

NEIGHBORHOOD GUIDE TO FOOD & ASSISTANCE



~~HUNGER~~
FREE
NYC

Including information on SNAP/Food Stamps,
Meals for Kids, Senior Meals, Soup Kitchens, Food
Pantries, Farmers' Markets, and more...

ABOUT

THIS GUIDE WAS PRODUCED BY HUNGER FREE NYC TO CONNECT THOSE IN NEED WITH FREE COMMUNITY RESOURCES. WE HOPE IT PROVES USEFUL TO YOU.

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This Guide is also available as a free PDF on our web site, www.hungerfreenyc.org/guides.

To order additional copies of this guide, call (212) 825-0028 or send us an email at guides@hungerfreenyc.org.

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



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FREE
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SNAP/ FOOD STAMPS

SNAP benefits, the new name for food stamps, can help put healthy food on the table by providing monthly assistance to purchase food at authorized grocery stores and farmers' markets. Benefits are provided monthly through a plastic benefit card, similar to a debit or credit card.

TERMS

EBT

Stands for Electronic Benefit Transfer. It's the system the government uses to disburse benefits.

SNAP




Stands for Supplemental Nutrition Assistance Program. "SNAP benefits" is the same thing as "food stamps."

WHAT SHOULD I KNOW?

- ➔ **Employment** does not interfere with getting SNAP. Even if you are working, but earning low wages, you may be eligible.
- ➔ **Average SNAP benefits** are over \$100 per person per month, and \$250 or more for families. That means that SNAP benefits for the average family receiving them totals more than \$3,000 worth of food support each year.
- ➔ **Farmers' markets** often accept SNAP benefits, so you can purchase fresh produce and food-producing seeds and plants using your benefits. For a complete list of farmers' markets that accept them, see page 20.

AM I ELIGIBLE?

Eligibility is based on household size, income, expenses and other factors. Households have to meet income tests to receive benefits, but households that have members who are disabled or elderly (60 or older), or have out-of-pocket expenses for child care or 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 10/1/16 - 9/30/17.	² 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

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

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

3**Visit Your Local HRA Office**

Apply at a SNAP office near you:

1 Queens SNAP Center

32-20 Northern Blvd., 2nd Floor, 11101

(entrance on Honeywell St.)

718 722 8013

Mon-Fri 8:30am-5pm

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



FOOD FOR KIDS

WOMEN, INFANTS & CHILDREN

WIC is the Women, Infants & Children Program.

QUICK FACTS

- ➔ WIC is for low-income pregnant women, breast-feeding women, and women with children 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.

2 Public Health Solutions Astoria WIC Center

12-26 31st Avenue, 11106

718 726 5816

Mon-Sat 8:30am-4pm

3 Bellevue - Sunnyside WIC

49-02 Queens Blvd., 11377

718 779 8828

Mon 9am-6pm; **Tue, Wed, Fri** 9am-5pm; **Thu** 8am-5pm; **2nd Sat** 8am-3:30pm by appt. only

4 Catholic Charities Woodside WIC Site

42-71 65 Place, 11377

718 715 7001

Mon-Fri 8am-4:30pm, **Sat** once/month by appt. only

- 5 Elmhurst Hospital Center**
81-06 Baxter Ave, 11373
718 334 3265
Mon, Wed, Fri 8am-4:30pm (last appt. 3:30pm); **Tue, Thu** 10am-6pm (last appt. 5pm)
- 6 Public Health Solutions Corona WIC Center**
103-24 Roosevelt Ave., 3rd Floor, 11368
718 335 7563
Mon 11am-6:30pm; **Tue-Sat** 8:30am-4pm
- 7 Urban Health Plan - Plaza del Sol Family Health Center WIC**
37-16 108th St., 11368
347 686 3700 x 5580
Mon, Thu, Fri 9am-5pm; **Tue** 8am-5pm; **Wed** 8am-6pm; **every other Sat** 8am-4pm
- 8 Public Health Solutions Flushing WIC Center**
42-60 Main Street, 11355
718 961 6381
Mon 11am-6:30pm; **Tue-Sat** 8:30am-4pm
- 9 Jamaica Hospital - Flushing Medical Center**
45 Ave. at Parsons Blvd., 5th FL., 11355
718 670 5277
Mon-Fri 8:30am-5pm
- 10 Public Health Solutions Ridgewood WIC Center**
55-05 Myrtle Ave., 3rd FL., 11385
718 381 8343
Mon 11am-6:30pm; **Tue-Sat** 8:30am-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.

