

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 x216 or send us an email at guides@hungerfreenyc.org.







The following zip codes are covered by this guide: 11101, 11102, 11103, 11104, 11105, 11106, 11354, 11355, 11367, 11368, 11369, 11370, 11372, 11373, 11374, 11375, 11377, 11378, 11379, 11385.



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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 Queens SNAP Office

32-20 Northern Blvd., 2nd Floor, 11101
(entrance on Honeywell St.)
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.

- 2 Public Health Solutions Astoria WIC Center**
12-26 31st Ave., 11106
718 726 5816
Mon-Sat 8:30am-4pm
- 3 Sunnyside WIC (Bellvue Hospital)**
49-02 Queens Blvd., 11377
718 779 8828
Mon 9am-6pm; Tue, Wed, Fri 9am-5pm; Thu 8am-5pm; 2nd Sat 8am-4pm
- 4 Catholic Charities Woodside WIC Site**
42-71 65 Place, 11377
718 715 7001
Mon, Tue 8:30am-3:30pm, Wed-Fri 8am-3:30pm. Last appointment is at 3:30pm

- 5 Public Health Solutions Ridgewood WIC Center**
853 Onderdonk Ave., 11385
718 381 8343
Mon 11am-6:30pm; Tue-Sat 8:30am-4pm
- 6 Elmhurst Hospital Center**
81-06 Baxter Ave., 11373
718 334 3265
Mon, Wed, Fri 8am-5pm; Tue, Thu 10am-6pm
- 7 Public Health Solutions Corona WIC Center**
103-24 Roosevelt Ave., 3rd Floor, 11368
718 335 7563
Mon 11am-6:30pm; Tue-Sat 8:30am-4pm
- 8 Public Health Solutions Flushing WIC Center**
42-60 Main St., 11355
718 961 6381
Mon 11am-6:30pm; Tue-Sat 8:30am-4pm
- 9 Flushing Hospital**
45 Ave. at Parsons, 11355
718 670 5277
Mon-Fri 8:30am-1pm, 2pm-4:30pm; alternate Fri closes at 12pm

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.

LONG ISLAND CITY, ASTORIA, DITMARS

11101, 11106, 11102, 11103, 11105

10 St. Raphael's Food Pantry

35-20 Greenpoint Ave., rectory basement, 11101
718 729 8957

Food Pantry: Thu 10:30am-12pm, Sat 1:30pm-3pm

Photo ID required first time. Provides dry food only. Can only come twice a month.

11 Hour Children Food Pantry

Parking lot on 11th St. between 36th & 37th Ave., 11106
718 482 8226

Food Pantry: Mon 2pm-4pm, Tue 10:30am-12:30pm, Thu 4pm-6pm

Call before going, please bring photo ID, proof of residence and your own bag.

12 City Harvest Queensbridge Mobile Market

Basketball court behind 10-25 41st Ave., 11101
646 412 0600

Mobile Market Pantry: 2nd Tue, 4th Sat 9:30am-11:30am
Residents of the Queensbridge, Ravenswood Houses and members of the Jacob Riis Settlement House. 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.

● 13 Goodwill Tenant Association Inc.

4-21 27th Ave., Community Room, 11102
718 932 4200

Food Pantry: Tue 2pm-4pm (seniors only), Fri 2pm-4pm.
ID preferred.

14 St. Margaret Mary Church Food Pantry

9-18 27th Ave., 11102
718 721 9020

Food Pantry: Tue-Thu 11am

Only serve residents of 11102 zip code.

15 City Harvest Astoria Mobile Market

Basketball court in Astoria Houses (4-20 Astoria Boulevard), 11102
646 412 0600

Mobile Market Pantry: 1st Sat, 3rd Thu 9:30-11:30am

Residents of zip code 11102 and Astoria Houses 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.

16 Catholic Charities Queens North Community Center

23-40 Astoria Blvd., 11102
718 726 9790

Food Pantry: Tue, Fri 9:30am-12:30pm
ID required for all members of family.

17 Salvation Army Astoria Food Pantry

45-18 Broadway, 11103
718 721 9046

Food Pantry: Wed 8am-10am
ID and proof of address required.

