

NEIGHBORHOOD GUIDE TO FOOD & ASSISTANCE



2018

~~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 (646) 350-3833 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 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 dependant care, can have higher incomes and still be eligible.

		
NUMBER OF PEOPLE IN HOUSEHOLD	MONTHLY INCOME LIMIT (PRE-TAXES) ¹	MAX. MONTHLY SNAP BENEFITS ²
1	\$1,307	\$192
2	\$1,760	\$352
3	\$2,213	\$504
4	\$2,665	\$640
Each additional household member	+\$453 (approximately)	+\$144 (approximately)
	¹ In effect 10/1/17 - 9/30/18.	² In effect 10/1/17 - 9/30/18.

If you meet the above income qualifications, it doesn't matter how much money you may or may not have in countable resources. In other words, you can save money for education, a home purchase, or retirement and still receive SNAP benefits.

IMMIGRANT ELIGIBILITY

Legal immigrants can often receive SNAP benefits if they:

- have lived in the country for 5 years or more; or
- are children (under age 18).

➔ Ineligible immigrant parents can still receive benefits for their children even if a parent does not qualify.

➔ Certain non-citizens, such as those admitted for humanitarian reasons, may also be able to receive benefits.

➔ Immigration status is not negatively affected if you apply for or receive SNAP benefits.

HOW TO APPLY

1

Get help from Hunger Free NYC

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

646 453 7905 & 646 836 9177

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 under the age of five.
- ➔ You can work and still get WIC.
- ➔ You can continue to get cash assistance or SNAP benefits/food stamps while receiving WIC.
- ➔ You can get WIC even if you are undocumented or not a citizen.

HOW TO APPLY

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

3 Jamaica Hospital

134-20 Jamaica Ave, 11418
718 206 8600

Mon-Fri 7:30am-5:30pm, **Wed** open until 7pm, **every other Sat**
8am-3pm

4 Queens Hospital Center - Queens General WIC

79-18 164th St., 11432
718 883 4868

Mon, Tue, Thu, Fri 8am-5pm (last appt. 5pm); **Wed** 8am-7pm

5 Public Health Solutions Jamaica WIC Center

90-40 160th St, 11432
718 526 4633

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

- 6 Catholic Charities Jamaica WIC Site**
161-10 Jamaica Ave, 11432
718 657 2580
Mon 8am-7pm, **Tue-Fri** 8am-4:30pm, **Sat** once/month by appt. only
- 7 Queens Hospital Center - South Jamaica WIC**
114-02 Guy R. Brewer Blvd., 11434
718 883 6630
Mon, Wed-Fri 8am-5pm; **Tue** 8am-7:30pm; **every other Sat** 8:30am-3:30pm
- 8 Joseph P. Addabbo Community Health Center - Farmers Blvd.**
114-39 Sutphin Blvd., 11434
718 945 7150
Mon, Wed-Fri 8am-5pm; **Tue** 8am-6pm; **Sat** 8:30am-2pm
- 9 Jamaica Hospital - MediSys Hollis Ave.**
188-03 Jamaica Ave, 11423
718 479 0873
Mon-Fri 8am-4:30pm, **Sat** 7:30am-2pm
- 10 Joseph P. Addabbo Community Health Center**
1288 Central Ave., 11691
718 945 7150
Mon 8am-6pm, **Tue-Fri** 8am-5pm, **Sat** 8:30am-2pm, **Sun** 12pm-5pm
- 11 Joseph P. Addabbo Community Health Center - Beach Channel**
6200 Beach Channel Dr., 11692
718 945 7150
Mon, Tue, Thu, Fri 8am-5pm; **Wed** 8am-6pm; **Sat** 8:30am-2pm

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.

KEW GARDENS, OZONE PARK, WOODHAVEN, RICHMOND HILL

11414-11421

12 All Nations Baptist Church Community Food Pantry

86-74 80th St., 11421

718 847 4229

Food Pantry: Sat 10-10:30am

Sign up 8am-8:30am to get a number, clients line up at 9:45am in numerical order. The closed dates are posted on the outside of the church building.

13 Crossover Baptist Church Community Outreach Help Center

85-12-101ST AVE., 11416

718 971 4953

Food Pantry: Fri 9am-12pm; **Sun** 1pm-3pm. Be prepared to show proof of family size.

14 Elohim Community Development and Outreach

87-47 111th St., 11418

917 418 7906

Food Pantry: Fri 9am-11am

Bring ID and proof of address first time to register.

