

UPPER MANHATTAN (ABOVE 59 ST)

# NEIGHBORHOOD GUIDE TO FOOD & ASSISTANCE



2017<sup>v2</sup>

~~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 (646) 350-3833 or send us an email at [guides@hungerfreenyc.org](mailto:guides@hungerfreenyc.org).


The following zip codes are covered by this guide:  
10021, 10023, 10024,  
10025, 10026, 10027,  
10028, 10029, 10030,  
10031, 10032, 10033,  
10034, 10035, 10037,  
10039, 10040, 10065,  
10069, 10075, 10128.



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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?

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- ➔ **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 28.

## 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) <sup>1</sup>	MAX. MONTHLY SNAP BENEFITS <sup>2</sup>
1	\$1,307	\$192
2	\$1,760	\$352
3	\$2,213	\$504
4	\$2,665	\$640
Each additional household member	+\$453 (approximately)	+\$144 (approximately)
	<sup>1</sup> In effect 10/1/16 - 9/30/17.	<sup>2</sup> In effect 10/1/16 - 9/30/17.

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 (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

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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**

646 355 1475 & 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 St. Nicholas SNAP Center**  
132 W. 125 St., 3rd Floor, 10027  
718 722 8013  
**Mon-Fri 8:30am-5pm**
- 2 East End SNAP Center**  
2322 3 Ave., 3rd Floor, 10035  
718 722 8013  
**Mon-Fri 8:30am-5pm**
- 3 Washington Heights SNAP Center**  
4055 10 Ave., Lower Level, 10034  
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 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.

#### 4 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

#### 5 William F. Ryan Community Health Center WIC

801 Amsterdam Ave, 10025  
212 865 0410

**Mon** 9am-6:30pm; **Tue, Thu** 8:30am-5pm; **Wed, Fri** 9am-5pm

#### 6 Mount Sinai St. Luke's Hospital Center

1111 Amsterdam Ave, 10025  
212 523 3447

**Mon, Tue, Thu, Fri** 8:30am-5pm; **Wed** 8am-6pm



- 7 Bellevue - Metropolitan Hospital WIC**  
1901 1 Ave., Rm 1D31, 10029  
212 423 6919  
**Mon, Tue, Thu** 7:30am-5pm; **Wed** 8am-6pm; **Fri** 8am-5pm; **3rd Sat** 8:30am-3:30pm by appt. only
- 8 Institute for Family Health WIC-Lexington Ave**  
1701 Lexington Ave., 10029  
646 218 4888  
**Mon-Fri** 9am-5pm, **2nd Thu** 11am-7pm.
- 9 Institute for Family Health WIC-1st Ave**  
2082 1st Ave, 10029  
212 831 5380  
**Mon-Fri** 9am-5pm, **3rd Thu** 11am-7pm
- 10 Institute for Family Health WIC-Madison Ave**  
1818 Madison Ave, 10035  
212 423 4201  
**Tue, Thu** (except 1st Thu) 9am-5pm, **1st Thu** 11am-7pm **Wed** by appt.
- 11 East Harlem Council for Human Services - Borikén Neighborhood Health Center**  
2265 3rd Ave, 3rd Floor, 10035  
212 289 6650  
**Mon-Fri** 8am-5pm
- 12 Harlem Hospital Center WIC Program-Main Office**  
506 Lenox Ave, 10037  
212 939 2730  
**Mon-Fri** 8am-6pm, **Sat** 8am-3pm
- 13 New York Presbyterian Hospital - Charles B. Rangel WIC**  
534 West 135th St., 10031  
212 939 7830  
**Mon-Fri** 8am-4:30pm
- 14 Harlem Hospital Center WIC-Center for Problems of Living**  
1727 Amsterdam Ave, 10031  
212 926 3273  
**Mon-Fri** 9:30am-3pm; **2nd, 4th Tue** 11am-6:30pm

### **15 New York Presbyterian Hospital - Vanderbilt WIC**

622 W. 168th St, 4th Fl, 10032

212 305 7122

**Mon-Fri** 8am-4:30pm

### **16 New York Presbyterian Hospital - Washington Heights WIC**

549 West 180th Street, 2nd Floor, 10033

212 928 0307

**Mon-Fri** 8am-4:30pm; **1st, 3rd Sat** 8am-4pm

### **17 New York Presbyterian Hospital - Nagle Avenue WIC**

68 Nagle Ave., 1st Floor, 10040

212 304 4723

**Mon-Fri** 8am-4:30pm; **2nd, 4th Sat** 8am-4pm

## **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.

## UPPER WEST SIDE

10023-10025

### 18 Church of St. Paul the Apostle Loaves and Fishes

405 West 59th Street, 10019

212 265 3495

**Soup Kitchen: Tue, Thu 11:30am-12:15pm**

**Food Pantry: Tue, Thu 11:30am-12:15pm**

### 19 Christ and St. Stephen's Church

120 W. 69th St., 10023

212 580 8179

**Soup Kitchen: Mon-Fri 9:30am-10:30am** (brown bag meal  
Including all holidays.

### 20 Blessed Sacrament Church

147 W. 70th St., 10023

212 877 3111

**Soup Kitchen: Sun 2pm until done**

**21 National Council of Jewish Women**

241 West 72nd Street, 10023

212 687 5030

**Soup Kitchen: Wed** 4:30pm-5:30pm, **Sun** 11:30am-12:30pm

**Food Pantry: Mon** 10am-2pm, start lining up at 9am

Photo ID and proof of address for all household members required first time.