18 St. Joseph Roman Catholic Church

43-19 30th Ave., 11103
718 278 1611

Food Pantry: Thu 8am-10am
ID required.

19 New York School of Urban Ministry

31-65 46th St., 11103
718 204 6471

Food Pantry: Fri 10am-12pm
Closed 2nd and 5th Fri of month. ID preferred.

**SUNNYSIDE, WOODSIDE, CORONA, ELMHURST,
JACKSON HEIGHTS, FLUSHING**

11104, 11377, 11367-11373, 11354, 11355

20 Iglesia Alianza Cristiana Misionera Ebenezer

39-18 47th Ave., 11104
718 729 1944

Food Pantry: Sat 11am-12pm, Sun 3pm-4pm

21 St. Teresa Church Saint Vincent DePaul Society

50-20 45th St., 11377
718 784 2123

Food Pantry: Tue 6pm-6:45pm

22 Corpus Christi Food Pantry

31-31 60 St., 11377
718 278 8114

Food Pantry: Wed 11am-1pm
Photo ID and proof of address required for first visit.

23 ACQC (AIDS Center of Queens County), Woodside

62-07 Woodside Ave., 3rd Floor, 11377
718 472 9400

Food Pantry: Tue-Thu 10am-12pm
Arrive early to get a ticket, first come first served - only 60 people will be served. ID required.

24 St. John's Bread and Life Mobile Soup Kitchen - Jackson Heights

65th & Broadway, 11377
718 574 0058

Mobile Soup Kitchen: Tue 9:30am-11:30am

25 Atonement Lutheran Church

30-61 87th St., 11369
718 639 6074

Food Pantry: Thu 9am-10am

26 First Baptist Church

100-10 Astoria Blvd., 11369
718 446 0200

Soup Kitchen: Wed 12pm-2pm
Closed July and August.

27 St. Mark AME Church - The Voices of Hagar Food Pantry

95-18 Northern Blvd., 11372
718 205 0506

Food Pantry: Tue 12pm-3pm

Closed July and Aug, reopens after Labor Day. Photo ID required-will be served without first time but must bring one next time.

28 Salvation Army-Queens Temple

86-07 35th Ave., 11372
718 335 3693

Food Pantry: Wed 9am-10am
ID and proof of address required.

29 Mt. Olivet Gospel Church

33-27 97 St., 11368
718 478 0780

Food Pantry: Wed 5:30pm-6:30pm
ID required, bring bags.

30 Street Life Ministries - Corona

Roosevelt Ave. between 103 and 104 St., 11368

Mobile Soup Kitchen: 3rd Sat 9am-12pm

31 ElmcOR Youth & Adult Activities Inc

107-20 Northern Blvd., 11368

718 651 0096

Food Pantry: Wed 1pm

Tickets distributed at 7am. If you have a letter from reputable organization, you do not need a ticket. Only 50 people served.

32 Evangelical Church Christ is the Light, Inc

89-16 48th Ave., 11373

347 742 7614

Food Pantry: Fri 9am-11am

Pantry is client choice. Bring your own bag.

33 New Life Food & Clothing Pantry

82-10 Queens Blvd. (Inside New Life Fellowship Church in Old Elks Club), 11373

718 424 0122

Soup Kitchen: Tue 6pm-8pm, **Thu** 6pm-7:30pm, **Sat** 10am-12pm

Food Pantry: Tue 6pm-8pm, **Sat** 10am-12pm

Photo ID required. Soup Kitchen only for homeless.

34 La Jornada

135-32 38th Ave., 11354

Food Pantry: Sat 3pm-4pm

35 Flushing Jewish Community Council

43-43 Bowne St., 11355

718 463 0434

Food Pantry: Typically 3rd Tue 10:00am

Call to get date. ID required. One bag of food per family. Kosher food provided. ESOL, ESL, civics classes, advocacy and counseling available.