LONG ISLAND CITY, ASTORIA, DITMARS

11101-11104

11 St. Raphael's Food Pantry

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

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

Photo ID required 1st time. Dry food only. Can come twice/month.

12 City Harvest Queensbridge Mobile Market

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

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

Residents of the Queensbridge, Ravenswood Houses and members of the Jacob Riis Settlement House. All food is fresh fruits and vegetables. Families must register to participate - bring proof of address and a photo ID. For further information on registration please call 646 412 0743. For information on available produce and dates of distribution, please call the Mobile Market Hotline at 866 444 0244.

13 Catholic Charities St. Patrick

39-38 29th Street, 11101
347 731 1065

Food Pantry: 2nd Sat 10am-12pm

14 Iglesia Alianza Cristiana Misionera Ebenezer

43-02 38th St., 11101
718 729 1944

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

● **15 Sunnyside Community Services**

43-31 39th Street, 11104

Soup Kitchen: Mon-Sat 12pm-1pm

For seniors (60+) only.

16 Hour Children Food Pantry

In parking lot on 11th St. between 36th & 37th Avenues (look for a green awning towards right), 11106

718 482 8226

Food Pantry: Mon 2pm-4pm, **Tue** 10:30am-12:30pm, **Thu** 3pm-5pm

Call before going. photo ID and proof of address required first visit. Bring your own bag.

● **17 Goodwill Tenant Association Inc.**

4-21 27th Ave, Community Room, 11102

718 932 4200

Food Pantry: Tue 2pm-4pm, seniors only; **Fri** 2pm-4pm open to all

Photo ID with address required.

18 St. Margaret Mary Church Food Pantry

9-18 27th Ave., 11102

718 721 9020

Food Pantry: Tue, Wed, Fri 11am

Photo ID and proof of address required. Serves residents of 11102.

19 Catholic Charities Queens North Community Center

23-40 Astoria Blvd., 11102

718 726 9790

Food Pantry: Tue, Fri 9:30am-12pm

ID required for all household members.

20 City Harvest Astoria Mobile Market

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

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

Residents of zip code 11102 and Astoria Houses only. All food is fresh fruits and vegetables. Families must register to participate - bring proof of address and a photo ID. For further information on registration please call 646 412 0743. For information on available produce and dates of distribution, please call the Mobile Market Hotline at 866 444 0244.

21 St. Joseph Roman Catholic Church

43-19 30th Avenue, 11103

Food Pantry: Thu 8am-9:30am

ID required.

22 New York School of Urban Ministry

31-65 46th Street, 11103

718 204 6471

Food Pantry: Fri 10am-12pm

ID preferred.

23 Salvation Army Astoria Food Pantry

45-18 Broadway, 11103

718 721 9046

Food Pantry: Wed 8am-10am

ID and proof of address required.

