

# 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](http://www.hungerfreenyc.org/guides).

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

	Food Stamps/SNAP	4
	Food for Kids	8
	Senior Meals	11
	Soup Kitchens & Food Pantries	12
	From the Farm	20
	Employment & Training	23
	Map of Locations	24
	Other Assistance	30
	Emergency Numbers	31



# 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 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) <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 10/1/17 - 9/30/18.	<sup>2</sup> 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

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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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### Get help from Hunger Free NYC

Call either of the below numbers to see if you may be eligible for benefits. If so, you'll be offered an appointment at an agency in your community, where you'll receive help in submitting your application electronically.

#### **Hunger Free NYC**

646 453 7905 & 646 836 9177

**2****ACCESSNYC**

Apply online at:

[www.nyc.gov/accessnyc](http://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

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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.

#### 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** 8:30am-4:30pm **Tue-Fri** 8am-4:30pm.



- 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 Flushing Hospital 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

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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

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.**

Picture ID required first time. Provides dry food only. Can only come twice/month.

### 12 City Harvest Queensbridge Mobile Market

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

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

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 St., 11101

347 731 1065

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

### ● 14 Sunnyside Community Services

43-31 39th St., 11104

**Soup Kitchen: Mon- Sat** 12pm-1pm.

Senior Center, so only for seniors (60+). Continuing clients must register.

### 15 Hour Children Food Pantry

36-11 12th St. between 36th & 37th Ave, 11106

718 482 8226

**Food Pantry: Mon** 2pm - 4pm, **Tue** 10:30am-12:30pm, **Thu** 3:00pm - 5:00pm.

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

### ● 16 Goodwill Tenant Association Inc.

4-21 27th Ave, Community Room, 11102

718 932 4200

**Food Pantry: Tue (Seniors) and Fri (Public)** - 2pm-4pm.

Photo ID required.

### 17 St. Margaret Mary Church Food Pantry

9-18 27th Ave., 11102

718 721 9020

**Food Pantry: Tue, Wed, Fri** 11am-12:30.

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

## **18 City Harvest Astoria Mobile Market**

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

**Mobile Market Pantry: 1st Sat and 3rd Thu** 9:30am-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.

## **19 Salvation Army Astoria Food Pantry**

45-18 Broadway, 11103

718 721 9046

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

**Food Pantry: Wed** 8am-10am.

I.D. and proof of address required.

## **20 St. Joseph Roman Catholic Church**

43-19 30th Ave, 11103

718 278 1611

**Food Pantry: Thu** 8am-9:30am.

ID Required.

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

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

## **21 Blessed Virgin Mary/St. Mary's Church Winfield**

70-31 48th Ave, 11377

**Food Pantry: Thu** 9am-12pm

## **22 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.

**23 St. John's Bread and Life Mobile Soup Kitchen - Woodside**

65th &amp; Broadway, 11377

718 574 0058

**Mobile Soup Kitchen: Tue** 9:30am-11am**24 Corpus Christi Food Pantry**

31-31 60th St., 11377

718 721 2774

**Food Pantry: Wed** 11am-1pm.

Photo ID and proof of address required for first visit.

**25 Atonement Lutheran Church**

30-61 87th St., 11369

718 639 6074

**Food Pantry: every other Thu** 9am-10am.Line begins at 8am on 31st Ave. [www.alcqueens.com](http://www.alcqueens.com).**26 First Baptist Church**

100-10 Astoria Blvd., 11369

718 446 0200

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

Soup Kitchen closed in July and August (food pantry still open).

No ID required.

**27 Salvation Army-Queens Temple**

86-07 35th Ave., 11372

718 335 3693

**Soup Kitchen: Mon:** 11:30 am - 12:30 pm; **Tue, Wed, Thu:** 12 PM - 1 PM, **Fri:** 11:30 AM - 12PM**Food Pantry: Wed:** 10 AM - 11 AM.**Seniors only: Tue** 9:30 AM - 2:00PM; Proof of Address of the client. Names of the members of the family in the house. The proof can be Utility or Medical Bill.