**22 Rutgers Thursday Nighters**

236 West 73rd Street, 10023

212 877 8227

**Soup Kitchen Thu** 6pm-7pm, movie follows at 7pm

**23 Grand Central Food Program - 79th St. Boat Basin**

79th St. Boat Basin - 79st St. at West Side Highway, 10024

212 776 2000

**Mobile Soup Kitchen: Every day** 7:55pm

Come on time - distribution is mobile.

**24 St. Matthew's-St. Timothy's Church**

26 W. 84th St., 10024

212 362 6750

**Soup Kitchen: Sun** 2pm-3pm, October to June

First come, first served

**25 Holy Trinity Church Breakfast Line**

213 W. 82nd St., 10024

212 787 0634

**Soup Kitchen: Every day** 8:30am-9am

**Food Pantry: 3rd Sat** 10:30am-11am

**26 West End Collegiate Church**

245 W. 77th St. between Broadway & West End Ave., 10024

212 787 1566

**Soup Kitchen: Tue** 4:30-5:30

Optional Bible Study and Prayer 4pm-4:30pm. Social Worker on site. Closed in August.

## **27 West Side Campaign Against Hunger**

263 W. 86th St., 10024

212 362 3662

**Food Pantry: Mon** 8am-6:30pm; **Wed, Thu, Fri** 8am-3pm

Photo ID required. Services for SNAP, SS, domestic violence, vocational training, ESL, HIV/AIDS support, child nutrition, health insurance enrollment, job placement assistance, homeless, legal assistance, mental health, and tax preparation available.

## **28 St. Ignatius of Antioch Episcopal Church**

552 West End Ave. at 87th St., 10024

212 874 1050

**Soup Kitchen: Mon** 7pm, **Sat** 4pm

Brown bag meal, arrive early as food goes fast.

## **29 The Judith Bernstein Lunch Program**

257 West 88th St., 10024

212 787 7600 x272

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

Food is kosher.

## **30 Advent Lutheran Church**

2504 Broadway, 10025

212 665 2504

**Soup Kitchen: 4th Sat** 12pm-1pm

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

## **31 Franciscan Community Center, Holy Name Church**

207 West 96th Street, 10025

212 749 0276

**Food Pantry: Mon** 1pm-4pm

Photo ID required. Clients may come once a month. Bring own bag/shopping cart. Intake by social worker required annually.

## **32 St. Michael's Episcopal Church**

225 W. 99th St., 10025

212 222 2700

**Soup Kitchen: Sat** 10am-11:30am

Volunteers available for information on shelters, laundry.

Medivan available outside

**33 West End Presbyterian Church**

165 W. 105th St, 10025

212 663 2900

**Food Pantry: Tue or Thu** once/month 11:30am-12:30pm

Photo ID and referral required each time. Call to confirm day.

**34 Southern Baptist Church**

12-16 W. 108 St., 10025

212 678 9769

**Soup Kitchen: Wed** 12:30pm-1:30pm**35 Mother's Kitchen at Ascension Church**

221 W 107th St, 10025 (in basement of Ascension Church)

212 222 0666

**Soup Kitchen: 1st Sat** 11am-4pm**36 Grand Central Food Program - Cathedral of St. John the Divine**

112th St. &amp; Amsterdam, 10025

212 776 2000

**Mobile Soup Kitchen: Every day** 8:30pm

Come on time - distribution is mobile.

**37 Cathedral Community Cares at Cathedral of St. John the Divine**

1047 Amsterdam Ave, 10025

212 316 7581

**Soup Kitchen: Sun** 10am,12:30pm

Take home bagged supper served after meal service has ended.

**38 Broadway Community Inc**

610 W. 114th St., 10025

212 222 6257

**Soup Kitchen: Mon, Wed, Fri** 10:30m-11:45am (doors open 10:15am), 12:30pm-2pm**Food Pantry: Mon** 3pm (produce pantry, no referral required), emergencies Mon, Wed 4pm (referral required - see Hakim for referral Mon, Wed 10:30am-1:30pm, can come once/month).

Showers, medical services, social services referrals and advocacy, and culinary training program available.

### **39 Community Impact**

616 W. 114 St., 10025  
212 854 6310

**Food Pantry: Mon, Thu** 12:30pm-2pm

ID, proof of address and referral required after first visit for everyone in household. Serves residents of Manhattan.

### **40 Church of Notre Dame**

405 West 114th St, 10025  
212 866 1500

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

ID required.

## **UPPER EAST SIDE**

10022, 10065, 10021, 10128

### **41 All Saints Episcopal Church**

230 E. 60th St., 10022  
212 758 0447

**Soup Kitchen: Sat** 4:30pm-5:30pm

### **42 Christ Church United Methodist**

524 Park Avenue, 10065  
212 838 3036

**Soup Kitchen: Sun** 4:30pm-6:30pm

### **43 Temple Shaaray Tefila**

250 E. 79th St. (entrance on Second Ave), 10021  
212 535 8008

**Soup Kitchen: Wed** 9am-1pm, arrive at 11am

Food is kosher.

