

LOWER MANHATTAN (BELOW 59TH 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...

2016

# 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](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: 10001, 10002, 10003, 10004, 10005, 10006, 10007, 10009, 10010, 10011, 10012, 10013, 10014, 10016, 10017, 10018, 10019, 10022, 10036, 10038, 10280.



**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	22
	Employment & Training	25
	Map of Locations	26
	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 22.

## 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

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](http://www.nyc.gov/accessnyc)

# 3

### Visit Your Local HRA Office

Apply at a SNAP office near you:

#### 1 Waverly SNAP Center

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

718 722 8013

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

You can also call 718 557 1399 to find a SNAP office near you and for information about qualifications, guidelines, and applications.



# FOOD FOR KIDS

## WOMEN, INFANTS & CHILDREN

WIC is the Women, Infants & Children Program.

### QUICK FACTS

- WIC is for low-income pregnant women, breast-feeding women, and women with children up to the age of five.
- You can work and still get WIC.
- You can continue to get cash assistance or SNAP benefits/food stamps while receiving WIC.
- You can get WIC even if you are undocumented or not a citizen.

### 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 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

#### 3 East Side WIC (Bellevue Hospital)

462 1 Ave., 10016  
212 562 6124

**Mon-Wed, Fri** 8:30am-5pm; **Thu** 8:30am-6 pm; **Sat** once/month by appt. Last appointment one hour before close.

#### 4 Ryan-NENA Community Health Center WIC Program

279 E. 3 St., 10009  
212 477 8846

**Mon** 9am-7pm, **Tue-Fri** 9am-5pm

#### 5 Chinatown WIC (Bellevue Hospital)

221 Canal Street, 10013  
212 274 9655

**Mon-Fri** 8:30am-3:30pm, **Sun** once/month 8:30am-3:30pm

#### 6 New York Presbyterian Lower Manhattan Hospital WIC

244 Grand St., 4th Fl., 10002  
646 588 2646

**Mon-Fri** 8am-5pm, **Wed** until 6pm

#### 7 Gouverneur Hospital WIC

227 Madison Street, 10002  
212 238 7145

**Mon-Fri** 8am-5pm, last appt at 4pm, **Sat** 8:30am-12:30pm by appt.

## SCHOOL & SUMMER MEALS

FSFP 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

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.

## MIDTOWN

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

### 8 Maria's Kitchen

405 W. 59th St., 10019  
212 265 3495

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

### 9 St. Paul's House

335 W. 51st St., 10019  
212 265 5433

**Soup Kitchen: Mon, Wed, Fri 7:30am-8:30am**

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

Must live between 28th St. and 60th St. on the West Side.  
ID and 2 proofs of residence required for pantry.

### 10 Grand Central Food Program

SW corner of 51st St. and Broadway, 10019  
212 776 2000

**Mobile Soup Kitchen: Every day 7:15pm**  
Come on time - distribution is mobile.

### 11 Grand Central Food Program - SONY Building

55th St. between Madison and 5th Ave., 10022  
212 776 2000

**Mobile Soup Kitchen: Every day 9:15pm**  
Come on time - distribution is mobile.

### 12 Central Synagogue Breakfast Program

123 E. 55th St., 10022  
212 838 5122

**Soup Kitchen: Thu, Fri 6:30am-7:30am**

### 13 Momentum Project at St. Peter's Lutheran Church

619 Lexington Ave. at 54th St., 10022  
212 691 8100

**Soup Kitchen: Tue** lunch 11am-1pm, dinner 4pm-6:30pm  
Dinner clients must complete intake at 3pm.

### 14 St. Peter's Lutheran Church

619 Lexington Ave. at 54th St., 10022  
212 935 2200

**Soup Kitchen: Tue 7am-8:15am**

Doors open at 7:00am, service starts at 7:15am.