15 Richmond Hill SDA Community Services

114-08 Jamaica Ave, 11418

718 301 3179

Food Pantry: Sun 8am - 9am**16 The River Fund**

89-11 Lefferts Blvd., 11418

718 441 1125

Food Pantry: Sat 8am-11:30am.

Benefits Enrollment and Recertification Mon - Fri 9am-2:30pm.

17 Christina Home Care Food Pantry

120-13 Liberty Ave., 11419

917 592 8686

Food Pantry: Fri 2pm-5pm, Occasionally opens at 11am.

Also provides services for employment training, job placement, home care.

18 St. Teresa of Avila Church Community Services

109-26 130th St., 11420

718 322 5547

Food Pantry: Mon, Thu 9am-11am.

ID required.

19 Five Loaves Two Fish - Leviticus Church

114-12 Van Wyck Expressway, 11420

718 322 1095

Food Pantry: Wed 1pm-2pm, **Sat** 12pm-1pm.

Bring your own bag.

JAMAICA

11432-11436

20 Brooks Memorial United Methodist Church

143-22 109th Ave., 11435

718 658 8822

Food Pantry: Thu 4:30pm-6:30pm; **1st, 3rd Sat** 10am-12pm.

Photo ID required.

21 Blanche Memorial Church

109-74 Sutphin Blvd., 11435

718 658 2458

Food Pantry: Tue 9am-9:30am.

ID required.

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 also available.

23 J.I.T.A. COMMUNITY OUTREACH CENTER

89-17 139th St., 11435

718 908 6303

Food Pantry: Tue, Sat 3-5pm

24 ACQC (AIDS Center of Queens County), Jamaica

89-74 162nd St., 11432

718 896 2500

Food Pantry: Mon, Tue, Thu, Fri 9am-5pm, **Wed** 9am-8pm

ID required.

25 Salvation Army Jamaica Citadel

90-23 161st St., 11432

718 297 4860

Soup Kitchen: Mon, Tue, Wed 12pm-1pm.

Food Pantry: Thu 10am-11am.

For food pantry, must register in person for food pantry with

valid photo ID and proof of address. Must register ahead of time on Mon, Tue, or Wed 2-3:30pm. Pantry for each client is once a month.

26 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, clients can pick up once per month.

27 First United Methodist Church of Jamaica

162-10 Highland Ave, 11432
718 739 2269

Food Pantry: Mon 8:30AM-9:30AM.

Current ID required with current address. Closed on holidays

28 Tabernacle of Prayer

90-07 Merrick Blvd., between 90th & 91st, 11432
718 657 4210

Food Pantry: Fri 10am-11:15am. ID required.

29 Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., 11432
718 739 0241

Soup Kitchen: Thu 3pm-7pm

30 River Fund Mobile Unit - Queens

Rufus King Park, 150 St between 89 Ave. & Jamaica Ave., 11432
718 441 1125

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

● 31 Jamaica Service Program for Older Adults

92-47 165th St., 11433
718 657 6618

Food Pantry: Everyday 8:30am - 4:30pm.

Serves seniors (60+) but will provide pantry bag first time for those under 60 and referral to other pantries.

- 32 The Harding Ford Vision, Inc**
157-22 Tuskegee Airmen Way, 11433
347 661 7382
Soup Kitchen: Wed 10am-12pm;
Food Pantry: Wed 10am-12pm, **Sat** 2pm-4pm.
Bring cart or bags.
- 33 Bethany Baptist Church of Jamaica**
157-11 111th Ave, 11433
718 659 6099
Soup Kitchen: Wed 12pm-3pm;
Food Pantry: Tue 11am-1pm
- 34 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.
ID required.
- 35 Greater Allen A.M.E. Cathedral of New York**
110-31 Merrick Blvd., 11433
718 206 4600
Soup Kitchen: Mon, Thu 11am-1pm;
Food Pantry: Mon, Thur 11am-1pm
- 36 Bethel Gospel Tabernacle Church**
110-25 Guy Brewer Blvd., 11433
718 291 4452
Soup Kitchen: Tue, Fri 12pm-2pm;
Breakfast/Food Pantry: Wed 9am-10am, and 11am-12:30pm.
Photo ID required.
- 37 St. Clement Pope Roman Catholic Church**
141-11 123rd Ave., 11436
718 529 0273
Food Pantry: Thu 5pm-6pm.
Serves 18 and older.

