

# 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](http://www.hungerfreenyc.org/guides)

To order additional copies of this guide, call (212) 825-0028 x216 or send us an email at [guides@hungerfreenyc.org](mailto:guides@hungerfreenyc.org).







The following zip codes are covered by this guide: 111203, 11204, 11209, 11210, 11214, 11218, 11219, 11220, 11223, 11224, 11226, 11228, 11229, 11230, 11232, 11234, 11235, 11236.



**HUNGER**  
**FREE**  
**NYC**

50 Broad Street, Suite 1103  
New York, NY 10004  
Phone: (212) 825-0028  
Website: [www.hungerfreenyc.org](http://www.hungerfreenyc.org)

# CONTENTS

	SNAP/Food Stamps	4
	Food for Kids	8
	Senior Meals	11
	Soup Kitchens & Food Pantries	12
	From the Farm	20
	Employment & Training	23
	Map of Locations	24
	Other Assistance	30
	Emergency Numbers	31



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

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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 (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

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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

646 358 4917 & 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 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.

#### 2 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

#### 3 Brooklyn Hospital

485 Coney Island Ave., 11218

718 282 8904

**Mon, Wed** 9am-7pm, **Tue, Thu** 9am-5pm, **Fri** 8:30am-4:30pm, **2nd, 3rd & 4th Sat** 9am-4pm

#### 4 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-7:30pm; **Sat** 8am-4pm



**5 Yeled v'Yalda Early Childhood Center (Farragut Rd)**

6002 Farragut Rd., 11236

718 943 8812

**Tue, Wed** 10am-5pm**6 Public Health Solutions Ocean Ave. WIC Center**

2555 Ocean Ave., 2nd Floor, 11229

718 332 4059

**Mon** 11am-6:30pm, **Tue-Sat** 8:30am-4pm, **Sun** call to confirm hours**7 Coney Island Hospital WIC Program**

2601 Ocean Parkway, 11235

718 616 4338

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

## 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.

## GREENWOOD, SUNSET PARK, BAY RIDGE

11232, 11220, 11209

### 8 Salvation Army Bay Ridge

252 86th St., 11209

718 238 2991

**Food Pantry: Mon-Thu 8:30am-3:30pm**

By appointment only. Photo ID and proof of address required.

### 9 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.

**10 Bay Ridge Center**

411 Ovington Ave., 11209  
718 748 0873

**Soup Kitchen: Mon-Fri** 12pm-2pm (brown bag meal)

**Food Pantry: 1st Mon** 10am-3pm

ID and proof of address required for pantry.

**11 Basilica of Our Lady of Perpetual Help**

545 60th St., 11220  
718 492 9200

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

Exceptions: 2nd, 3rd Sat in Jan, Apr, Jul, and Sep. Must live within area of church. Photo ID and proof of address required for adults, birth certificate or health plus card for children.

**12 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.

Appointment necessary for pantry, call or visit office Mon-Fri 9am-5pm to make appointment. ID and proof of residence in 11215, 11218-11220, 11231, 11232 required.

**KENSINGTON, BOROUGH PARK, BENSONHURST, DYKER HEIGHTS**

**11219, 11228, 11204, 11214**

**13 Zichron Acheinu Levy Menachem Tzion**

928 44th St., 11219  
718 774 0741

**Food Pantry: Fri** 12pm-1pm

ID preferred.

**14 MASBIA of Boro Park**

4114 14th Ave., 11219  
866 962 7242

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

**Food Pantry: Sun-Thu** 3pm-7:30pm

Meals are kosher. All locations closed Fri & Sat.

**15 Catholic Charities Holy Spirit Church**

1712 45th St., 11204

718 436 5565

**Food Pantry: 3rd Sat 6pm-6:30pm, 3rd Sun 10am-2pm.**

**16 Reaching Out Community Services Inc.**

7708 New Utrecht Ave., 11214

718 373 4565

**Food Pantry: Mon-Fri 10am-5pm**

Call first to confirm. Food stamp assistance is available - bring photo ID, benefits card, and utility bill to apply. Call first for appointment, 718-373-4565 ext 101.

**17 Bensonhurst COJO / Kosher Food Program**

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

718 333 1834

**Food Pantry: Tue, Thu 10am-2pm**

All food is kosher.

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

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

**18 Calvary Pentecostal Church**

151 Woodruff Ave., 11226

718 469 8252

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

Photo ID required. Can come twice per month.

**19 CAMBA Beyond Hunger Emergency Food Pantry**

2241 Church Ave., 3rd Floor, 11226

718 282 3082

**Food Pantry: Tue, Thu 10-1pm**

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.

