

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, send us an email at guides@hungerfreenyc.org, if you do not have access to a computer, call (646) 350-3833




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.



**HUNGER
FREE
NYC**

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CONTENTS

	Food Stamps/SNAP	4	
	Food for Kids	8	
	Senior Meals	11	
		Soup Kitchens & Food Pantries	12
	From the Farm	26	
	Employment & Training	29	
	Map of Locations	30	
	Other Assistance	34	
	Emergency Numbers	35	



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 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) 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

646 350 1104 & 646 865 0793

2**ACCESSNYC**

Apply online at:

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

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 - Boriken 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 8am-7pm; **Tues-Fri** 8am-4pm; **Sat** 8am-2pm
- 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

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.

UPPER WEST SIDE

10023-10025

18 Rutgers Thursday Nighters

236 West 73rd Street, 10023

212 877 8227

Soup Kitchen: Thu 6pm-7pm, movie follows at 7PM

19 Blessed Sacrament Church

147 W. 70th St., 10023

212 877 3111

Soup Kitchen: Sun 2pm-3pm

20 Christ and St. Stephen's Church

120 W. 69th St., 10023

212 580 8179

Brown Bag Program: Mon-Fri 9:30am-10:30am, Including all holidays.

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 12:00pm - 2:00pm.

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

22 Holy Trinity Church Breakfast Line

213 W. 82nd St., 10024

212 787 0634

Soup Kitchen: Everyday 8:30am - 9am.

Food Pantry: 3rd Sat 10:30-11:00 AM

23 West End Collegiate Church

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

212 787 1566

Soup Kitchen: Tuesday 4:30pm-5:30pm

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

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 The Judith Bernstein Lunch Program at B'nai Jeshurun

257 West 88th St., 10024

212 787 7600 x272

Soup Kitchen: Thu 12pm - 1pm.

Food is kosher.

26 Southern Baptist Church

12-16 W. 108 St., 10025

212 678 9769

Soup Kitchen: Wed 12:00pm-1:30pm

27 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 is there about 3/4 weeks - you can find their schedule
online.

28 Grand Central Food Program - Cathedral of St. John the Divine

112th St. & Amsterdam, 10025

212 776 2000

Mobile Soup Kitchen: Everyday 8:30pm; Come on time -
distribution is mobile.

29 Broadway Community

601 W 114th St, 10025

Soup Kitchen: Mon, Wed, Fri 10am-3pm

30 West End Presbyterian Church

165 W. 105th St, 10025

212 663 2900

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

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

31 Franciscan Community Center, Holy Name Church

207 West 96th Street, 10025

212 932 8040 x33

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 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. Only serves Manhattan addresses.

33 Church of Notre Dame

405 West 114th ST, 10025
212 866 1500

Food Pantry: Tue 2pm-4pm.

ID required.

34 Advent Lutheran Church

2504 Broadway, 10025
212 665 2504

Food Pantry: 1st Sat 10:30am-11:30am

Soup Kitchen: 4th Sat 12pm-1pm (Nov and Dec is the 3rd Sat)

UPPER EAST SIDE

10022, 10065, 10021, 10128

35 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

36 All Saints Episcopal Church

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

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

37 Christ Church United Methodist

524 Park Avenue, 10065
212 838 3036

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

● 38 The Carter Burden Luncheon Club and Program

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

Lunch: Mon-Fri 12- 12:30pm.

Meals for seniors 60+. ID and proof of address required, must live between E. 70th and E. 79th St.

39 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

Wednesday 6pm-7pm

40 Temple Shaaray Tefila

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

212 535 8008

Soup Kitchen: Wed 12am-1pm, arrive at 11am.

Food is kosher.

41 Madison Avenue Presbyterian Church

921 Madison Ave., 10021

212 288 8920

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

No service on Thanksgiving.

42 Grand Central Food Program - Central Park

5th Ave. and 72nd St., 10021

212 776 2000

Mobile Soup Kitchen: Everyday 9:00pm; Come on time -
distribution is mobile.

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

351 E. 74th St., 10021

212 288 6743

Soup Kitchen: Tue 6pm-7pm, line up at 5:45pm.

Food Pantry: Mon 2pm-3:45pm, **Tue-Fri** 10am-11:45am, 2pm-3:45pm.

Bring your own bags. ID and proof of address required first time.

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 Tues,

Thurs 10am-11:45am, 2pm-3:45pm, towels, soap and shampoo provided.