- 38 Morris Brown AME Church - Helping Hand**
145-03 Rockaway Blvd., 11436
718 322 7596
Soup Kitchen: Sat 1pm-2pm;
Food Pantry: Wed 10am-12pm.
Signature and Household size is needed.
- 39 Union United Methodist Church**
126-22 150th St., 11436
718 529 3691
Soup Kitchen: Tue 6:30pm-7:30pm.
Food Pantry: Fri 4pm-5:30pm.
Call for emergency food.
- 40 Holy Ghost Upper Room Filling Station Ministry**
146-17 133rd Ave., 11436
718 529 2060
Food Pantry: Sat 10am-12pm.
ID and proof of address needed for all household members.
- 41 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 11am-1pm, **Thu** 3:30pm-5:30pm
- 42 Christ Church International Joseph House**
122-20 Merrill St., 11434
516 860 4432
Food Pantry: 2nd, 3rd, 4th Sat 10am-12pm.
ID required.
- 43 Project Hope Charities Inc.**
170-20 140th Ave., 11434
718 529 0005
Food Pantry: Sat 11am-1pm

44 Church of Christ the King Pantry

145-39 Farmers Blvd., 11434

718 528 6010

Food Pantry: Tue 1pm-2pm.

Call on Mon to make sure they have food to pass out on Tue. ID preferred.

45 Rush Temple A.M.E. Zion Church

119-48 Sutphin Blvd., 11434

718 529 5719

Soup Kitchen: Wed, Fri 12pm-1:30pm

Food Pantry: Tue 9am-10am

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

11423, 11427-11429, 11411-11413

46 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.

47 Beraca SDA Church

91-19 191st St., 11423

718 740 1916

Food Pantry: Wed 10am-11am

48 Catholic Charities Church of the Incarnation/Incarnation Parish Pantry

89-28 207th St., 11427

718 726 9790

Food Pantry: Fri 1pm-3pm.

ID required.

49 Hollis Ave. Congregational Church

211-04 Hollis Ave., 11429

718 468 1498

Food Pantry: Tue 11am-1pm

ID preferred, serves residents of Hollis Ave/Cambria Heights.

- 50 Genesis Transitional Housing Ministries Inc.**
195-12 Hollis Ave, 11412
718 217 6530
Food Pantry: 2nd, 4th Fri 9am-1pm
- 51 First Church of God in Christ**
187-10 Baisley Blvd., 11412
718 712 4831
Soup Kitchen: Wed 12pm-1:30pm,
Food Pantry: Thu 1:30pm-3pm.
Photo ID required for pantry, tickets handed out at 12pm.
- 52 Our Lady of Light Food Pantry**
118-22 Riverton St., 11412
718 528 1220
Food Pantry: every other Wed 12:30pm-1:30pm
- 53 St. Albans Baptist Church**
196-20 119 Ave., 11412
718 723 8005
Food Pantry: 1st and 3rd Sat 10am - 12pm
- 54 Resurrection Lutheran Church**
189-20 114th Rd., 11412
718 454 4044
Food Pantry: Wed 8:30am-10:30am
Pantry Bag Distribution
- 55 Queens Tabernacle Church**
114-03 Colfax St., 11411
718 465 4448
Food Pantry: Tue 3pm-5pm, **Sat** 9am-12pm (often starts earlier in the winter)
- 56 Kerith Food Pantry**
230-11 Linden Blvd., 11411
917 523 7476
Food Pantry: Wed 5:30pm-7:30pm

57 Queens Faith Temple Outreach Center

217-03 Merrick Blvd., 11413

917 603 9295

Food Pantry: Sun 2pm - 4pm

58 First Presbyterian Church of Springfield Gardens

216-02 137th Ave., ramp to basement, 11413

718 528 7744

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

THE ROCKAWAYS

11691-11693

59 St. Camillus RC Church

99-15 Rockaway Beach Blvd., 11694

718 634 8229

Food Pantry: Wed 10am-2pm.

ID required. Serves residents from Beach 95th St and above

60 Catholic Charities 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.

Please arrive no later than 11:45. Must live between Beach 54th to Beach 94th St. Photo ID and proof of address required first visit. Can visit once/month.

61 Beach Church

224 Beach 97th St., 11693

718 634 2424

Food Pantry: Sat 12pm-2am

62 Full Gospel Tabernacle Food Pantry

361 Beach 42nd St., 11691

718 327 2221

Food Pantry: 3rd Sat 10am-12pm.