36 Street Life Ministries - Flushing

Main Street and Kissena Blvd (Flushing Library), 11355

718 539 2324

Mobile Soup Kitchen: Tue 9am-12pm

37 Kehilat Sephardim of Ahavat Achim

150-62 78 Rd., 11367

718 591 9574

Food Pantry: Mon, Wed 10am-2pm, **Sun** 10am-4pm

Photo ID and proof of address required. Food is kosher.

www.KehilatSephardim.org

RIDGEWOOD, MIDDLE VILLAGE, MASPETH, REGO PARK, FOREST HILLS

11374, 11375, 11378, 11379, 11385

38 Masbia of Rego Park

98-08 Queens Blvd., 11374

718 972 4446

Soup Kitchen: Sun-Thu 4pm-8:30pm

Food Pantry: Thu 11am-2pm

Meals are Kosher. Bring referral from social worker.

39 Esther Grunblatt Russian Service Center

67-09 108 St., 11375

718 268 5011

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

Bring proof of need such as Medicaid card, EBT card, proof of unemployment.

40 Queens Jewish Community Council

119-45 Union Turnpike, 11375

718 544 9033

Food Pantry: Mon-Thu 11am-3pm

Photo ID preferred. Food is kosher.

• 41 Ridgewood Older Adult Center and Services

59-14 70 Ave., 11385

718 456 2000

Food Pantry: Tue-Thu 10:30am-12:30pm, except 1st week

Photo ID and proof of address required. SNAP assistance

3rd Thu of the month.

42 The Salvation Army Ridgewood Citadel Corps

69-23 Cypress Hills St., 11385
718 497 4356

Food Pantry: Wed 10am-1pm, by appointment.

Must live in area. For appointments please bring photo ID, proof of address, and proof of income. If you have children under 18 years old please bring their birth certificate.

43 Sacred Heart R.C.

83-17 78th Ave., 11385
718 821 3285

Food Pantry: Mon-Thu 9am-4pm

Open to Glendale residents only. Proof of address, photo ID, and proof of SNAP required. Follows Catholic school schedule-closed summers, winter break, spring break.



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).

LONG ISLAND CITY, ASTORIA, DITMARS

11101, 11106, 11102, 11103, 11105

44 Socrates Sculpture Park Greenmarket

Vernon Blvd. & Broadway, 11106

Sat 8am-4pm, Jun 4-Nov 19

45 Astoria Greenmarket

14 St. between 31 Ave. & 31 Rd., 11106

Wed 8am-3pm, Jul 6-Nov 16

SUNNYSIDE, WOODSIDE, CORONA, ELMHURST, JACKSON HEIGHTS, FLUSHING

11104, 11377, 11367-11373, 11354, 11355

46 Sunnyside Greenmarket

Skillman Ave. - 42 St. & 43 St., 11104

Sat 8am-2pm, year round. EBT 8am-1pm only.

47 Jackson Heights Greenmarket

34 Ave. between 77 St. & 78 St., 11372

Sun 8am-2pm, year round. EBT 8am-1pm only. Closed Christmas and New Years Day.

48 Elmhurst Hospital Greenmarket

41 Ave., 80 St. & 81 St., 11373

Tue 8am-4pm, Jun 7-Nov 22. Closed Election Day.

49 Corona Greenmarket

Roosevelt Ave. & 103 St., 11368

Fri 8am-3pm, Jul 8-Nov 18

50 Queens Botanical Gardens Down to Earth Farmers' Market

Sidewalk outside Garden, Dahlia Ave. at Main St., 11355

Fri 8:30am-4pm, Jun 17-Nov 18

51 Pomonok Farmers' Market

QCH Pomonok Center, 67-09 Kissena Blvd., 11367

Wed 9am-4pm, Jun 15-Nov 23

RIDGEWOOD, MIDDLE VILLAGE, MASPETH, REGO PARK, FOREST HILLS

11374, 11375, 11378, 11379, 11385

52 Forest Hills Greenmarket

70 Ave. & Queens Blvd. (Post Office), 11375

Sun 8am-2pm, year round. EBT 8am-1pm only. Closed Christmas and New Years Day.