### **44 Church of The Epiphany**

1393 York Ave., 10021  
212 737 2720

**Soup Kitchen: Wed** 7pm (doors open 6pm, check-in 6:45pm)

Social worker available Wed 6pm-7pm.



#### 45 Jan Hus Presbyterian Church Homeless Outreach & Advocacy Program (HOAP)

351 E. 74th St., 10021  
212 288 6743

**Soup Kitchen: Tue** 6pm, line up at 5:45pm

**Food Pantry: Mon-Fri** 10am-11:45am, 2pm-3:45pm. Bring your own bags. ID and proof of address required first time for pantry. Clothing available Mon, Wed, Fri 10am-11:45pm, 2pm-3:45pm. Mail distribution Mon-Fri 8am-5pm (registration required). Outreach office open Mon-Fri 10am-4pm. Shower facilities Tue, Thu 10am-11:45am, 2pm-3:45pm, towels, soap and shampoo provided.

#### ● 46 The Carter Burden Luncheon Club

351 E. 74th St., 10021  
212 535 5235

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

Arrive before 12:30pm, meals for seniors 60+. ID and proof of address required, must live between E. 70th and E. 79th St.

#### 47 Grand Central Food Program - Central Park

5th Ave. and 72nd St., 10021  
212 776 2000

**Mobile Soup Kitchen: Every day** 9pm

Come on time - distribution is mobile.

#### 48 Madison Avenue Presbyterian Church

921 Madison Ave., 10021  
212 288 8920

**Soup Kitchen: Thu** 6:30 pm-7:30 pm

No service on Thanksgiving.

#### 49 Church of the Holy Trinity

316 E. 88th St., 10128  
212 289 4100

**Soup Kitchen: Sat** 5:15pm-6pm (neighborhood meal)

#### 50 Our Lady of Good Counsel

230 East 90th Street, 10128

**Soup Kitchen: Sat** 6am-7:30am

- **51 Stanley M. Isaacs Neighborhood Center**  
415 E. 93rd St., 10128  
212 360 7620  
**Soup Kitchen: Mon-Fri** 8:15am-9:15 am, 11:45am-12:30pm  
Must be member of a senior center, meals for seniors (60+) only

## **EAST HARLEM**

10029, 10035

- **52 Children's Aid Society-East Harlem**  
130 E. 101st St., 10029  
212 348 2343  
**Food Pantry: Mon, Tue** 11:30am-1:30pm  
Call first to check availability of food
- **53 Catholic Charities St. Cecilia's Parish Services**  
125 East 105th St., 10029  
212 348 0488  
**Food Pantry: Wed, Thu** 9:30am-11am  
Serves clients from zip codes 10029 10035, case management services M-F 9am-5pm
- **54 Good Neighbor Presbyterian Church**  
115 E. 106th St., 10029  
212 369 0505  
**Food Pantry: 1st, 2nd Thu** 8am-11am  
Photo ID required
- **55 New York Common Pantry**  
8 E. 109 St., 10029  
9177209710  
**Soup Kitchen: Mon-Fri** 8am-9:15am; **Mon, Wed, Fri** 4:30pm-6pm  
**Food Pantry: Wed-Sat** 10am-2:30pm, seniors only **Mon** 10am-2pm  
Intake for new pantry members Mon-Sat 9am-6pm, Sun, holidays 2pm-6pm. ID for all household members and proof of need required for intake. Pantry is client choice.

**56 Mt. Zion AME Church**

1765 Madison Ave, 10029

212 369 6643

**Soup Kitchen: Wed** 12pm-1pm

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

Photo ID and proof of address required. Can come to pantry once per month. SNAP application services available in English and Spanish.

**57 Liberation Healing Pentecostal Church**

214 E. 111th St., 10029

646 294 2306

**Food Pantry: Fri** 11am, **Sat** 9am

ID required.

**58 Little Sisters of the Assumption Family Health Service**

333 E. 115th Street, 10029

646 672 5200

**Food Pantry: Mon** 9am-11am; **Tue** 9am-11am, 1pm-3pm; **Wed** 1:30pm-3:30pm; **Thu** 9am-11am, 1pm-3pm

Clients can come once a month. ID, proof of address in 10029 or 10025, and proof of household composition required.

Parenting and early childhood development program, nursing, environmental health, early intervention, advocacy, and preventive services available.

**59 Fraternite Notre Dame**

2290 First Ave., 10035

212 876 5855

**Soup Kitchen: Tue-Fri** 10:30am-1pm

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

ID and proof of household required for pantry. Bring your own cart and bags for pantry.

**60 Iris House East Side**

2271 2nd Ave, 10035

212 423 9049

**Food Pantry: Tue, Thu** 1pm-4pm

Registration Mon, Wed, Fri. Emergency food available at other times.