Photo ID required, must register with pantry.

- 63 First Presbyterian Russell Sage Memorial Food Pantry**
896 Central Ave., 11691
718 909 5953
Food Pantry: Sat 9am-10:30am. Must be 18 yrs or older.
- 64 J.U.S.T.I.C.E. Organization/Jesus is Justice Mission Inc.**
219 Beach 28 St., 11691
718 772 7951
Food Pantry: Wed 12pm-2pm
- 65 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/month, serves residents of the Rockaways. Kosher/Client Choice. Provides SNAP enrollment assistance.
- 66 ACQC (AIDS Center of Queens County), Far Rockaway**
1139 Foam Place, 11691
718 868 8645
Food Pantry: Wed, Fri: 11 AM - 1 PM
Can come once/month. Photo ID required.



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).

67 Down to Earth Jamaica Farmers Market (Sat)

160th St. off of Jamaica Ave., 11432

Sat 8:30am-4pm, June-November

68 Down to Earth Jamaica Farmers Market (Fri)

Parsons Blvd between Jamaica & Archer Ave., 11432

Fri 8:30am-4pm, June-November

69 Down to Earth Cunningham Park Farmers Market

Field 6, Union Tpke, Oakland Gardens, 11364

Sun 9am-2pm, May-November

70 Edgemere Farm Market

Beach Channel Dr. and Beach 45 St., 11691

Sat, Sun 9am.-2pm. Operates May-Oct

71 Downtown Rockaway

Mott Ave (between Beach 21st and Beach 22nd), 11691

Sat July 6-Nov 17, 2018

Check website for hours <https://www.grownyc.org/greenmarket/ourmarkets>

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

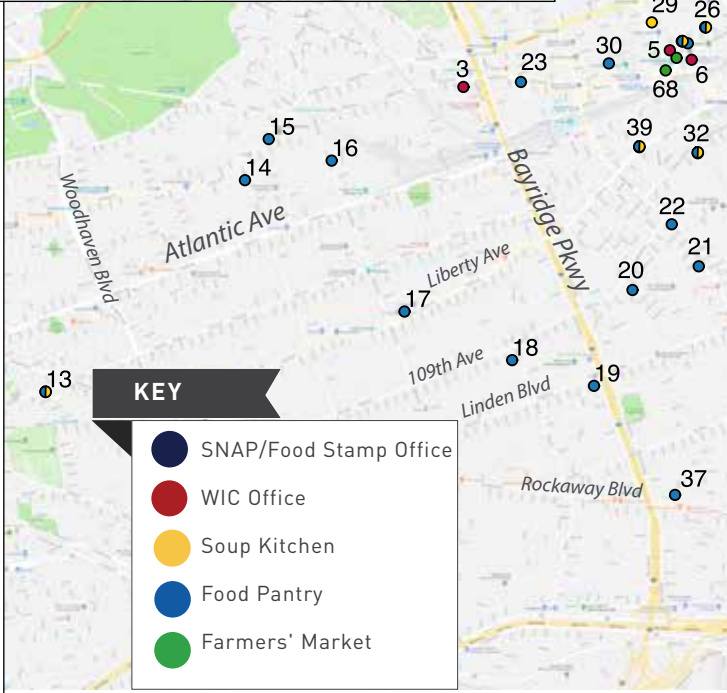
Certain individuals may be required to be employed, seeking employment and / or enrolled in a training program in order to receive SNAP benefits.

