11:30am
 ID required. Pantry closed July and August.
 - 18 Greater Allen A.M.E. Cathedral of New York**
 111-54 Merrick Blvd., 11433
 718 206 4600
Soup Kitchen: Mon, Thu 11am-1pm
Food Pantry: Mon, Thu 11am-1pm
 - 19 Calvary Baptist Church Food Pantry**
 111-10 Guy R. Brewer Blvd., 11433
 718 297 2301
Food Pantry: Wed 10am-12pm, Thu 11:30am-1:30pm
 - 20 Brooks Memorial United Methodist Church**
 143-22 109th Ave., 11435
 718 658 8822
Food Pantry: Thu 6pm-8pm; 1st, 3rd Sat 10am-12pm
 Photo ID required.
 - 21 The Harding Ford Vision, Inc**
 110-12 Liverpool St., 11435
 347 661 7382
Food Pantry: Wed 10am-2pm, Sat 2pm-4pm
 - 22 Christ Apostolic Church**
 108-02 Sutphin Blvd., 11435
 718 658 8981
Food Pantry: Sat 10am-12pm
 Clothing pantry, food stamps screening, and counseling services available.
 - 23 African Women's Dream, Inc.**
 111-17 Sutphin Blvd., 11435
 347 806 4154
Food Pantry: Tue 4pm-5pm, Sat 10am-11am
 - 24 National Sorority Phi Delta Kappa "Big Sister"/
 Phi Delta Kappa Ruby S. Couche Big Sister Center**
 117-08 Merrick Blvd., 11434
 718 723 1119
Food Pantry: Tue, Thu 4pm-6pm
 - 25 Christ Church International**
 122-20 Merrill St., 11434
 718 276 2799
Food Pantry: 2nd, 4th Sat 10am-12pm
 - 26 Project Hope Charities Inc.**
 170-20 140th Ave., 11434
Food Pantry: Sat 11am-1pm
 - 27 Morris Brown AME Church - Helping Hand**
 145-03 Rockaway Blvd., 11436
 718 322 7596
Soup Kitchen: Sat 1pm-2pm
Food Pantry: Wed 10am-12pm
 ID preferred for pantry.
 - 28 Union United Methodist Church**
 126-22 150th St., 11436
 718 529 3691
Food Pantry: Fri 3pm-4:30pm
 Emergency food available. Call for more information.
- KEW GARDENS, OZONE PARK, SOUTH OZONE PARK, WOODHAVEN, RICHMOND HILL**
 11415-11421
- 29 Deliverance Temple Church**
 134-10 Rockaway Blvd., 11420
 718 529 1993
Food Pantry: Tue 5:30pm-6:30pm

30 Elohim Community Development and Outreach

87-47 111th St., 11418
917 418 7906

Food Pantry: Fri 9am-11am
Proof of address required.

31 The River Fund

89-11 Lefferts Blvd., 11418
718 441 1125

Food Pantry: Sat 7am-11am
Benefits enrollment & recertification Mon-Fri 9am-4pm,
Sat by appointment only.

32 Saint Benedict Joseph Labre Church Food Pantry

94-40 118th St., 11419
718 849 4048

Food Pantry: 2nd Thu 10am-11:30am
Photo ID and proof of address required.

33 Christina Home Care Food Pantry

120-13 Liberty Ave., 11419
917 592 8686

Food Pantry: Fri 2pm-5pm

34 Zion Tabernacle FBH Church

105-01 107th Ave., 11417
718 598 7076

Food Pantry: Tue 11am-1pm
Photo ID preferred for 1st time clients- can register during
pantry hours.

35 St. Mary Gate of Heaven

101-25 104th St., 11416
718 847 6260

Food Pantry: Every other Thu 11am-1pm
Photo ID with address required. Serves residents of 11416
and 11417.

36 All Nations Baptist Church of Woodhaven

86-74 80th St., 11421
718 847 4229

Food Pantry: Sat 1pm
Sign up from 8am to 9am. Closed one Sat/month, dates
posted on church door.

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

11411-11413, 11423, 11427-11429

37 Linden SDA Church Community Services

228-20 137th Ave., 11413
718 527 4072 x29

Food Pantry: Sun 10am-12pm
Emergency food available upon request.

38 First Presbyterian Church of Springfield Gardens

216-02 137th Ave. (ramp to basement), 11413
718 528 7744

Food Pantry: Wed 11am-12pm
ID required.