- 61 Friendly Hands Ministry Inc.**  
229 E. 118th St, 10035  
347 380 1436  
**Soup Kitchen: Mon, Tue, Thu** 12pm-2pm  
**Food Pantry: Wed** 9am-12pm  
ID required
- 62 Chambers Memorial Baptist Church**  
219 E. 123rd St., 10035  
**Food Pantry: Wed** 10am-finish  
Must bring ID on Tue 12pm-1pm to register
- 63 Bailey House**  
1751 Park Avenue, 3rd Floor, 10035  
212 633 2500 x363  
**Food Pantry: Wed** 1:30pm-3pm  
Photo ID or Benefits card required.
- 64 Beth Hark Christian Counseling Center**  
2-26 E. 120th St., 10035  
212 860 1520/1523  
**Soup Kitchen: Wed, Thu** 12pm-2pm  
**Food Pantry: Tue** 1pm-5pm  
Bring ID for first visit to pantry. Proof of address required for all members of household. Provide case management, pastoral care, advocacy, clothing closet, benefits screening, job placement assistance, volunteer income tax assistance.
- 65 Salvation Army Manhattan Citadel**  
145 E. 125th St., 10035  
212 860 3200  
**Soup Kitchen: Mon-Fri** 1pm  
**Food Pantry: Mon-Fri** 9am-4pm
- 66 The Relief Bus - Harlem**  
Park Ave. between 124th and 125th, 10035  
**Mobile Soup Kitchen: Fri, Sat** 10am-2pm

## CENTRAL AND WEST HARLEM

10026, 10027, 10037, 10030, 10031, 10039

### 67 First Corinthian Baptist Church

1912 Adam Clayton Powell, Jr. Blvd., 10026  
212 864 5976

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

Photo ID with address required to register, registration only on 3rd Sat. No registration needed for fresh produce.

### 68 Project Create-Anthony House

73 Lenox Ave., 3rd Fl., 10026  
212 663 1975

**Food pantry: Wed** 10am-12pm

Photo ID required

### 69 Food Bank for NYC Community Kitchen

252 W. 116 Street, 10026  
212 566 7855

**Soup Kitchen: Mon-Fri** 9am-10am (seniors only), 2pm-3pm (seniors only), 4pm-6pm (open to all)

**Food Pantry: Tue, Thu, Fri** 11am-3:30pm; **Wed** 1pm-8pm

Food pantry registration Mon, Tue, Thu, Fri 3:30pm-5pm, Wed 11am-1pm. ID and proof of address required for registration.

Can come to pantry once/month. Tax assistance offered at 71 St. Nicholas Ave.

### 70 Mt. Olivet Baptist Church Community Meals Program

201 Lenox Ave, 10027  
212 864 1155

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

**Food Pantry: Tue, Wed** 10am-11am, line up at 9:30am

### 71 Emmaus House

160 W 120 Street, 10027  
212 749 9404

**Food Pantry Sun** 2pm-5pm

Call for emergencies. ID required.

- 72 Harlem Dowling West Side Center for Children and Family Services**  
2090 Adam Clayton Powell Jr. Blvd, Suite 108, 10027  
212 749 3656  
**Food Pantry: Tue** 12pm-2pm; **Fri** 2pm-4pm  
Photo ID with proof of address for household members required first time.
- 73 Harlem Community Nutritional Pantry**  
132 W. 125 St., 10027  
212 666 7538  
**Food Pantry: Mon-Thu** 10am-12pm  
ID and proof of household required after first visit.
- 74 Antioch Outreach Ministries**  
41 W. 124th St., 10027  
212 534 5715  
**Food Pantry: Sat** 8:30am-10:30am
- 75 Shiloh Church of Christ**  
5 -7 West 128 Street, 10027  
201 960 8100  
**Soup Kitchen: Thu** 12pm-2pm  
**Food Pantry Thu** 12pm-2pm
- 76 Christ Temple of the Apostolic Faith**  
13-17 West 128th Street, 10027  
212 534 4832  
**Food Pantry: Fri** 2pm-3pm  
Closed July/August.
- 77 Department of Probation Manhattan Office**  
127 West 127th Street, 2nd Floor, 10027  
212 280 4804  
**Food Pantry: Mon** 11am-2pm  
Can come once every two weeks.
- 78 Salem United Methodist Church**  
2190 Adam Clayton Powell Jr., Blvd., 10027  
212 678 2700  
**Soup Kitchen: Wed** 12:30pm-2:30pm  
**Food Pantry: Fri** 11am-1pm. ID required.

- 79 Momentum Project at St. Joseph of the Holy Family**  
405 West 125th Street, 10027  
**Soup Kitchen: Fri** 11am-12:30pm, 3pm-5:30pm  
Intake at 2pm for afternoon clients.
- 80 St. Joseph of the Holy Family**  
405 West 125th Street, 10027  
**Food Pantry: Sat** 8am-12pm
- 81 The Riverside Church Food Pantry**  
91 Claremont Avenue, 10027  
212 870 6733  
**Food Pantry: Tue-Fri** 9:30am-1pm  
ID and proof of address required for all household members.  
Only serves the first 60 people. Only serves those who live between 96th - 179th on the West Side.
- 82 African Services Committee**  
429 W. 127th St., 2nd Fl., 10027  
212 222 3882  
**Food Pantry: Mon-Fri** 9am-5pm  
Must have letterhead referral from an agency to receive a pantry ID card, can come once/month.
- 83 St. Mary's Episcopal Church**  
521 West 126 Street, 10027  
212 864 4013  
**Mobile Soup Kitchen: Sat** 2pm-3pm, typical stops include 125th St under Metro North station and Marcus Garvey Park.  
**Food Pantry: Mon** 4:30pm-6pm  
Photo ID and proof of address required for pantry.
- 84 Church of the Annunciation**  
88 Convent Ave., 10027  
212 234 1919  
**Food Pantry: Tue** 10:30am-11:30am
- 85 Greater Central Baptist Church**  
2152-58 5th Ave., 10037  
212 234 3828  
**Food Pantry:** Once a month, day varies 10am-finish  
Call first to get date or check sign posted outside church.