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

11377, 11369, 11372, 11368, 11373, 11354, 11355, 11357

24 St. Teresa Church Saint Vincent DePaul Society

50-20 45th Street, 11377

718 784 2123

Food Pantry: Tue 6pm-7pm

25 Blessed Virgin Mary/St. Mary's Church Winfield

70-31 48th Ave, 11377

Food Pantry: Thu 9:30am-12pm

- 26 ACQC (AIDS Center of Queens County), Woodside**
 62-07 Woodside Ave., 3rd Floor, 11377
 718 472 9400
Food Pantry: Tue, Thu 10am-12pm
 Arrive early to get a ticket.. Photo ID required.
- 27 St. John's Bread and Life Mobile Soup Kitchen - Woodside**
 65th & Broadway, 11377
 718 574 0058
Mobile Soup Kitchen: Tue 9:30am-11am
- 28 Corpus Christi Food Pantry**
 31-31 60 Street, 11377
 718 278 8114
Food Pantry: Wed 11am-1pm
 Photo ID and proof of address required for first visit.
- 29 Atonement Lutheran Church**
 30-61 87th St., 11369
 718 639 6074
Food Pantry: Thu 9am-10am
www.alcqueens.com
- 30 First Baptist Church**
 100-10 Astoria Blvd., 11369
 718 446 0200
Soup Kitchen: Wed 12pm-2pm
Food Pantry: Sat 12pm-3pm
 Closed in July and August.
- 31 St. Mark AME Church - The Voices of Hagar Food Pantry**
 95-18 Northern Blvd., 11372
 718 205 0506
Food Pantry: Tue 12pm-3pm
 Closed July and Aug, reopens after Labor Day. Photo ID required;
 will be served without first time but must bring one next time.
- 32 Salvation Army-Queens Temple**
 86-07 35th Ave., 11372
 718 335 3693
Soup Kitchen: Tue-Thu 12pm-1pm
Food Pantry: Wed 9am-10am
 ID and proof of address required for pantry.

33 Mt. Olivet Gospel Church

33-27 97 St., 11368

718 478 0780

Food Pantry: Wed 5:30pm-6:30pm

ID required, bring bags, client choice.

34 Elmcot Youth & Adult Activities Inc

107-20 Northern Blvd., 11368

718 651 0096

Food Pantry: Wed 1pm

Tickets distributed 6am-7am. No ticket required if you have a referral. First 50 people served.

35 Mt. Horeb Baptist Church

109-20 34th Ave., 11368

718 639 9066

Soup Kitchen: Tue 12pm-2pm

36 Corona SDA Church

35-30 103rd Street, 11368

718 429 7050

Soup Kitchen: Sun 12pm-2pm

Food Pantry: Mon 9am-11am

37 Evangelical Church Christ is the Light, Inc

89-16 48th Ave, 11373

347 742 7614

Food Pantry: Fri 9am-11am

Pantry is client choice. Bring your own bag.

38 New Life Food & Clothing Pantry

82-10 Queens Blvd, 11373

718 424 0122

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

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

Photo ID required. Soup Kitchen for homeless. Inside New Life Fellowship Church, located in Old Elks Club.

39 Jewish Institute of Queens

60-05 Woodhaven Blvd., 11373

718 426 9369 x229

Food Pantry: Fri 10:30am-12pm

40 La Jornada

135-32 38th Ave., 11354
917 880 5693

Soup Kitchen: Sat 12pm-2pm

Food Pantry: Wed 1pm-3pm
ID required after first visit.

41 South Asian Council for Social Services (SACSS) South Asian Food Pantry

143-06 45th Ave., 11355
718 321 7929

Food Pantry: Fri 11am-4pm

42 St. Michael's Church Food Pantry

136-76 41st Ave., 11355
718 353 4180

Food Pantry: Tue, Wed 9:30am-12pm, **Thu** 9:30am-1pm

43 Murray Hill Neighborhood Association/Emmanuel Community Church

150-20 Barclay Ave., 11355
718 762 5905

Food Pantry: Sat 11am-12pm
Entrance at 41-54 Murray St.

44 Grace Episcopal Church/Flushing JCC Food Pantry

14-15 Clintonville St., 11357
718 699 1010

Food Pantry: Mon 5pm-6pm, **Fri** 10am-11am

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

11375, 11374, 11367, 11385

45 Forest Hills Senior Center/Queens Community House

108-25 62nd Drive, 11375
718 699 1010

Food Pantry: Thu (except 1st Thu of month) 8:30am-9:30am
Only for those disabled, on Medicaid, or unemployed and their children.

46 Catholic Charities Our Lady of the Angelus

63-63 98th Street, 11374

718 897 4444

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

47 Masbia of Rego Park

98-08 Queens Blvd., 11374

718 972 4446

Soup Kitchen: Sun-Thu 2pm-5pm (dinner to go)

Food Pantry: Fri 7am-11am

Meals are Kosher.

48 Central Queens Y/Esther Grunblatt Russian Service Center

66-05 108th St. (early 2017)/67-09 108 St. (later 2017), 11375

718 268 5011

Food Pantry: every other Wed 9am-2pm

Emergency food available other days 9am-2pm at 67-09 108th St. Bring proof of need such as Medicaid card, EBT card, proof of unemployment. Call to confirm location.