### 15 Crossroads Community Services at St. Bartholomew's Church

108 E. 51st St., 10022  
212 378 0229

**Food Pantry: Sun, Mon, Wed 5:30pm-6:30pm; Thu 10am-2pm; Sat 9:30am-11am**  
Appointment required, call 212 378 0234

### 16 Grand Central Food Program - Coalition for the Homeless

108 E. 51st St., 10022  
212 776 2000

**Mobile Soup Kitchen: Every day 5:30pm-7pm**

### 17 St. Clements Food Pantry

423 W. 46th St., 10036  
212 246 7277 x25

**Food Pantry: Fri 4pm-6pm, Sat 9:30am-11:30am (except for 1st Sat)**

ID required first time to register.

- 18 St. Luke's Lutheran Church**  
308 W. 46th St., 10036  
212 246 3540  
**Soup Kitchen: Tue, Thu 1pm-2pm**
- 19 Crossroads Food Pantry**  
329 W. 42nd St., 10036  
212 246 4732  
**Food Pantry: Every other Sat 11am-1pm**  
Proof of residence and income required.
- 20 The Relief Bus - Port Authority**  
9th Ave. and W. 40th St., 10036  
800 736 2773  
**Mobile Soup Kitchen: Sat 7:30pm-10:30pm**
- 21 Grand Central Food Program - Port Authority**  
40th St., between Dyer and 10th Ave., 10018  
212 776 2000  
**Mobile Soup Kitchen: Every day 7:30pm**  
Come on time - distribution is mobile.
- 22 The Dwelling Place of N.Y., Inc.**  
409 W. 40th St., 10018  
212 564 7887  
**Soup Kitchen: Wed 5:30pm-6:30pm**  
For women age 30+ only, must bring ID & be sober.
- 23 Rauschenbusch Metro Ministries - Metro Baptist Church**  
410 W. 40th St., 10018  
212 594 4464  
**Food Pantry: Sat 11am-11:30am (no pantry 5th Sat)**  
One visit per month. ID and proof of address for all household members required.
- 24 Sylvia Rivera Food Pantry**  
446 W. 36th St., 10018  
212 629 7440  
**Food Pantry: Thu 9am-10am; Tue-Fri 2pm-3pm (snack bags)**  
Emergency pantry: Tue-Fri 10am-3pm , Bring your own bag for pantry.
- 25 Gay Men's Health Crisis**  
446 West 33 St., 10001  
212 367 1481  
**Food Pantry: Wed, Fri 1pm-4pm; Thu 11am-2pm**  
ID required.
- 26 AIDS Service Center NYC**  
64 W. 35th St., 3rd Fl., 10001  
212 645 0875  
**Food Pantry: Fri 10am-3pm**  
ID required.
- 27 Grand Central Food Program - Penn Station**  
8th Ave. and 33rd St., 10001  
212 776 2000  
**Mobile Soup Kitchen: Every day 9:00pm**  
Come on time - distribution is mobile.
- 28 Holy Apostles Soup Kitchen**  
296 9th Ave., 10001  
212 924 0167  
**Soup Kitchen: Mon-Fri 10:30am-12:30pm**  
Social Services Office open during Soup Kitchen hours with mail and phone facilities, free hair cut referrals, toiletries, and counselors.
- 29 The Relief Bus - Chelsea Park**  
28th St., between 9th & 10th Ave., 10001  
800 736 2773  
**Mobile Soup Kitchen: Wed, Fri, 10am-2pm**
- 30 St. John's Bread of Life**  
213 West 31st St., 10001  
212 564 9070 x 203  
**Food Pantry: Wed 12:30pm-2:30pm**  
Must live between 14th St. and 50 St - proof of residence and ID required.
- 31 St. Francis of Assisi**  
135 W. 31st St., 10001  
212 736 8500  
**Soup Kitchen: Every day 7am-7:30am**  
**Food pantry: Fri, Sat 9am**  
Soup kitchen is sandwiches and coffee, line starts at around 6:30am . Must register by calling 212-471-4246



**32 Grand Central Food Program - Madison Square Park**

5th Ave. and 27th St., 10001  
212 776 2000

**Mobile Soup Kitchen: Every day 8:35pm**

Come on time - distribution is mobile.