- **44 Church of the Holy Trinity**
 316 E. 88th St., 10128
 212 289 4515
Soup Kitchen: Sat 5:15pm-6:30pm (neighborhood meal), **Tue**
 12:30pm-1:30pm (for Seniors' Lunch)
- 45 Our Lady of Good Counsel**
 230 East 90th Street, 10128
 212 289 1742
Soup Kitchen: Sat 7am-8am
- 46 Unitarian Church of All Souls**
 1157 Lexington Ave., 10075
 212 628 8568
Soup Kitchen: Mon 7pm-8pm, **Fri** 12pm-1pm.
 Entrance for Friday meal around corner at 160 E. 80th St.
 Provide referrals for clothing and other services.

EAST HARLEM

10029, 10035

- 47 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.
- 48 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

49 Liberation Healing Pentecostal Church

214 E. 111th St., 10029

646 294 2306

Food Pantry: Sat 9am-3pm. ID required.

50 Little Sisters of the Assumption Family Health Service

333 E. 115th Street, 10029

646 672 5200

Food Pantry: Tue 9:30am-11:30am, **Wed** 9:30am- 11:30am, 1:30pm- 3:30pm.

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.

51 New York Common Pantry

8 E. 109 St., 10029

917 720 9710

Soup Kitchen: Mon-Fri 8am-9:30am, Mon, Wed, Fri 4:30pm-6pm

Food Pantry: Client choice digital pantry; **sign up to order Mon-Sat** 9am-6pm, **Sun and holidays** 2pm-6pm.

NY Common Pantry also provides CSFP for Seniors; Visit website for more info: <http://nycommonpantry.org/what-we-do/programs/>. ID for all household members and proof of need required for intake.

52 Beth Hark Christian Counseling Center

2-26 E. 120th St., 10035

212 860 1520x1523

Soup Kitchen: Wed, Thu 12-2pm.

Food Pantry: Mon-Thu 9am-6pm, **Friday** 9am-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.

53 Fraternite Notre Dame

2290 First Ave., 10035

212 876 5855

Soup Kitchen: Tue-Fri 10:30am - 1pm**Food Pantry: Friday** 1pm - 5pm

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

54 Friendly Hands Ministry Inc.

229 E. 118th St, 10035

347 380 1436

Soup Kitchen and Food Pantry: Mon-Friday 9am-3pm.

ID Required.

55 Salvation Army Manhattan Citadel

145 E. 125th St., 10035

212 860 3200

Soup Kitchen: Mon-Fri 1pm**Food Pantry: Mon-Fri** 9am-4pm**56 Chambers Memorial Baptist Church**

219 E. 123rd St., 10035

Food Pantry: Wed 10am - 11am.

Must bring ID on Tuesday 12pm-1pm to register

57 Bailey House

1751 Park Ave, 3rd FL., 10035

212 633 2500 x363

Food Pantry: Wed 1pm-3:30pm.

Photo ID or Benefits card required. Emergency Food Pantry is available, please call Mon-Friday for additional information.

58 Iris House East Side

2271 2nd Ave, 10035

212 423 9049

Food Pantry: Tue 1pm-4pm.

Any form of ID. Registration Wed, Thurs Fri. Emergency food available at other times when inquired.

59 All Saints Pantry

47 E. 129th St., 10035

212 534 3535/3536

Food Pantry: Sat 8:30am-10:30am.

Not open the fifth Saturday of the month. ID and proof of address required.

CENTRAL AND WEST HARLEM

10026, 10027, 10037, 10030, 10031, 10039

60 Food Bank for NYC Community Kitchen

252 W. 116 Street, 10026

212 566 7855

Community Meal: Mon - Fri 4pm-6pm,

Lineup begins at 3:30pm, no requirement.

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

Food pantry clients can visit once a month; registration for pantry: Mon, Tue, Thu, Fri 3:30pm-5pm; Wed 11am-1pm.

Senior Center: Breakfast: Mon-Fri 9am-10am; Supper 2pm-3pm.

61 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.