49 Kehilat Sephardim of Ahavat Achim

150-62 78 Rd., 11367

718 591 9574

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

Photo ID and proof of address required. Food is kosher. <http://www.KehilatSephardim.org>

50 Our Lady of The Miraculous Medal

62-81 60th Place, 11385

718 366 3360

Food Pantry: Mon-Fri by appt. only, for emergencies

51 The Salvation Army Ridgewood Citadel Corps

69-23 Cypress Hills St., 11385

718 497 4356

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

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

52 Ridgewood Older Adult Center and Services

59-14 70 Avenue, 11385

718 456 2000

Food Pantry: Tue-Thu 10:30am-12:30pm

Photo ID and proof of address required. Serves residents of Community Board 5.

53 Agape Christian Center

5902 Summerfield St., 11385

718 635 0674

Soup Kitchen: Sat 12pm-2pm

Food Pantry: Sat 12pm-2pm

54 Sacred Heart R.C.

77-05 84th St. (enter through entrance on 77th Ave. between 84th and 85th), 11385

718 821 3285

Food Pantry: Mon-Thu 9am-4pm

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



FROM THE FARM

New Yorkers can access foods straight from the farm in two ways: farmers' markets and community supported agriculture programs or CSAs.

FARMERS' MARKETS

All farmers' markets listed accept EBT/SNAP (food stamps).

LONG ISLAND CITY, ASTORIA, DITMARS

11101-11104

55 Socrates Sculpture Park Greenmarket

Vernon Blvd. & Broadway, 11106

Sat 8am-4pm, Jun 3-Nov 18

56 Astoria Greenmarket

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

Wed 8am-3pm, Jul 5-Nov 22

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

11377, 11369, 11372, 11368, 11373, 11354, 11355, 11357

57 Sunnyside Greenmarket

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

Sat 8am-2pm, year round.

58 Jackson Heights Greenmarket

34 Ave. between 77th St. and 78 St., 11372

Sun 8am-2pm, year round.

59 Elmhurst Hospital Greenmarket

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

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

60 Corona Greenmarket

Roosevelt Ave. & 103 St., 11368

Fri 8am-3pm, Jul 7-Nov 17

61 Queens Botanical Garden Down to Earth Farmers' Market

Dahlia Ave. and Main St. (just outside garden), 11355

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

62 Flushing Greenmarket

Kissena Blvd. and Maple Ave. (Maple Playground), 11355

Wed 8am-4pm, Jul 5-Nov 22

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

11375, 11374, 11367, 11385

63 Forest Hills Greenmarket

70 Ave. & Queens Blvd., 11375

Sun 8am-2pm, year round.

64 QCH Pomonok Farmers' Market

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

Wed 9am-4pm, Jul-Nov

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

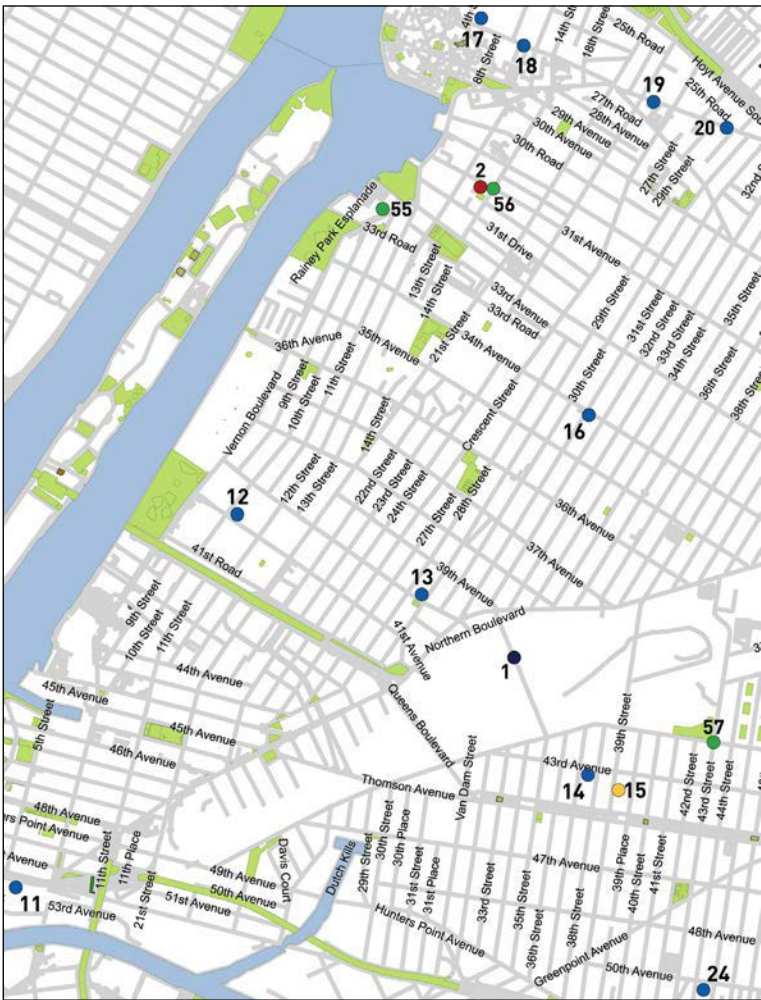
Certain individuals may be required to be employed, seeking employment and / or enrolled in a training program in order to receive SNAP benefits.