- **20 Hazel Brooks Senior Ctr.**  
961 Ocean Ave., 11226  
347 435 3287  
**Soup kitchen: Mon-Fri** 9am-10am, 12:30pm-1:30pm. Free for seniors-60+, under 60-\$1 for breakfast, \$4 for lunch  
**Food Pantry: Thu, occasional Mon** call for hours
  
- 21 Masbia of Flatbush**  
1372 Coney Island Ave., 11230  
718 972 4446  
**Soup Kitchen: Sun-Thu**, 4pm-8:30pm  
**Food Pantry: Thu** 4pm-8:30pm  
Meals are Kosher. Referral letter preferred for continued services.
  
- 22 Our Lady of Refuge Pantry**  
2020 Foster Ave., 11210  
718 434 2090  
**Food Pantry: Wed** 10am-1pm  
Photo ID required.
  
- 23 World Missions Assembly**  
1407 Flatbush Ave., 11210  
718 676 1385  
**Food Pantry: Sat** 4pm-6pm
  
- 24 My Brother's Keepers Those Who Care, Inc.**  
1770 Flatbush Ave., 11210  
347 312 6392  
**Food Pantry: Sat** 1pm-3pm  
Call for appointment for emergencies. ID preferred, clothing bank at same time, referrals for other social services offered.
  
- 25 Admirable Church**  
1910 Flatbush Ave., 11210  
347 779 7192  
**Food Pantry: Every other Sat** 10am-12pm
  
- 26 Apostolic Assembly of Jesus Christ**  
3808 Church Ave., 11203  
**Food Pantry: Sat** 1pm-2pm

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

520 Linden Blvd., 11203

718 282 5568

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

● **28 Shalom Senior Center**

483 Albany Ave., 11203

718 774 9213

**Food Pantry: Mon-Thu 2pm-3pm, Fri 1pm-2pm**

**29 Christian Fellowship S.D.A. Church**

777-779 Schenectady Ave., 11203

718 756 3950

**Soup Kitchen: Mon-Wed 5pm-6pm**

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

**30 God's Battalion Prayer Church**

661 Linden Blvd., 11203

718 773 9249

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

**31 United Community Baptist Kitchen**

545 Utica Ave., 11203

718 467 7708

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

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

892 Rutland Rd., 11203

718 774 4696

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

Photo ID required. No pantry on holidays.

**33 Brooklyn Faith SDA Church**

5518 Church Ave., 11203

718 342 8421

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

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



**34 International Pentecostal City Mission Food Program**

9202-14 Church Ave., 11236

516 817 7922

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

ID required, bring sturdy bag. Numerous services available, including blood pressure monitoring, SNAP, legal assistance, eviction prevention, HEAP, SBS, job training, GED, SAT, teen programs, counseling, immigration assistance, seasonal tax prep, and adult social services.

**35 Bread of Life Food Pantry**

781 E. 93rd St., 11236

347 955 4403

**Food Pantry: Sat** 12pm-1pm

ID required.

**36 Crown Ministry**

10405 Glenwood Road, 11236

718 257 4450

**Food Pantry: Thu** 12pm-2pm**37 Light House of Hope Food Pantry**

602 E. 89th St., 11236

347 742 7651

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

ID required.

**38 Zion Church of the Truth**

8315 Flatlands Ave., 11236

718 272 9870 / 718 241 8167

**Food Pantry: Sat** 1pm-3pm**CONEY ISLAND, BRIGHTON BEACH, SHEEPSHEAD BAY, GRAVESEND, MILL BASIN, MARINE PARK**

11223, 11224, 11235, 11229

**39 Sephardic Bikur Holim**

425 Kings Highway, 11223

718 787 1100 x354

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

Food is kosher. ID required.

#### **40 Salt and Sea Mission**

2417 Stillwell Ave., 11223

718 372 3576

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

ID and proof of residence required.

#### **41 Haber House Senior Center**

3024 W. 24th St., 11224

718 372 5731

**Food Pantry: Mon-Thu 8:30am-4:30pm, Fri 8:30am-1:30pm**

Upon availability - call first to confirm. Kosher only.

#### **42 Coney Island Lighthouse Mission**

2114 Mermaid Ave., 11224

718 415 1170

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

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

ID required for food pantry, must register beforehand.

Registration days are Mon, Wed and Fri 10am-2pm.