EMPLOYMENT & TRAINING

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

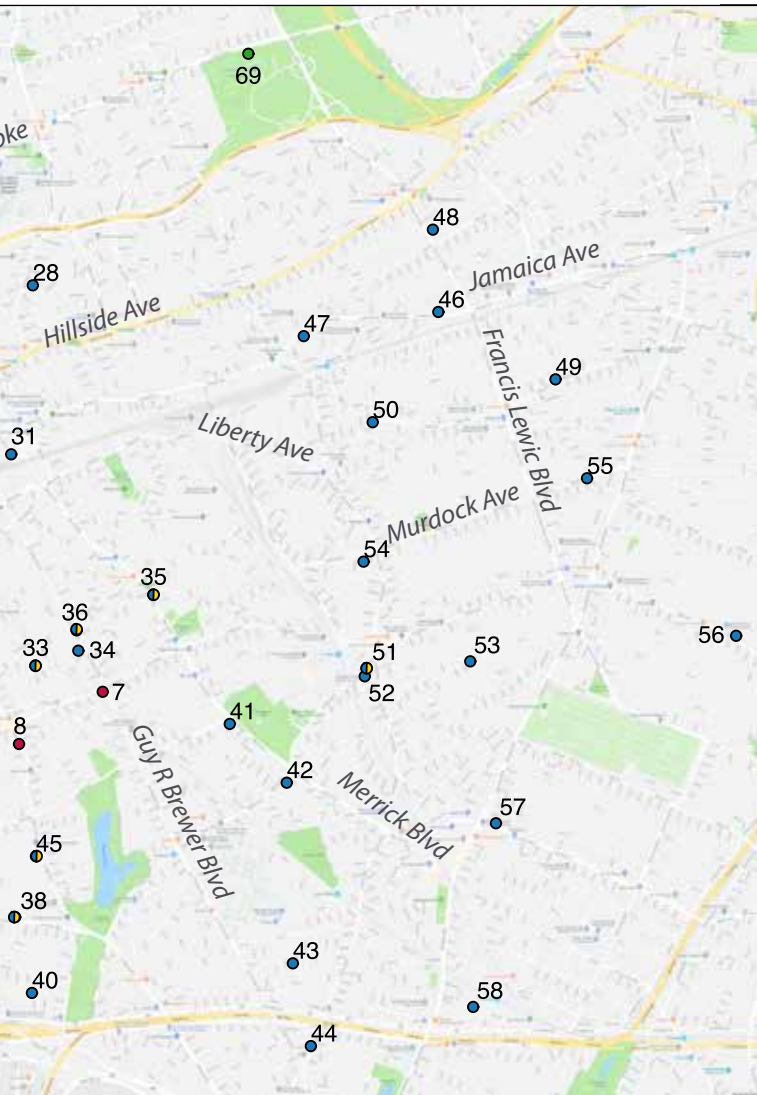
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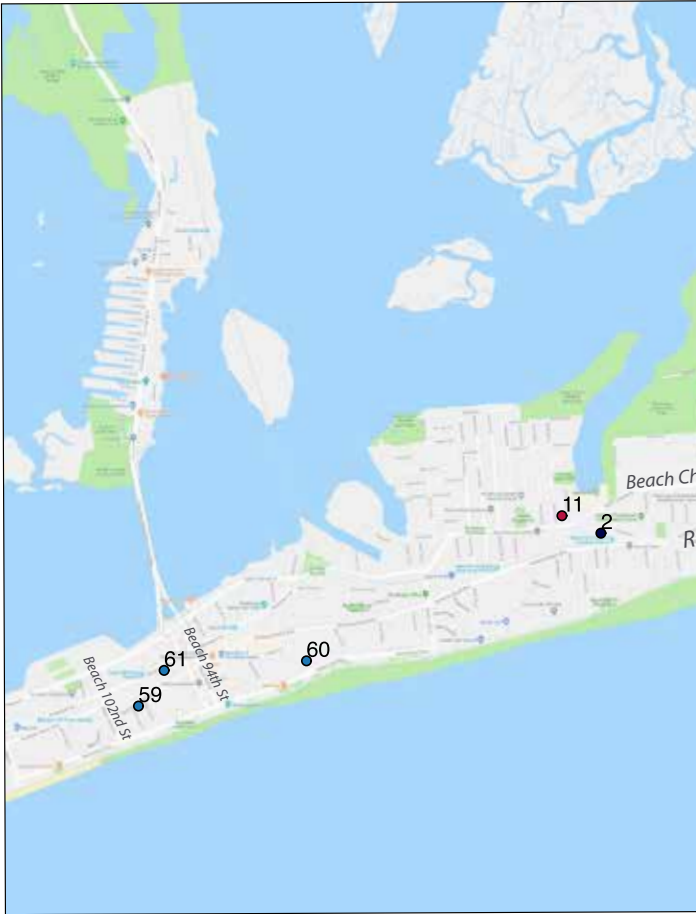
www1.nyc.gov/site/hra/help/types-training-education.page