39 Queens Faith Temple Outreach Center

217-03 Merrick Blvd., 11413
917 603 9295

Food Pantry: Sun 2pm-4pm

40 First Church of God in Christ

187-10 Baisley Blvd., 11412
718 712 4831

Soup Kitchen: Wed 12pm-1:30pm
Food Pantry: Thu 1:30-3pm
ID required for pantry.

41 St. Albans Baptist Church

196-20 119 Ave., 11412
718 723 8005

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

42 St. Albans Gospel Assembly

200-25 Linden Blvd., 11412
718 529 0005

Food Pantry: Fri 11:30am-12:30pm, **alternate Thu** 5:30pm-6:45pm.
ID preferred. Queens residents only. Can come to pantry every other week.

43 Grace United Methodist Church

200-08 Murdock Ave., 11412
718 465 5621

Soup Kitchen: Sat 1pm
Take out meals.

44 Kerith SDA Church

230-11 Linden Blvd., 11411
917 523 7476

Food Pantry: Wed 5:30pm-7:30pm

45 Queens Tabernacle Church

114-03 Colfax St., 11411
718 465 4448

Food Pantry: Sat 11am, **Tue** 3pm

46 Hollis Ave. Congregational Church

211-04 Hollis Ave., 11429
718 468 1498

Food Pantry: Tue 12pm-2pm
ID required- must live in Hollis Ave/Cambria Heights area.

47 Walk in Love Family Center

202-11 Jamaica Ave., 11423

Food Pantry: Wed 1pm-3:30pm, **Thu** 5pm-6:30pm, **Sun** 1pm-3pm
Distribution is while supplies last.

48 Church of the Incarnation/Incarnation Parish Pantry

89-28 207th St., 11427
718 465 8534

Food Pantry: Fri 12pm-2pm
Bring ID-must see Deacon Francois.

THE ROCKAWAYS

11691-1694

49 BFFY - St. Vincent de Paul at St. Rose of Lima

130 Beach 84th St., 11693
718 634 7394

Food Pantry: Tue, Fri 10am-11:45am
Must live between Beach 54th and Beach 97th St. ID required for first visit.

50 Jesus is Justice Mission

325 Beach 15th St., 11691
917 566 1961

Food Pantry: Wed 12pm-2pm

51 St. John's Bread and Life Mobile Soup Kitchen-Rockaway

Corner of Beach 15 St. & Heyson Rd., 11691
718 574 0058

Soup Kitchen: Fri 10:30am-12pm, except 1st Fri

52 St. Mary Star of the Sea

1920 New Haven Ave., 11691
718 327 1133

Food Pantry: Tue 1pm-2:30pm
Photo ID and proof of address required.

53 First Church of God

21-23 Birdsall Ave., 11691
718 327 1114

Food Pantry: 2nd, 4th Sat 1pm-3pm

54 Jewish Community Council of the Rockaway Peninsula

1525 Central Ave., 11691
718 327 7755

Food Pantry: Tue, Thu 9:30am-1:30pm
ID required. Can come once a month



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).

- 55 Jamaica Friday Down to Earth Farmers' Market**
Parsons Blvd. between Archer and Jamaica Ave., 11432
Fri 8:30am-4pm, Jun 17-Nov 18
- 56 Jamaica Saturday Down to Earth Farmers' Market**
160 St. & Jamaica Ave., 11432
Sat 8:30am-4pm, Jun 18-Nov 19
- 57 Harvest Home Rochdale Mall Market**
Baisley Blvd. between Guy R. Brewer & Bedell St., 11405
Sat 8am-4pm, Jul 9-Nov 19
- 58 Edgemere Farm Market**
Beach Channel Dr. and Beach 45 St., 11691
Sat 10am-2pm, May 14-Oct 29