**86 Rusty Staub Food Pantry at the Joseph P. Kennedy Center**

34 West 134th St., entrance on Lenox Terrace off 135th St., 10037  
212 862 6401

**Food Pantry: Wed** 2pm-5pm

Serves residents of Harlem. Walk-in services for eviction prevention and youth services Mon-Fri 9am-5pm. Emergency food available through case managers.

● **87 St. Mark the Evangelist Church**

65 W 138th St., 10037

212 690 2763

**Food Pantry: Sat** 10-11am (seniors); 12-1pm (adults)

ID required. Must live in the area.

**88 Salvation Army Harlem Temple**

540 Lenox Avenue, 10037

212 862 3900

**Soup Kitchen: Mon-Fri** 11:30am-12:30pm

**Food Pantry: Mon-Fri** 10am-3pm

For pantry: serves residents of zip codes 10027-10045. Referral, ID and proof of address required. By appointment only.

**89 Grand Central Food Program - Harlem Hospital**

137th St. and Lenox Ave., 10030

212 776 2000

**Mobile Soup Kitchen: Every day** 8:45pm

Come on time - distribution is mobile.

**90 Iris House West Side**

2348 Adam Clayton Powell Blvd., 10030

646 548 0100

**Soup Kitchen: Tue-Fri** 12pm-1:30pm

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

**91 St. Charles Borromeo Church**

211 West 141 Street, 10030

212 281 2100

**Food Pantry: Sat** 9am-10:30am

Photo ID and proof of address required



- 92 Father Creavin's Food Pantry - St. Charles Borromeo Church**  
211 W. 141st, 10030  
212 281 2100  
**Food Pantry: Sat** 8:30am-10:30am  
Photo ID and proof of address required
- 93 Convent Ave Baptist Church**  
425 W. 144th St., 10031  
212 234 6767 x102  
**Food Pantry: Mon, Thu** 9am-12pm  
Photo ID and proof of address required first time.
- 94 Greater Tabernacle Baptist Church**  
340 Convent Ave., 10031  
212 368 4754  
**Food Pantry: Sat** twice/month 9am-11am  
See website [www.greatertabernaclebc.org](http://www.greatertabernaclebc.org) or call for dates.
- **95 Upper Manhattan Mental Health Center**  
1727 Amsterdam Ave., 10031  
212 694 9200 x519  
**Food Pantry: Tue** (seniors only 58+) 2pm-4pm; **Wed, Thu**  
(families and singles) 2pm-4pm  
ID required, emergencies food available Mon-Fri 9am-5pm. Can  
come once a month (seniors twice)
- 96 Church of the Crucifixion**  
459 W. 149 St., 10031  
**Food Pantry: Wed** 10am-1pm  
Referral and 2 forms of ID required
- 97 Union Baptist Church**  
240 W. 145th St., 10039  
212 862 3002  
**Soup Kitchen: Wed** 1:30pm-2:30pm
- 98 Father Creavin's Food Pantry - 151st St.**  
276 W. 151st St., 10039  
212 281 2100  
**Food Pantry: Tue** 9am-10am, except 1st Tue of month

## WASHINGTON HEIGHTS, INWOOD

10032-10034

**99 City Harvest Washington Heights - Prince Hall Mobile Market**  
454 West 155th Street (St. Nicholas, curbside on 155th street),  
10032

**Mobile Market Pantry: 2nd Thu, 4th Sat 9:30am-11:30am**  
Residents of 10032 and members of the Community League of the Heights (C.L.O.T.H.) 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.

**100 Community League of the Heights**

508 W. 159th St., 10032  
212 795 4779

**Food Pantry: Wed, Sat 9am-11am**  
Photo ID required. Can come once per week.

**101 Catholic Charities Washington Heights Ecumenical Food Pantry**

4111 Broadway, 10033  
212 795 6860

**Food Pantry: Wed, Thu 2pm-3:30pm**  
Photo ID and proof of address for all household members required for registration.

**102 Jewish Community Council of Washington Heights - Inwood**

121 Bennett Ave. #11A, 10033  
212 568 5450

**Food Pantry: Tue-Thu 11am-1pm**  
Photo ID and proof of address required, clients must live in Inwood-Washington Heights. Each family unit can receive one food package per month. Kosher

**103 New York City Love Kitchen**

3816 9th Ave., 10034  
212 942 4204

**Soup Kitchen: Mon-Fri 4:30pm-6:30pm**  
**Food Pantry: 1st, 2nd, 3rd Thu 2pm-3pm**  
Photo ID and proof of address required for pantry registration.

**104 City Harvest Washington Heights/Inwood Mobile Market**

Dyckman Houses, walkway between Nagle and 10th Avenue, 10034

**Mobile Market Pantry: 2nd Wed, 4th Sat** 9:30am-11:30am

Residents of the Dyckman Houses and members of the Dyckman Senior Center 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.

**105 Church of The Good Shepherd**

104 Cooper Street, 10034

212 567 1300

**Food Pantry: Sat** 7:30am-9am

ID required. Call on Fri to confirm if pantry will be open.