EMPLOYMENT & TRAINING

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

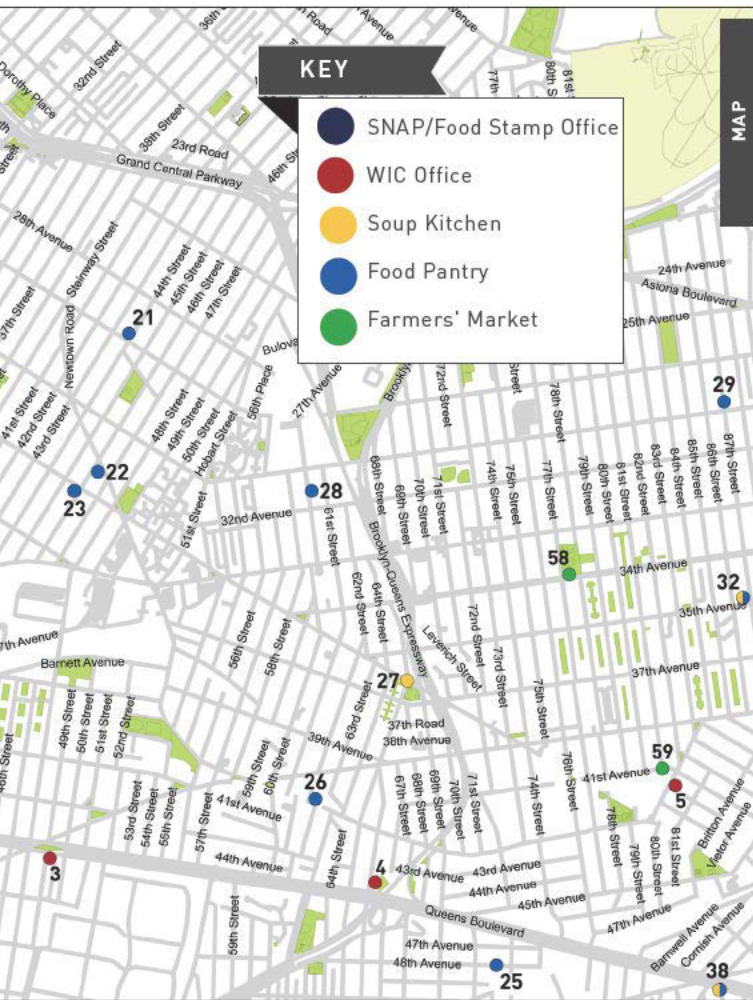
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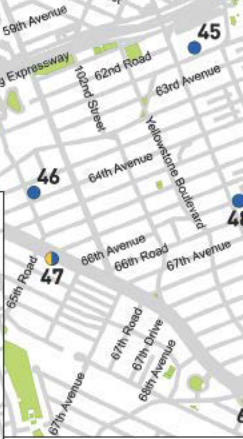
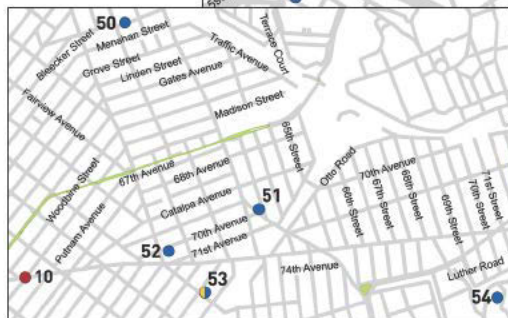
www1.nyc.gov/site/hra/help/types-training-education.page