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

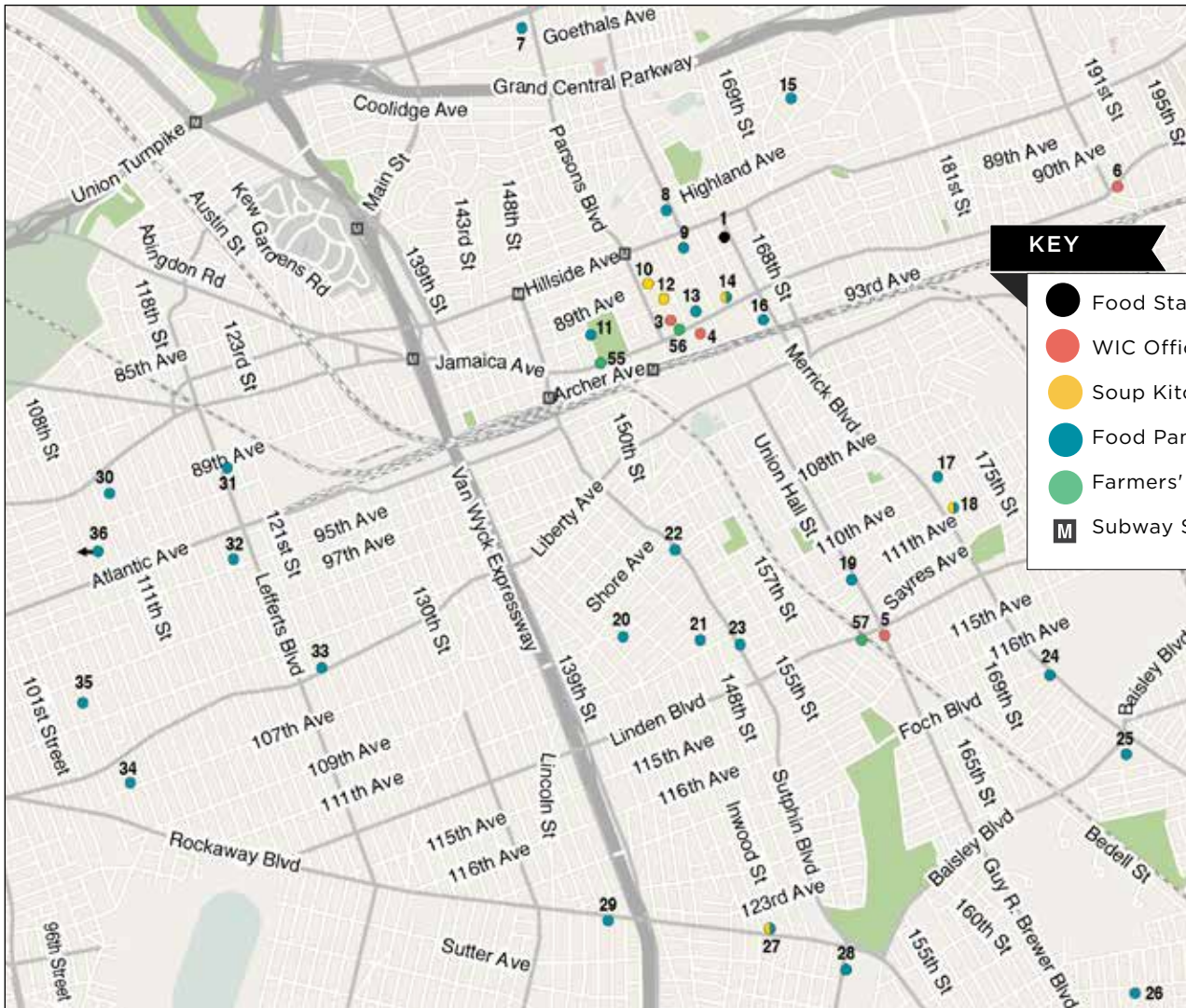
Multiple pickup locations. Allows signups Tuesday/Wednesday before first pickup. Permits weekly payment and payment via SNAP. Weekly in summer, every other week in winter. Reduced price shares available. Visit Corbin Hill's website, call, or email to find a CSA program near you and sign up.

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





Neighborhood Guide to Food and Assistance - Eastern Queens Edition



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OTHER ASSISTANCE

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

MEDICAL CARE

Queens Hospital Center

82-68 164 St., 11432

General Info 718 883 3000

Jamaica Hospital

8900 Van Wyck Expressway, 11418

General Info 718 206 6000

Queens Health Network Medical Center at Parsons Blvd.

90-37 Parsons Blvd., 11432

General Info 718 334 6440

Queens Health Network Medical Center at Springfield Blvd.

134-64 Springfield Blvd., 11413

General Info 718 334 6801

Joseph P. Addabbo Family Health Center

6200 Beach Channel Dr., 11692

General Info 718 945 7150

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.

HEALTH INSURANCE

Affinity Health System

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

General Info 866 694 9809

168-22 Jamaica Ave., Jamaica, 11432

21-03 Mott Ave., Far Rockaway, 11691

EMERGENCY NUMBERS

National Hunger Hotline 866 3-HUNGRY (866 348 6479)

NYC Hunger Hotline 866 888 8777

Police, Fire or Ambulance: 9-1-1

Emergency Shelter: 3-1-1

Homeless Hotline: 800 994 6494, 212 533 515

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 Seniors Centers
Home-delivered Meals

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Have any suggestions on how to make this Guide better?
Email guides@hungerfreenyc.org.