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/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

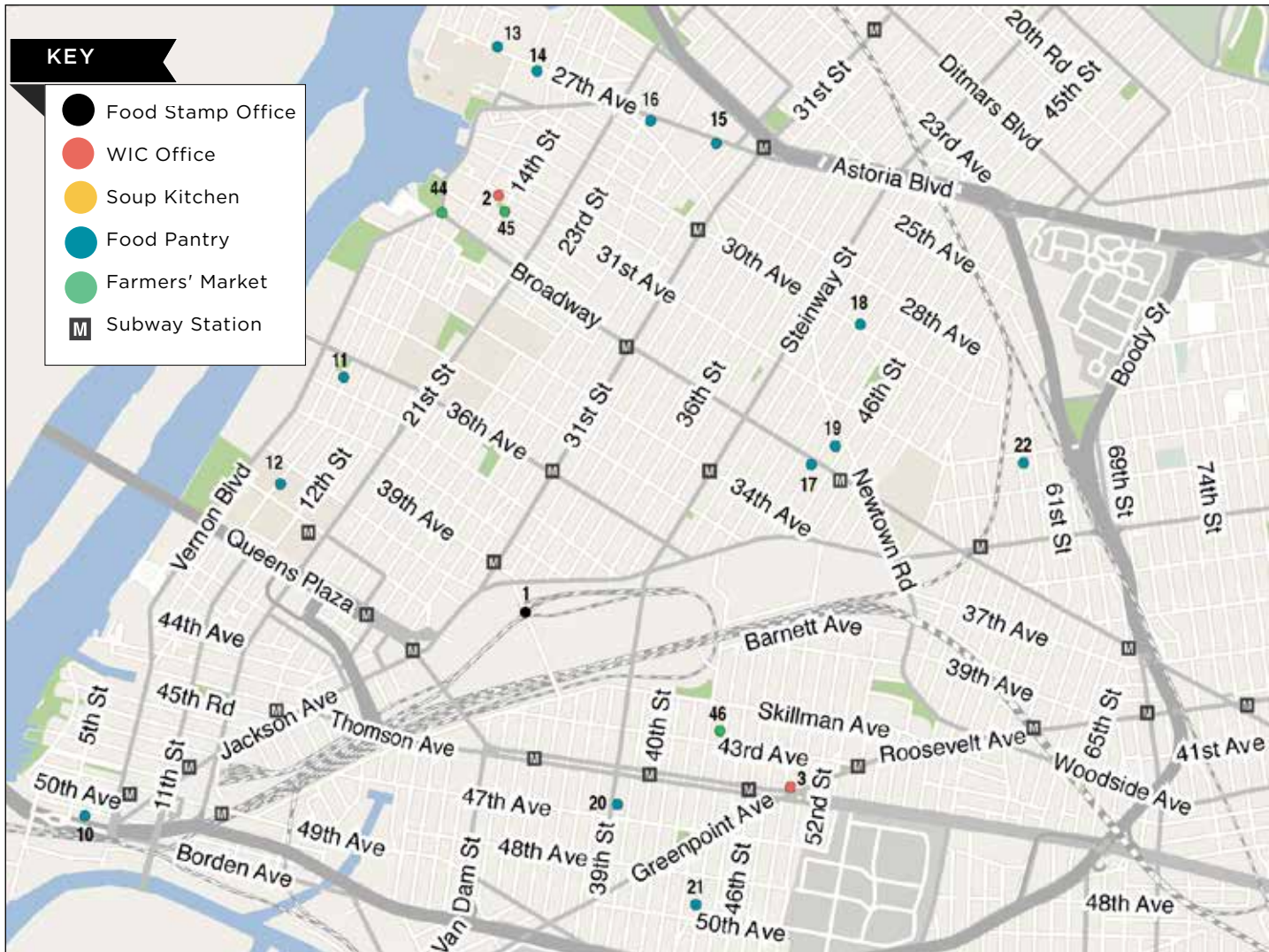
Visit the following sites to find out more about training and education programs across the city:

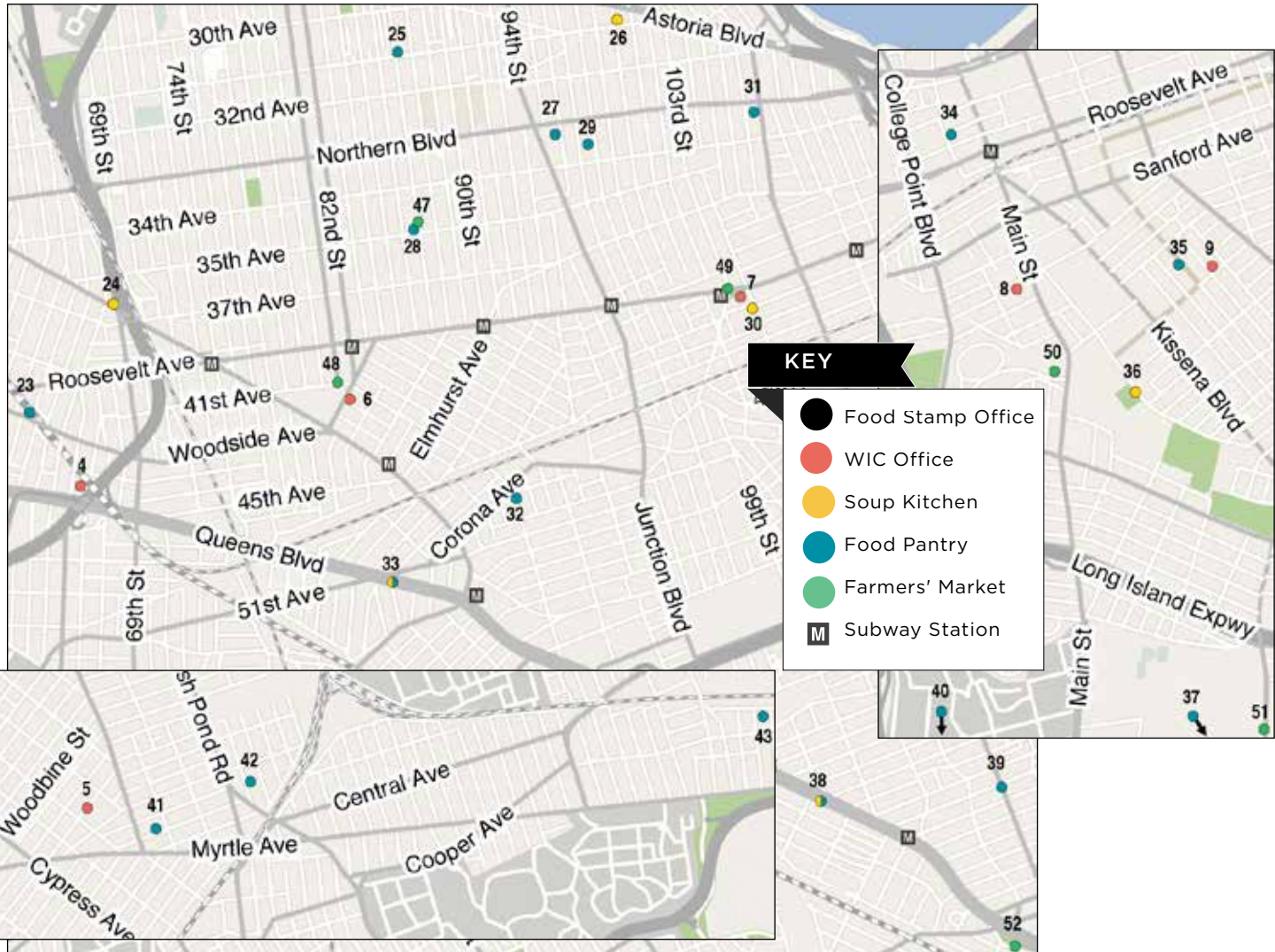
www1.nyc.gov/html/sbs/wf1/html/develop/develop.shtml

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

KEY

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





Feel free to use this space for your own notes.

OTHER ASSISTANCE

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

MEDICAL CARE

Elmhurst Hospital Center

79-01 Broadway, 11373

General Info 718 334 4000

Ridgewood Medical Center

769 Onderdonk Ave., 11385

General Info 718 334 6190

The Floating Hospital

37-43 Crescent St., 11101

Mon-Fri 9am-5pm

General Info 718 784 2240, Call for an appointment first time.

Junction Medical Center

34-33 Junction Blvd., 11372

General Info 718 334 6150

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

41-46 Main St., Flushing, 11355

37-06 74 Ave., Jackson Heights, 11372

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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Email guides@hungerfreenyc.org.