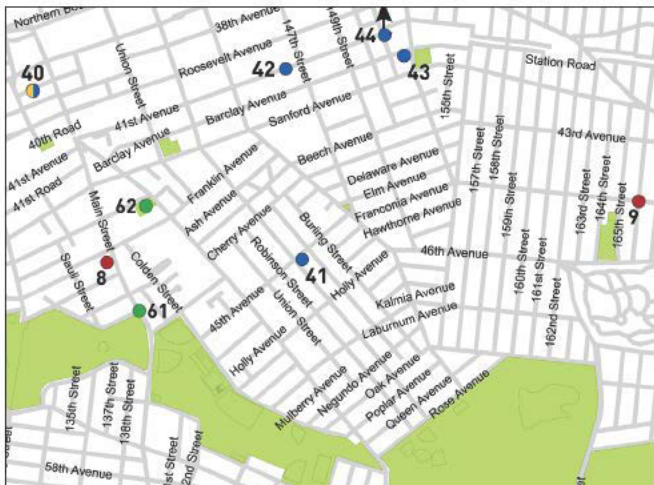


KEY

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

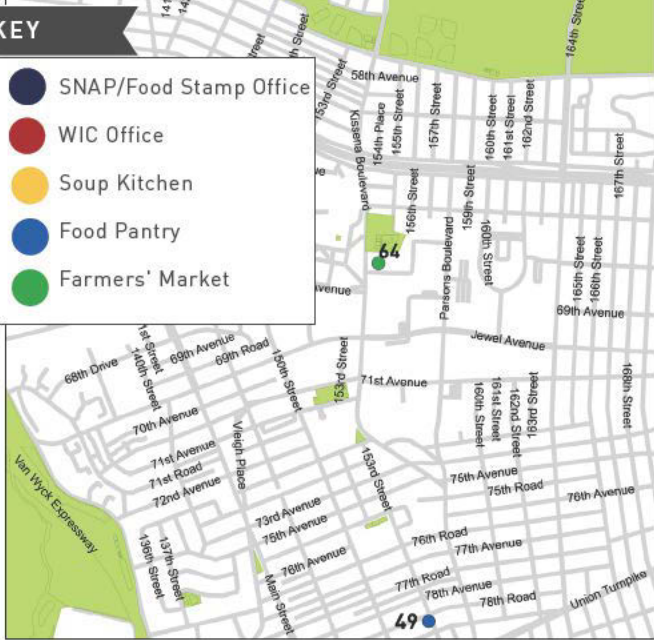






KEY

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



Feel free to use this space for your own notes.

OTHER ASSISTANCE

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

MEDICAL CARE

Elmhurst Hospital Center

79-01 Broadway, 11373
718 334 4000

Junction Medical Center

34-33 Junction Blvd., 11372
718 334 6150

Ridgewood Medical Center

769 Onderdonk Ave., 11385
718 334 6190

Corona Health Center

104-04 Corona Ave., 11368
718 334 6100

Long Island City Health Center

36-11 21 St., 11106
718 482 7772

Woodside Health Center

50-53 Newtown Rd., 11377
718 334 6140

HEALTH INSURANCE

Affinity Health System

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

General Info 866 694 9809

41-46 Main St., Flushing 11355
37-06 74th St., Jackson Heights 11372

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

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WHAT AM I ELIGIBLE FOR?

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

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



SNAP/Food Stamp Benefits



Groceries at Food Pantries



WIC Packages
School Breakfast & Lunch
Free Summer Meals
for Children



Meals at Soup Kitchens



Meals at Senior Centers
Home-delivered Meals

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