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

Corner of West 20th and Mermaid Ave., 11224

718 574 0058 x240

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

#### **44 River Fund Mobile Unit - Brooklyn**

2002 Neptune Ave., 11224

718 441 1125

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

#### **45 Shorefront Jewish Community Council**

128 Brighton Beach Ave., 4th floor, 11235

718 743 0575

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

Food is kosher.

#### **46 Kings Bay YM-YWHA, Inc.**

3495 Nostrand Ave., 11229

718 648 7703

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





# 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).

### GREENWOOD, SUNSET PARK, BAY RIDGE

11232, 11220, 11209

#### 47 Sunset Park Greenmarket

59 St. & 4 Ave., 11220

**Sat** 8am-3pm, Jul 9-Nov 19

#### 48 Bay Ridge Greenmarket

95 St & 3 Ave., 11209

**Sat** 8am-3pm, May 7-Nov 19

### KENSINGTON, BOROUGH PARK, BENSONHURST, DYKER HEIGHTS

11219, 11228, 11204, 11214

#### 49 Bensonhurst Greenmarket

81 St. & 18 Ave., 11214

**Sun** 9am-4pm, Jun 5-Nov 20

#### 50 Borough Park Greenmarket

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

**Thu** 8am-3pm, Jul 7-Nov 17

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

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

### 51 Cortelyou Greenmarket

Cortelyou Rd. and Rugby Rd., 11226

**Sun** 8am-3pm, year round. EBT 8am-2pm only. Closed Christmas and New Years Day.

### 52 Parkside Greenmarket

Parkside Ave. and Ocean Ave., 11226

**Sun** 8am-4pm, Jun 12-Nov 20

### 53 Youth Farm Market

Kingston Ave. between Rutland and Withrop, 11203

**Wed** 2:30pm-6:30pm, Jun 22-Nov 9.

### 54 Urban Oasis Farmers' Market

Clarkson Ave. & Troy Ave., Market Pavillion, 11203

**Wed** 2pm-5:30pm, Jun 22-Nov 23

### 55 Harvest Home Kings County Hospital Market

Clarkson Ave. between 37 & 38 St., 11203

**Wed** 8am-4pm, Jun 8-Nov 23

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

11223, 11224, 11235, 11229

### 56 Harvest Home Coney Island Hospital Market

Ocean Parkway between Ave Z & Shore Rd., 11235

**Wed, Fri** 8am-4pm, Jun 15-Nov 25

## 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/csalloc](http://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.