62 Project Create-Anthony House

73 Lenox Ave., 3rd Fl., 10026

212 663 1975

Food pantry: Wed 10am-12pm;

Photo ID required

63 St. Joseph of the Holy Family Food Pantry

405 West 125th Street, 10027

718 295 5605

Soup Kitchen: Sat 8am - 12pm

- 64 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.
Signature required.
- 65 St. Mary's Episcopal Church**
521 West 126 Street, 10027
212 864 4013
Food Pantry: Mon 4:30pm-6pm; Photo ID and proof of address required.
Mobile Soup Kitchen: Sat 2pm-3pm, typical stops include 125th St under Metro North station and Marcus Garvey Park.
- 66 Metropolitan Baptist Church**
151 W. 128 St., 10027
212 663 8990
Soup Kitchen: Mon-Sat 12pm-food is finished;
Food Pantry: Wed, Fri 12pm-food is gone
- 67 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.
- 68 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.

69 Safe Horizon Streetwork Project

209 West 125th Street, 10027

212 695 2220

Food Pantry: Mon, Tue, Thu, Fri 3pm - 5pm.

Limited availability, call 212 695 2220 for availability, can come once/month, for Streetworks clients. only - complete intake first (Anyone under the age of 24 at risk or homeless can become a Streetwork client)

70 Church of the Annunciation

88 Convent Ave., 10027

212 234 1919

Food Pantry: Tue 10:30am-11:30am

71 Antioch Outreach Ministries

41 W. 124th St., 10027

212 534 5715

Food Pantry: Sat 7:30am-11:00am

72 Harlem Dowling West Side Center for Children and Family Services

2139 Adam Clayton Powell Jr. Blvd, NW, 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 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: Must live within zip codes 10027-10045. Referral, ID and proof of address required. By appointment only.

- 74 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.

- 75 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 9:30am-12pm, serving Harlem residents.
Walk-in services for eviction prevention and youth services
Mon - Friday 9am-5pm. Emergency food available through case managers.

- 76 Grand Central Food Program - Harlem Hospital**
137th St. and Lenox Ave., 10030
212 776 2000
Mobile Soup Kitchen: Everyday 8:45pm
Come on time - distribution is mobile.

- 77 Iris House West Side**
2348 Adam Clayton Powell Blvd., 10030
646 548 0100
Soup Kitchen: Tue, Wed, Thu, Fri 12pm-1:30pm;
Food Pantry: Thu 2pm-4pm.

- 78 West Side Campaign Against Hunger**
263 West 86th Street, 10030
212 362 3662 x123
Food Pantry: Mon 8am-12pm, 1pm-3pm, 3pm- 6:30pm (working people only), **Wed-Fri** 8AM - 12PM, 1PM - 3PM

- 79 St. Charles Borromeo Church**
211 West 141 Street, 10030
212 281 2100
Food Pantry: Sat 9am-11am;
Photo ID and proof of address required

80 Church of the Crucifixion

459 W. 149 St., 10031

212 694 1116

Food Pantry: Wed 10am-1pm. Referral and 2 forms of ID required

81 Convent Ave Baptist Church

425 W. 144th St., 10031

212 234 6767 x102

Food Pantry: Mon, Thu 9:30am-12pm;

Photo ID and proof of address required first time. Every third Mon of each month Harlem Hospital provided a health screening team to check blood pressure, cholesterol and diabetes.

82 Upper Manhattan Mental Health Center

1727 Amsterdam Ave., 10031

212 694 9200 x519

Food Pantry: Tue (seniors only 58+) 1:30pm-4pm; **Wed, Thu** (families and singles) 1:30pm-4pm;

ID required, emergencies food available Mon-Fri 9am-5pm. Can come once a month (seniors twice)

83 Father Creavin's Food Pantry - 151st St.

276 W. 151st St., 10039

212 281 2100

Food Pantry: 2nd, 3rd and 4th Tuesdays of the month: 9am-10am. Photo ID required.

WASHINGTON HEIGHTS, INWOOD

10032-10034

84 Community League of the Heights

508 W. 159th St., 10032

212 795 4779

Food Pantry: Wed, Sat 9am-11am; Picture ID required; can come once per week.

- 85 Jewish Community Council of Washington Heights - Inwood**
121 Bennett Ave. #11A, 10033
212 568 5450
Food Pantry: Tue, Wed, Thu 11am - 1pm;
Photo ID and proof of address required, clients must live in Inwood-Washington Heights. New clients must register between 1 - 2pm on Tues, Wed, or Thurs. Each family unit can receive one food package per month. Kosher
- 86 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.
- 87 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.



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).