**33 New Alternatives for Children**

37 West 26th St., 6th Floor, 10010  
212 994 7919

**Food Pantry: Mon-Fri 2pm-5pm**

**34 Grand Central Neighborhood Social Services Corp**

120 E. 32nd St., 10016  
212 883 0680 x322

**Soup Kitchen: Every day 6am-7am, 12pm-1:30pm, 4pm-6pm**

**35 Grand Central Food Program - 35th & FDR**

35th St. under FDR Drive, 10016  
212 776 2000

**Mobile Soup Kitchen: Every day 7:15pm**

Come on time - distribution is mobile.

**CHELSEA, WEST VILLAGE**

10011-10014

**36 St. Peter's Episcopal Church**

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

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

Referrals requested when available.

**37 Hope for our Neighbors in Need at Church of the Village**

201 W. 13 St., 10011  
212 243 5470

**Soup Kitchen: Sat 12pm-1:30pm**

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

Doors open 30 minutes before food service begins.

**38 Salvation Army New York Temple**

132 W. 14th St., 10011  
212 337 7469

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

**Food Pantry: Mon-Fri 9:30am-11am, 1:30pm-3pm.**

Food pantry requires photo ID and proof of address in 10002-10007, 10009-10014, 10038, 10041, 10047, or 10048 at first visit. Please call for an appt.

**39 Xavier Mission at the Church of St. Francis Xavier**

55 W. 15th St., 10011  
212 627 2100

**Soup Kitchen: Sun 12:45pm-3pm**

Seniors and disabled line up on 15 St. for soup kitchen, all others on 16th St. (elevator for those unable to navigate stairs on 15th St).

**Food Pantry: 2nd Sat 10am-11:30am; emergency pantry Mon-Fri 10am-5pm**

Customer choice pantry open only to residents of 10001-10003, 10009-10014, 10016. ID and proof of address required for customer choice pantry, ID only emergency pantry). Emergency pantry only available once/6 months.

**40 Church of the Ascension**

12 W. 11th St., 10011  
212 254 8620

**Food Pantry: 2nd, 3rd Sat 8:30am**

Arrive early to get in line. First come first served. Line up on north side of West 11th St. starting at 5th Ave.

**41 The PLWA (People Living with AIDS) Project**

487 Hudson St., 10014  
212 924 0562

**Communal meal: Sat 5-6pm**

Meals only for people with HIV/AIDS; new clients must show referral

**42 Judson Memorial Church**

55 Washington Square South, 10012  
212 477 0351

**Potluck Meal: 1st Weds of month**

Doors open 7pm, food served 7:15pm, followed by a performance.

**43 Hebrew Union College-Jewish Institute of Religion**

1 W. 4th St., 10012  
212 674 5300

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

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

**44 The Door**

555 Broome St., 10013  
212 941 9090

**Soup Kitchen: Mon-Fri** 12:15pm-1pm, 5:30pm-6:30pm; **Tue** 12pm-4pm

Only serves young people under age 24, required to become Door member to receive meals - can register at lunch or Mon-Fri 2pm-5pm

**45 New York City Rescue Mission**

90 Lafayette St., 10013  
212 226 6214

**Soup Kitchen: Every day** 6:30am-7am, 5:30pm-6:30pm

**Food Pantry: Mon, Wed, Fri** 1:30pm-2:30pm

ID required for pantry.

**46 Grand Central Food Program - Lafayette & Leonard**

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

**Mobile Soup Kitchen: Every day** 7:45pm

Come on time - distribution is mobile.

**CHINATOWN, LOWER EAST SIDE, EAST VILLAGE**

**10003, 10009, 10002**

**47 St. George's Common Table**

209 E. 16th St., 10003  
646 723 4178

**Soup Kitchen: Thu** 12pm-12:45pm

Doors open at 11:30am.