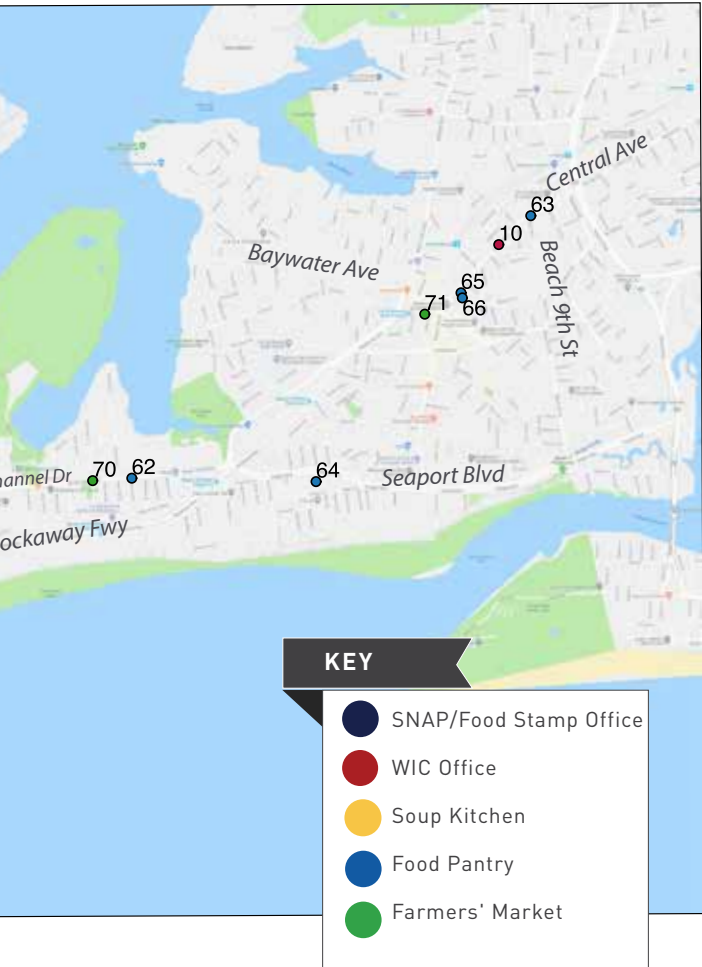


KEY

- SNAP/Food Stamp Office
- WIC Office
- Soup Kitchen
- Food Pantry
- Farmers' Market







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
718 883 3000

Jamaica Hospital

8900 Van Wyck Expressway, 11418
718 206 6000

South Queens Health Center

114-02 Guy R. Brewer Blvd., 11434
718 883 6699

Charles B. Wang Community Health Center

136-26 37 Ave., 11354
718 886 1200

Queens Health Network Medical Center at Parsons

90-37 Parsons Blvd., 11413
718 334 6440

Joseph P. Addabbo Family Health Center

6200 Beach Channell Dr., 11692
718 945 7150

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

LEGAL ASSISTANCE

The City Bar Justice Hotline

212 626 7383

Mon–Thu 9am–5pm, **Fri** 9am–1pm

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

www.lawhelpny.org

Provides specific and detailed assistance regarding a wide range of legal topics, including agencies that might be able to help you find an attorney to represent you in court.

EMERGENCY NUMBERS

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

NYC Hunger Hotline 866 888 8777

Police, Fire or Ambulance: 911

Emergency Shelter: 311

Homeless Hotline: 800 994 6494, 212 533 5151

Immigration Hotline: 212 419 3737, 800 566 7636

Center for Disease Control: 800 232 4636

Poison Control: 800 222 1222

AIDS Hotline: 800 541 AIDS, 800 233 7432 (Spanish)

Alcoholics Anonymous: 212 647 1680

Narcotics Anonymous: 212 929 6262

Gamblers Anonymous Hotline: 855 222 5542

Domestic Violence Hotline: 800 621 4673

Battered Women Hotline: 718 499 2151

Rape & Sexual Assault Hotline: 212 423 2140, 212 227 3000

Child Abuse Hotline: 800 342 3720

Runaway Hotline: 800 786 2929 (800 RUN AWAY)

Crime Victim Hotline: 212 577 7777, 800 689 4357























Suicide Hotline: 800 273 8255

National Crisis Line: 800 999 9999

Credits: Icons adapted from The Noun Project collection. Map data © OpenStreet-Map contributors.

WHAT AM I ELIGIBLE FOR?

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

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



SNAP/Food Stamp Benefits



Groceries at Food Pantries



WIC Packages
School Breakfast & Lunch
Free Summer Meals
for Children



Meals at Soup Kitchens



Meals at Senior Centers
Home-delivered Meals

~~HUNGER~~
FREE
NYC

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