UPPER WEST SIDE

10023-10025

88 Tucker Square Greenmarket

W. 66th St. and Columbus Ave, 10023

Thu, Sat 8am-5pm, year round. Closed 11/22 Open 11/21

89 Frederick Douglass House Farm Stand

101st St. and Columbus Ave., 10025

Sat 9am-3pm, 6/15-11/15

90 Down to Earth Morningside Park Farmers Market

W. 110th Street at Manhattan Avenue, 10025

Sat 9am-3pm, year-round

91 97th Street Greenmarket

W 97th St. and Columbus Ave., 10025

Fri 8am-2pm, Year round. 11/23 resched. to W 11/21

92 Columbia University Greenmarket

Broadway and W. 114th St., 10027

Thu, Sun 8am-5pm, year round. Closed Thanksgiving, 11/22 rescheduled to Tu 11/20

93 Harvest Home 125th Street Market

E. 125th & Adam Clayton Powell Blvd, 10027

Tue 8am-4pm, Jun 5-Nov 20

UPPER EAST SIDE

10022, 10065, 10021, 10128

94 82nd Street Greenmarket

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

Sat 9am-2:30pm, Year round**95 92nd Street Greenmarket**

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

Sun 9am-4pm, June 24 - Nov 18. Closed for Marathon Nov 4.**EAST HARLEM**

10029, 10035

96 Mt. Sinai Hospital Greenmarket

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

Wed 8am-5pm, Jun 20-Nov 28 Closed 7/4**97 Harvest Home Metropolitan Farmers' Market**

99th St. & 3 Ave., 10029

Fri 8am-4pm, June 8-Nov 16**98 Harvest Home East Harlem Market**

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

Thu 8am-4pm, Jun 7-Nov 15**99 Harvest Home East River Market**

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

Sat 8am-4pm, Jun 9-Nov 17**CENTRAL AND WEST HARLEM**

10026, 10027, 10037, 10030, 10031, 10039

100 Harvest Home Lenox Ave. Market

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

Sat 8am-4pm, Jun 9-Nov 17**101 Harvest Home Harlem Hospital Market**

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

Fri 8am-7pm, year round

102 Grassroots Farmers Market

W. 145th St. & Edgecomb Ave, 10030

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

103 Harvest Home West Harlem Market

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

Tue 8am-4pm, Jun 5-Nov 20

WASHINGTON HEIGHTS, INWOOD

10032-10034

104 Fort Washington Greenmarket

168th St. and Fort Washington Ave., 10032

Tue 8am-4pm, Jun 5 -Nov 27.

105 175th Street Greenmarket

175th Street between Wadsworth and St. Nicholas, 10033

Thu 8am-5pm, Jun 28-Nov 29 Closed 11/22

106 Inwood Greenmarket

Isham St. between Seaman and Cooper, 10034

Sat 8am-3pm, year round

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

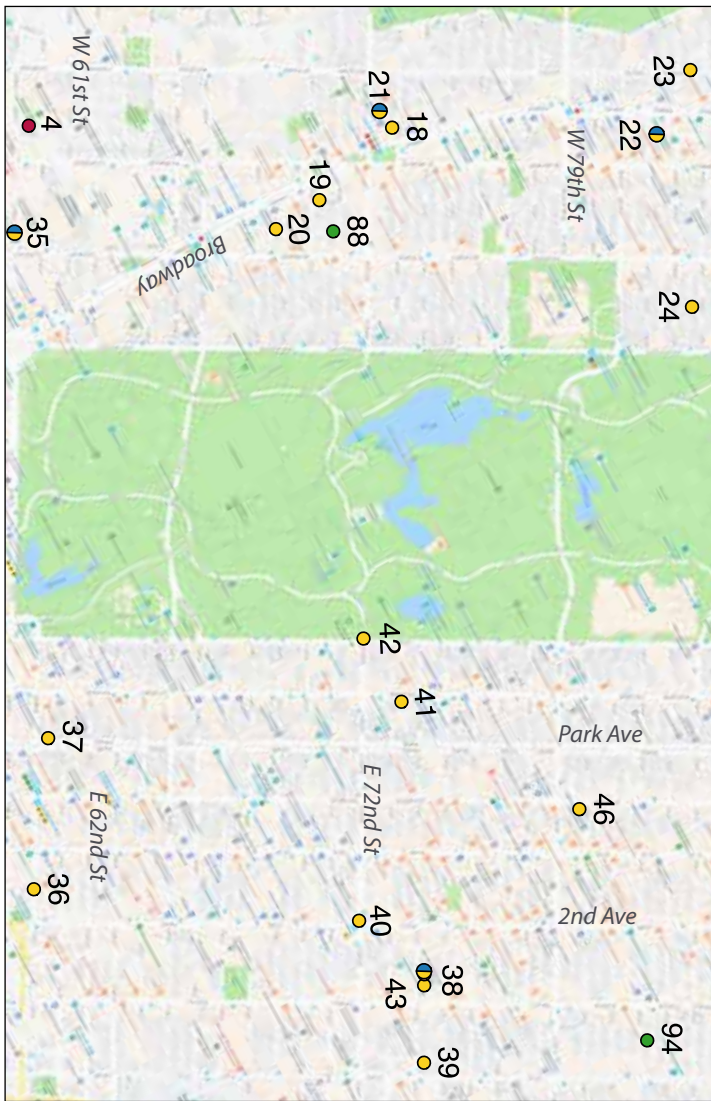
Certain individuals may be required to be employed, seeking employment and / or enrolled in a training program in order to receive SNAP benefits.