# 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).

### UPPER WEST SIDE

10023-10025

#### 106 Tucker Square Greenmarket

W. 66th St. and Columbus Ave, 10023

**Thu, Sat** 8am-5pm, year round. Closed Thanksgiving.

#### 107 79th Street Greenmarket

Columbus Ave. between 78th and 81st St., 10024

**Sun** 9am-5pm, year round.

#### 108 97th Street Greenmarket

W 97th St. and Columbus Ave., 10025

**Fri** 8am-2pm, year round.

#### 109 Project EATS Frederick Douglass Houses Market

W. 101 St between Amsterdam & Columbus, 10025

**Sat** 10am-4pm, Jul-Nov

#### 110 Morningside Park Down to Earth Farmers' Market

110th St. & Manhattan Ave, 10025

**Sat** 9am-3pm, year round

#### 111 Columbia University Greenmarket

Broadway and W. 114th St., 10027

**Thu, Sun** 8am-5pm, year round. Closed Thanksgiving.

## UPPER EAST SIDE

10022, 10065, 10021, 10128

### 112 82nd Street Greenmarket

E 82nd St, between 1st Ave and York Ave., 10028

**Sat** 9am-2:30pm, year round

### 113 92nd Street Greenmarket

First Ave. and E. 92nd. St., 10128

**Sun** 9am-4pm, June 25 - Nov 19. Closed for Marathon Nov 5.

## EAST HARLEM

10029, 10035

### 114 Harvest Home Metropolitan Farmers' Market

99th St. & 3 Ave., 10029

**Fri** 8am-4pm, June 9-Nov 17

### 115 Mt. Sinai Hospital Greenmarket

E. 99th St. between Madison Ave & Park Ave, 10029

**Wed** 8am-5pm, Jun 14-Nov 22

### 116 Harvest Home East Harlem Market

E. 104th St (between Second Ave & Third Ave), 10029

**Thu** 8am-4pm, July 6-Nov 16

### 117 Harvest Home East River Market

1st Ave. between E. 108th and E. 109th St., 10029