**48 Village Temple Soup Kitchen**

33 E. 12th St., 10003  
212 674 2340

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

**49 The Hetrick-Martin Institute**

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

**Soup Kitchen: Mon-Fri** 6pm, **Sat** 10am-2pm for members under 21, after 2pm for members 21+.

Mon-Fri meals only for members of after-school program/drop-in center for youth age 13-24. Intake 3:15pm-5pm to become a member. No dinner on last Tue of every month. [www.hmi.org](http://www.hmi.org)

**50 Middle Collegiate Church**

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

**Food Pantry: 2nd, 4th Sun,** 1:30pm-3pm

Client choice, bring own bag

**51 St. Joseph House/Catholic Worker**

36 E. 1st St., 10003  
212 254 1640

**Soup Kitchen: Tue-Fri** 10am-11:30am

For men only. Clothing rummage room Mon-Fri 2:30pm-4pm

**52 Father's Heart Ministries**

543-545 E. 11th St., 10009  
212 375 1765

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

**Food Pantry: Tue** 6pm-6:30pm (for KidZone attendees),

**Sat** 10am-11am (except 1st Sat of month)

SNAP (food stamps) pre-screening available. Free GED and ESL classes Sat 10am-11:30am, Tue 6pm-7:30pm.

**53 Trinity Services and Food for the Homeless**

602 E. 9th St., 10009  
212 228 5254

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

**Food Pantry: Mon-Thu** 12:30pm-1:30pm

ID for all family members required. Pantry is client choice, may be received once per month. [www.safhnyc.org](http://www.safhnyc.org)

**54 Street Life Ministries - Tompkins Square Park**  
Ave. A & 7th St. (Tompkins Square Park), 10009  
718 539 2324  
**Mobile Soup Kitchen: Tue** 9am-12pm

**55 University Community Social Services**  
137 E. 2nd St., 10009  
347 850 2230  
**Soup Kitchen: Sat** 8am-2:30pm  
**Food Pantry: Sat** 1pm-2:30pm

**56 The Bowery Mission**  
227 Bowery, 10002  
212 674 3456  
**Soup Kitchen: Every day** 8am-9am, 1pm-2pm, 6pm-7pm  
**Food Pantry: Mon-Fri** 9am-11am  
Other social services provided, call or visit for details.

**57 Grand Central Food Program - Bowery Mission**  
Sunshine Hotel/Bowery Mission-Bowery between Stanton  
& Rivington, 10002  
212 776 2000  
**Mobile Soup Kitchen: Every day** 8:20pm  
Come on time - distribution is mobile.

● **58 Grand Coalition of Seniors-Grand St. Settlement**  
80 Pitt St., 10002  
646 201 4251  
**Soup Kitchen: Mon-Fri** 9am-10am, 12pm-1p  
Seniors only, \$1-\$2 requested for meals.

**59 Grand Central Food Program - Allen St.**  
25 Allen St. (Lower East Side Harm Reduction), 10002  
212 776 2000  
**Mobile Soup Kitchen: Every day** 7:30pm  
Come on time - distribution is mobile.

**60 Dewitt Reformed Church Food Pantry**  
280 Rivington St., 10002  
212 674 3341  
**Food Pantry: Mon, Thu** 10am-12pm

**61 Our Lady of Sorrows**  
103 Pitt St., 10002  
212 673 0900  
**Food Pantry: Tue, Thu** 10am  
First come first served, about 50 people. Photo ID and proof of address required. Distribution may start earlier in bad weather.

**62 Primitive Christian Church**  
207 East Broadway, 10002  
212 673 7868  
**Food Pantry: Last Thu** 10am-finish  
ID required.

**63 Cabrini Immigrant Services**  
139 Henry St., 10002  
212 791 4590 x102  
**Food Pantry: Tue** 9:30am-12:30pm  
Bring Photo ID. Emergency walk-ins as necessary 9am-5pm Mon-Fri.

## DOWNTOWN

10004-10007, 10280, 10038

**64 Trinity Church Brown Bag**  
75 Broadway, 10006  
212 602 0800  
**Soup Kitchen: Sun** 2pm; **Mon, Tue, Thu-Sat** 12:45pm-1:15pm  
Brown bag meals. Fri and Sat distribution at St. Paul's Chapel, 209 Broadway.

**65 Grand Central Food Program - Staten Island Ferry**  
Staten Island Ferry, 10004  
212 776 2000  
**Mobile Soup Kitchen: Every day** 8:00pm  
Come on time - distribution is mobile.