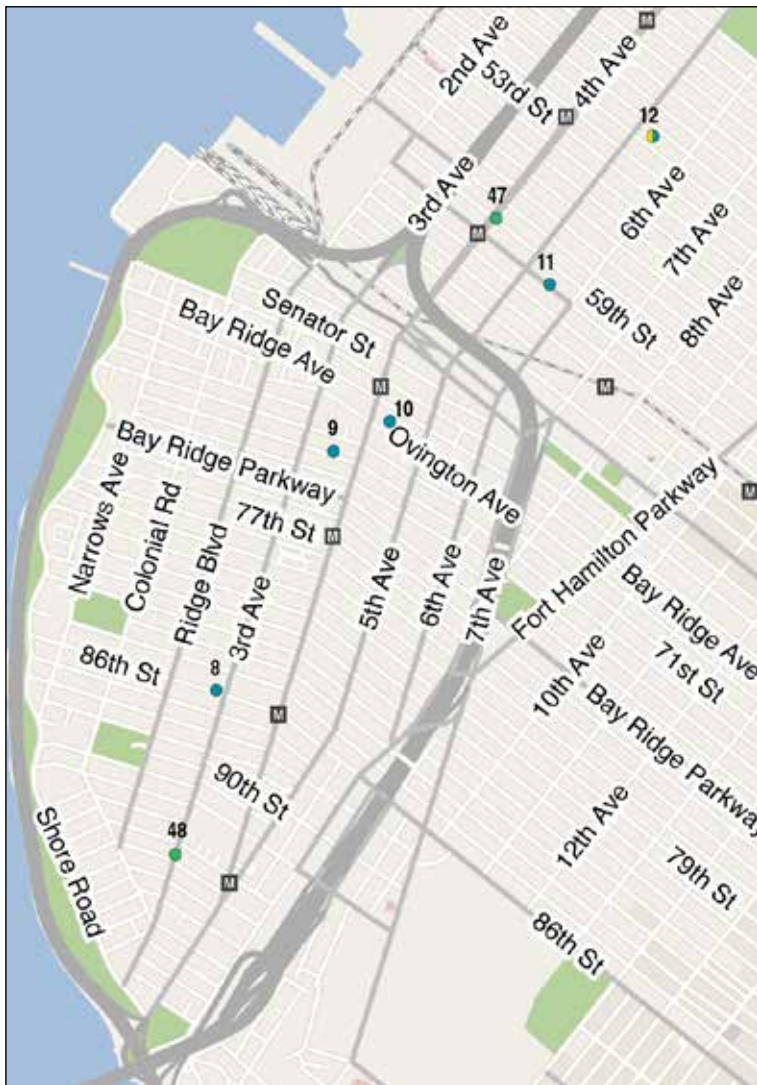
## EMPLOYMENT & TRAINING

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

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

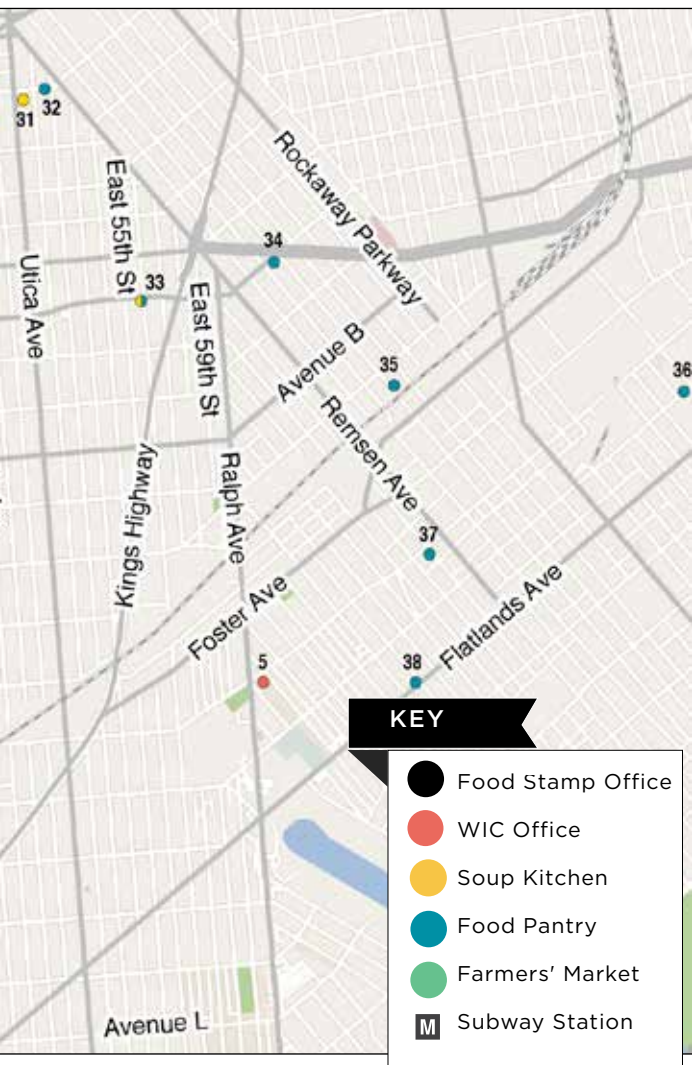
[www1.nyc.gov/site/hra/help/types-training-education.page](http://www1.nyc.gov/site/hra/help/types-training-education.page)