**Sat** 9am-4pm. Jul 8-Nov 18

## CENTRAL AND WEST HARLEM

10026, 10027, 10037, 10030, 10031, 10039

### 118 Harvest Home Lenox Ave. Market

Lenox Ave. between W. 117 and W. 118 St., 10026

**Sat** 8am-7pm, Jun 10-Nov 18

### 119 Harvest Home Harlem Hospital Market

506 Lenox Ave. between W. 135 and W. 137 St., 10037

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

### 120 Grass Roots Farmers' Market

W. 145th St. & Edgecombe Ave., 10030

**Tue, Sat** 9am-4pm, Jul-Nov

### **121 Harvest Home West Harlem Market**

Broadway between W. 137 and W. 138 St., 10031

**Tue** 8am-4pm, Jul 11-Nov 22

## **WASHINGTON HEIGHTS, INWOOD**

10032-10034

### **122 Sugar Hill Greenmarket**

W155th St. and St. Nicholas Ave., 10032

**Sat** 8am-4pm, Jun 24-Nov 18

### **123 Fort Washington Greenmarket**

168th St. and Fort Washington Ave., 10032

**Tue** 8am-4pm, Jun 6-Nov 21. Closed Independence Day.

### **124 175th Street Greenmarket**

175th Street between Wadsworth and St. Nicholas, 10033

**Thu** 8am-5pm, Jun 29-Nov 30

### **125 Inwood Greenmarket**

Isham St. between Seaman and Cooper, 10034

**Sat** 8am-3pm, year round

## **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/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.

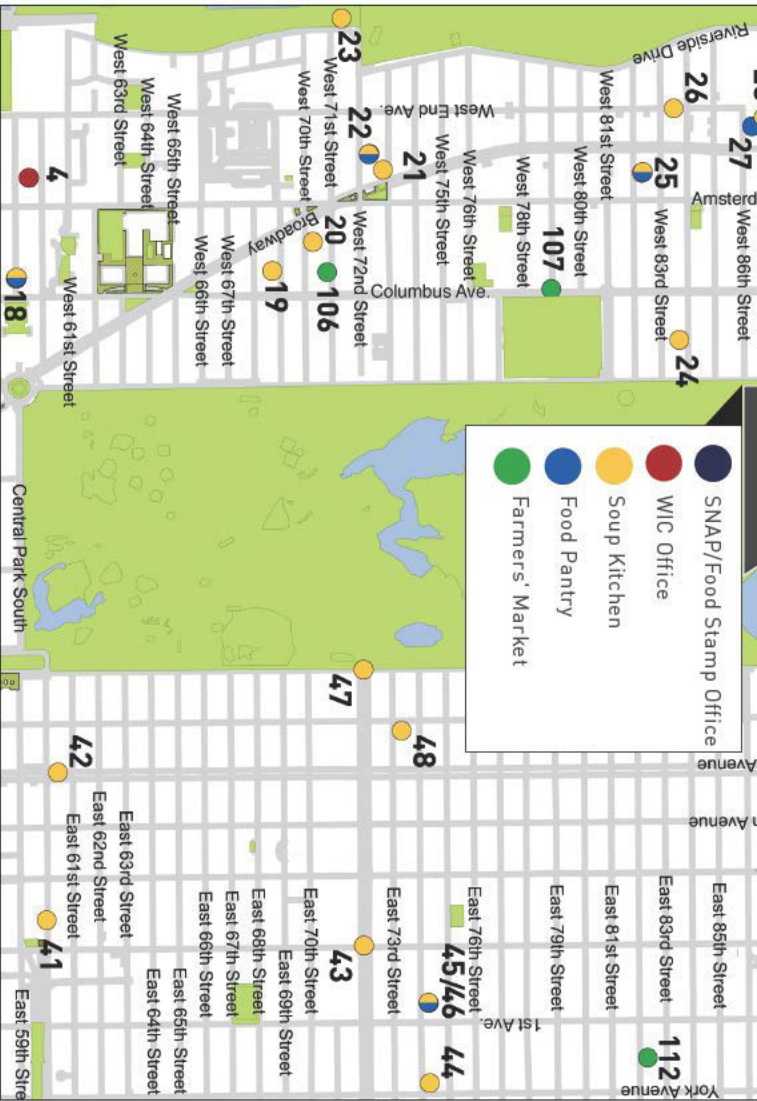
### EMPLOYMENT & TRAINING

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

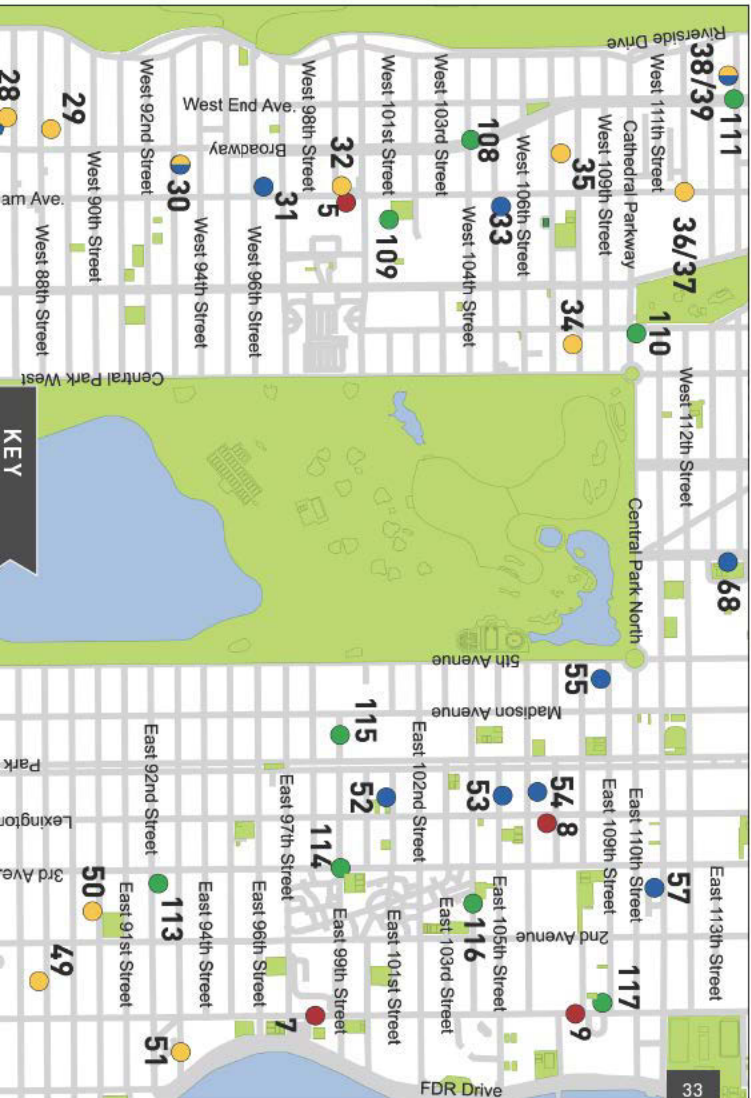
[www1.nyc.gov/html/sbs/wf1/html/develop/develop.shtml](http://www1.nyc.gov/html/sbs/wf1/html/develop/develop.shtml)