# 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).

### MIDTOWN

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

#### 66 57th Street Greenmarket

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

**Wed, Sat** 8am-5pm, May 18-Dec 24

#### 67 Dag Hammarskjöld Plaza Greenmarket

E. 47th St. & 2 Ave., 10017

**Wed** 8am-4pm, year round. EBT 8am-3pm only, closed Sep 21

#### 68 Rockefeller Center Greenmarket

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

**Wed, Thurs, Fri** 8am-5pm Jul 20-Oct 14

### CHELSEA, WEST VILLAGE

10011-10014

#### 69 Chelsea Farmers' Market

North side of 23 St. east of 9 Ave., 10011

**Sat** 9am-5pm May 21-Dec 17

#### 70 PS 11 Farm Market

W. 21 St. between 8 Ave. & 9 Ave., 10011

**Wed** 8am-10am, Jun 8-Nov 16; Once/month Dec-May

#### 71 Abingdon Square Greenmarket

W. 12 St. & 8 Ave., 10014

**Sat** 8am-2pm, year round

### CHINATOWN, LOWER EAST SIDE, EAST VILLAGE

10003, 10009, 10002

#### 72 Union Square Greenmarket

E. 17 St. & Broadway, 10003

**Mon, Wed, Fri, Sat** 8am-6pm, year round. EBT 9am-4pm only. Closed Fri after Thanksgiving.

#### 73 St. Mark's Church Greenmarket

E 10 St. & 2 Ave., 10003

**Tue** 8am-6pm Jun 7-Nov 22

#### 74 Stuyvesant Town Greenmarket

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

**Sun** 9:30am-4pm, May 15-Dec 18

#### 75 Tompkins Square Greenmarket

E. 7 St. & Ave. A, 10009, 10009

**Sun** 9am-5pm, year round. EBT 9am-4pm only. Closed Christmas and New Years Day.

### DOWNTOWN

10004-10007, 10280, 10038

#### 76 Tribeca Greenmarket

Greenwich St. & Chambers St., 10007

**Wed** 8am-3pm, Mar 1-Dec 21; **Sat** 8am-3pm year round. EBT 8am-2pm only.

#### 77 Bowling Green Greenmarket

Broadway & Battery Pl., 10004

**Tue, Thu** 8am-5pm, year round. EBT 8am-2pm only. Closed Thanksgiving.

#### 78 Staten Island Ferry/Whitehall Greenmarket

4 South St. (inside terminal), 10004

**Tue, Fri** 8am-7pm, year round

#### 79 Water Street Greenmarket

Water Street & Coenties Slip, 10004