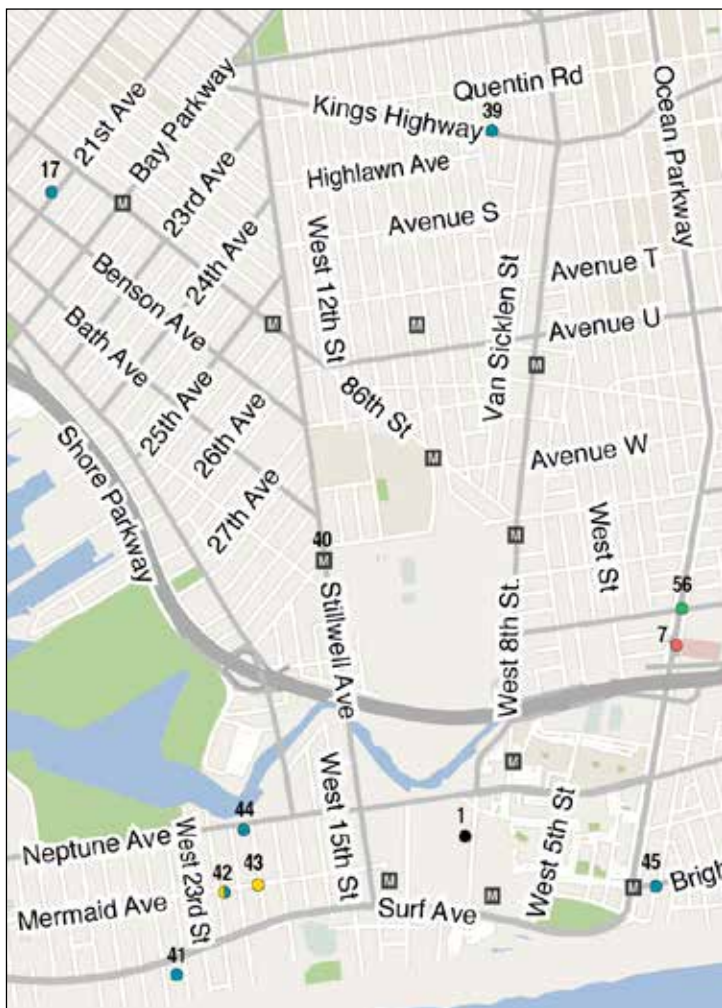


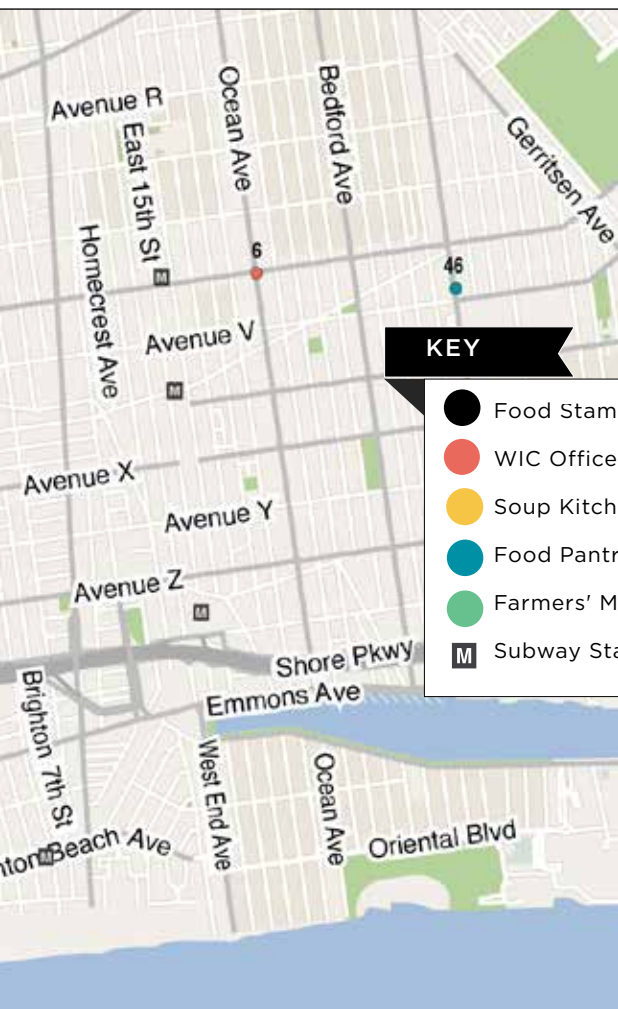












# OTHER ASSISTANCE

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

## MEDICAL CARE

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### **Kings County Hospital Center**

451 Clarkson Ave., 11203

**General Info** 718 245 3131

### **Community Healthcare Network**

#### **Betty Shabazz Health Center**

999 Blake Ave., 11208

**General Info** 718 277 8303

### **Woodhull Medical Center**

760 Broadway, 11206

**General Info** 718 963 8000

### **Coney Island Hospital**

2601 Ocean Parkway, 11235

**General Info** 718 616 3000

### **Maimonides Medical Center**

4802 10 Ave., 11219

**General Info** 718 283 6000

### **Lutheran Medical Center**

150 55 St., 11220

**General Info** 718 630 7000

## 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

2230D Church Ave., 11226

5221 8 Ave., 11220

## LEGAL ASSISTANCE

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### 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

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**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?

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

PEOPLE WITH CHILDREN				
PEOPLE WITHOUT CHILDREN				
SENIOR CITIZENS				
HOMELESS INDIVIDUALS				
LEGAL IMMIGRANTS				
UNDOCUMENTED IMMIGRANTS				



SNAP/Food Stamp Benefits



Groceries at Food Pantries



WIC Packages  
School Breakfast & Lunch  
Free Summer Meals  
for Children



Meals at Soup Kitchens



Meals at Seniors 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).