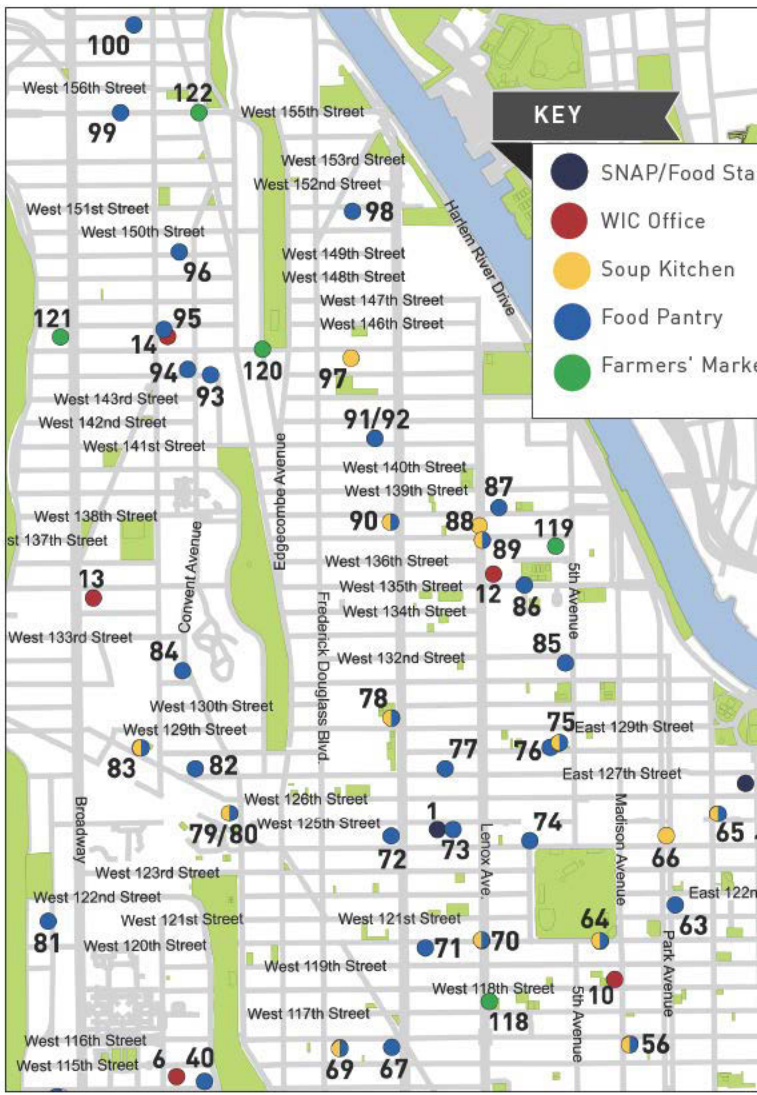
[www1.nyc.gov/site/hra/help/types-training-education.page](http://www1.nyc.gov/site/hra/help/types-training-education.page)



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

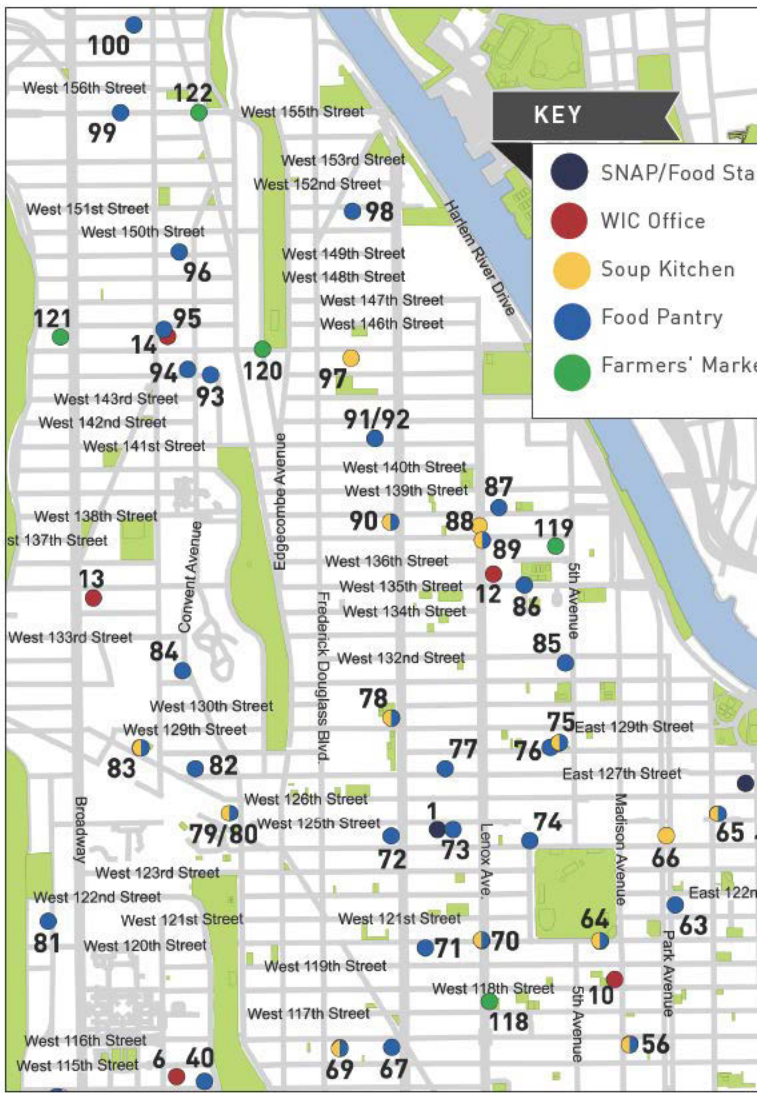






**KEY**

- SNAP/Food Stalls
- 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

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### **Harlem Hospital Center**

506 Lenox Ave., 10037  
212 939 1000

### **Metropolitan Hospital**

1901 1 Ave., 10026  
212 423 6262

### **Washington Heights Health Center**

600 W. 168th St., 10032  
212 795 0880

### **St. Nicholas Health Center**

281 W. 127 St., 10027  
212 865 1300

### **La Clinica del Barrio**

413 E. 120 St., 10035  
212 410 7940

### **William F. Ryan Community Health Center**

110 W. 97 St., 10025  
212 749 1820

## 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

1307 St. Nicholas Ave., 10033

## 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:** 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

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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 Senior 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).