**Thu** 8am-6pm, Jun 2-Nov 17

## 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](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)



# 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:

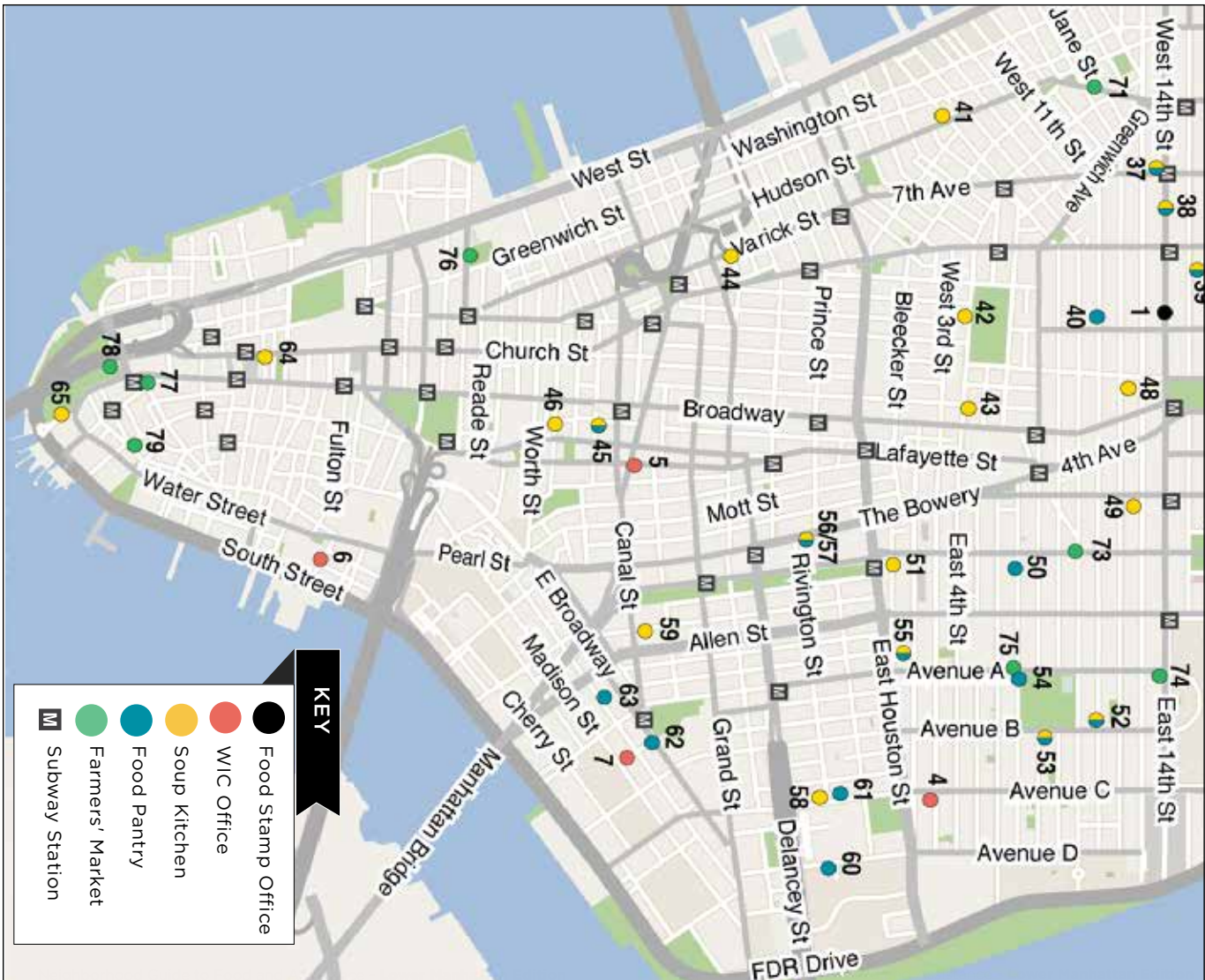
[www1.nyc.gov/html/sbs/wf1/html/develop/develop.shtml](http://www1.nyc.gov/html/sbs/wf1/html/develop/develop.shtml)

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







KEY

-  Food Stamp Office
-  WIC Office
-  Soup Kitchen
-  Food Pantry
-  Farmers' Market
-  Subway Station



**KEY**

-  Food Stamp Office
-  WIC Office
-  Soup Kitchen
-  Food Pantry
-  Farmers' Market
-  Subway Station

# OTHER ASSISTANCE

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

## MEDICAL CARE

### Bellevue Hospital

462 1 Ave., 10016

**General Info** 212 562 5525

### Gouverneur Hospital

227 Madison St., 10002

**General Info** 212 238 7000

### New York-Presbyterian Lower Manhattan Hospital

170 William St., 10038

**General Info** 212 312 5110

### Judson Health Center

34 Spring St., 10012

**General Info** 212 925 5000

### Ryan-NENA Community Health Center

279 E. 3 St., 10009

**General Info** 212 477 8500

Call first to confirm that doctors are available.

## HEALTH INSURANCE

### Affinity Health System

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

**General Info** 866 694 9809

57 Division St., 10002

## LEGAL ASSISTANCE

### The City Bar Justice Hotline

212 626 7383

**Mon – Thu** 9am - 5pm, **Fri** 9am - 1pm

Free, basic legal advice on a range of civil issues. Will not provide an attorney or assist with in-court representation.

### [www.lawhelpny.org](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:** 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























Credits: Icons adapted from The Noun Project collection. Map data © OpenStreetMap contributors. For specific designer credits, please visit [nyccah.org/guidecredits](http://nyccah.org/guidecredits).



## 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

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

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