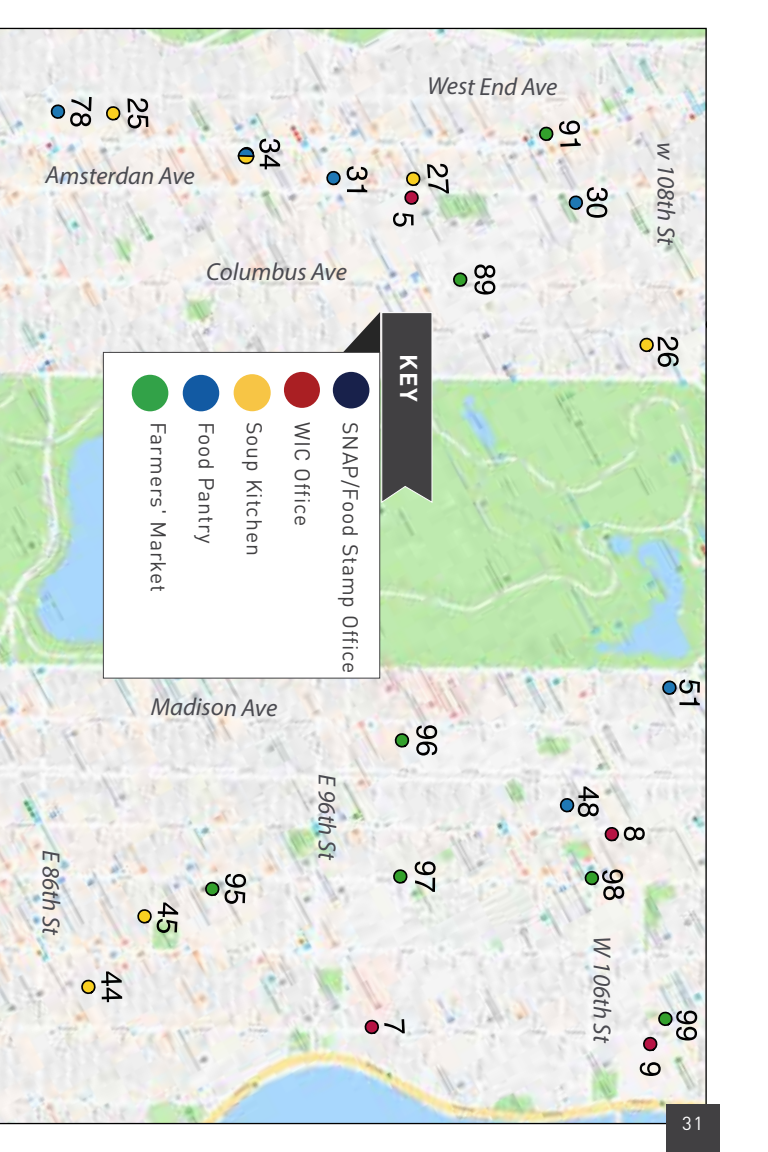
EMPLOYMENT & TRAINING

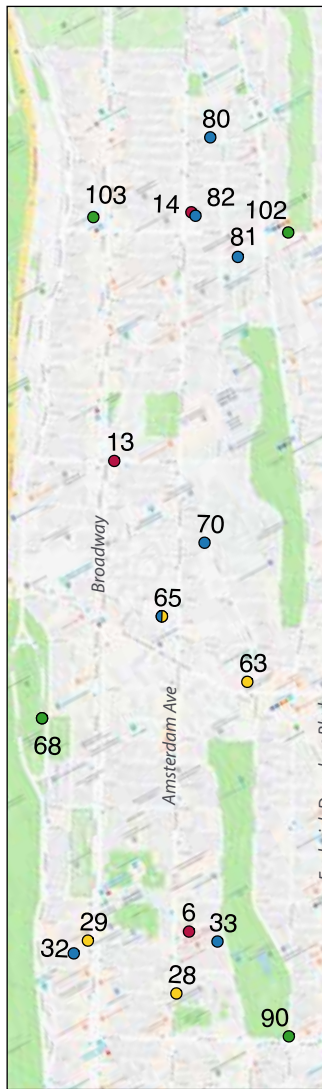
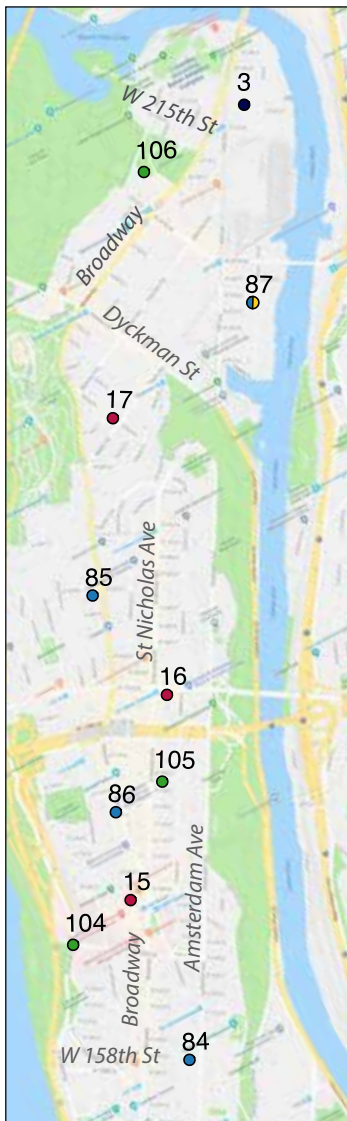
Visit the following sites to find out more about training and education programs across the city:

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

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

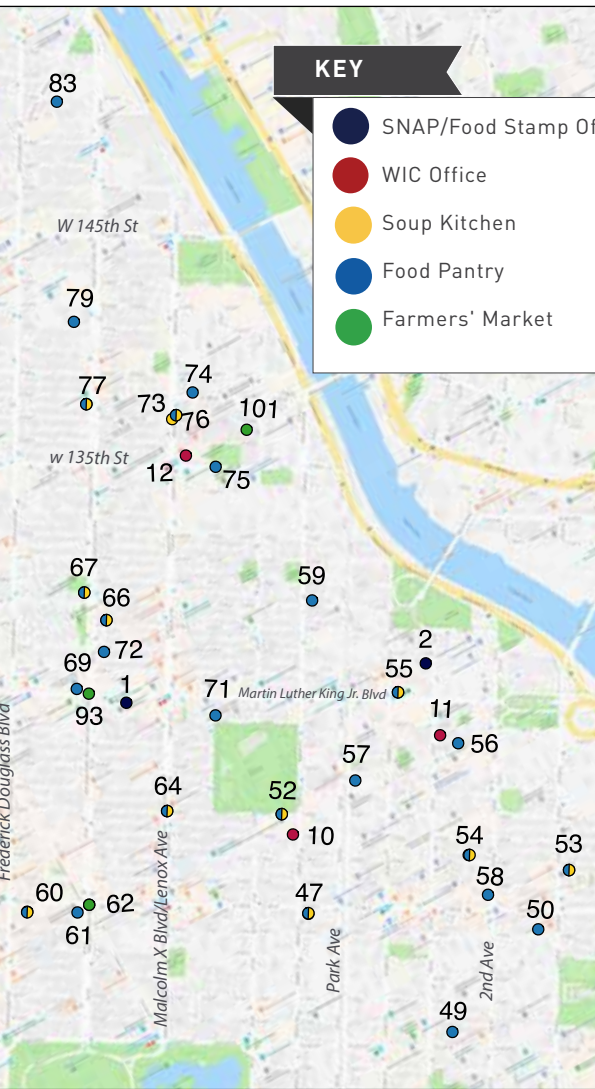






KEY

- 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

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

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

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.