- 28 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.
- 29 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
- 30 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.
- 31 Elmcour 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.
- 32 Mt. Horeb Baptist Church**  
109-20 34th Ave., 11368  
718 639 9066  
**Soup Kitchen: Tue** 12pm - 2pm
- 33 Corona SDA Church**  
35-30 103rd St., 11368  
718 429 7050  
**Soup Kitchen: Sun- Mon** 12:15pm-2pm  
**Food Pantry: Mon** 9am-10:30am



**34 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.

**35 Jewish Institute of Queens**

60-05 Woodhaven Blvd., 11373  
718 426 9369 x229

**Food Pantry: Fri** 1:30-2:30 PM (Open to the Public), Under 18 Only: 12:45-1:30 PM. Free Food Packages.

**36 La Jornada**

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

**Food Pantry: Wed** 10am-12pm; **Sat** 12pm-2pm.

ID required after first visit.

**37 South Asian Council for Social Services (SACSS) South Asian Food Pantry**

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

**Food Pantry: Fri** 11am-4pm

**38 St. Michael's Church Food Pantry**

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

**Food Pantry: Tue** 10am-12pm (non-English speaking Chinese),

**Wed** 9:30am-12:00pm, **Thu** 9:30am-1:00pm.

Picture ID required and initial interview.

**39 Flushing Jewish Community Council**

43-43 Bowne St., 11355  
718 463 0434

**Food Pantry: Typically 3rd Tue** 10:00am. Call to get date. ID required. One bag of food per family. Kosher food provided. ESOL, ESL, civics classes, advocacy and counseling available.

#### **40 Grace Episcopal Church/Flushing JCC Food Pantry**

14-15 Clintonville St., 11357

718 699 1010

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

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

11375, 11374, 11367, 11385

#### **41 Forest Hills Senior Center/Queens Community House**

108-25 62nd Dr., 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.

#### **42 Queens Jewish Community Council**

119-45 Union Turnpike, 11375

718 544 9033

**Food Pantry: Mon- Thu** 11am-3pm.

Photo ID preferred. Food is kosher.

#### **43 Catholic Charities Our Lady of the Angelus**

63-63 98th St., 11374

718 897 4444

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

#### **44 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.

#### **45 Central Queens Y**

67-09 108th St., 11375

718 268 5011 x633

**Food Pantry: every other Wed** 9:00am -2:00pm.

**46 Our Lady of the Miraculous Medal**

62-81 60th Place, 11385  
718 366 3360

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

**47 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.

**48 Ridgewood Older Adult Center**

59-14 70 Ave., 11385  
718 456 2000

**Food Pantry: Tue, Wed, Thu** 10:30am-12:30pm.

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

**49 Sacred Heart Parish Ministries**

77-05 84th St. (enter through entrance on 77th Ave. between 84th and 85th), 11385  
718 821 3285

**Food Pantry: Mon - Thu:** 10am-3pm.

Residents of Glendale; must have a SNAP card or applied to SNAP. Must have photo ID with Glendale address. Children's birth certificates needed and will be copied.



# 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).

### LONG ISLAND CITY, ASTORIA, DITMARS

11101-11104

#### 50 Astoria Greenmarket

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

**Wed** 8am-3pm, Jul 11 - Nov 28

#### 51 Ditmars Park Youthmarket

Ditmars Park on Steinway (between Ditmars Blvd and 23rd Ave),  
11105

**Sat** 9am-3pm, June 2-Nov 17, 2018

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

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

#### 52 Sunnyside Greenmarket

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

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

#### 53 Jackson Heights Greenmarket

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

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

#### 54 Elmhurst Hospital Greenmarket

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

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

**55 Corona Greenmarket**

Roosevelt Ave. &amp; 104th St., 11368

**Fri** 8am-3pm, Jul 6 - Nov 16**56 Down to Earth Queens Botanical Garden Farmers Market**

At Dahlia and Main St.s, just outside the Garden, 11355

**Fri** 8:30am-4pm, June-November**57 Flushing Greenmarket**

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

**Wed** 8am-4pm, Jul 11-Nov 28**RIDGEWOOD, MIDDLE VILLAGE, MASPETH, REGO PARK,  
FOREST HILLS**

11375, 11374, 11367, 11385

**58 Forest Hills Greenmarket**

70th Ave. &amp; Queens Blvd., 11375

**Sun** 8am-2pm, year round**59 QCH Pomonok Farmers' Market**

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

**Wed** 9am-4pm, Jul-Nov**60 Ridgewood Youthmarket**

on Cypress Ave (between Myrtle Ave &amp; Putnam Ave), 11385

**Sat** 8am-3pm, July 6-Nov 17, 2018

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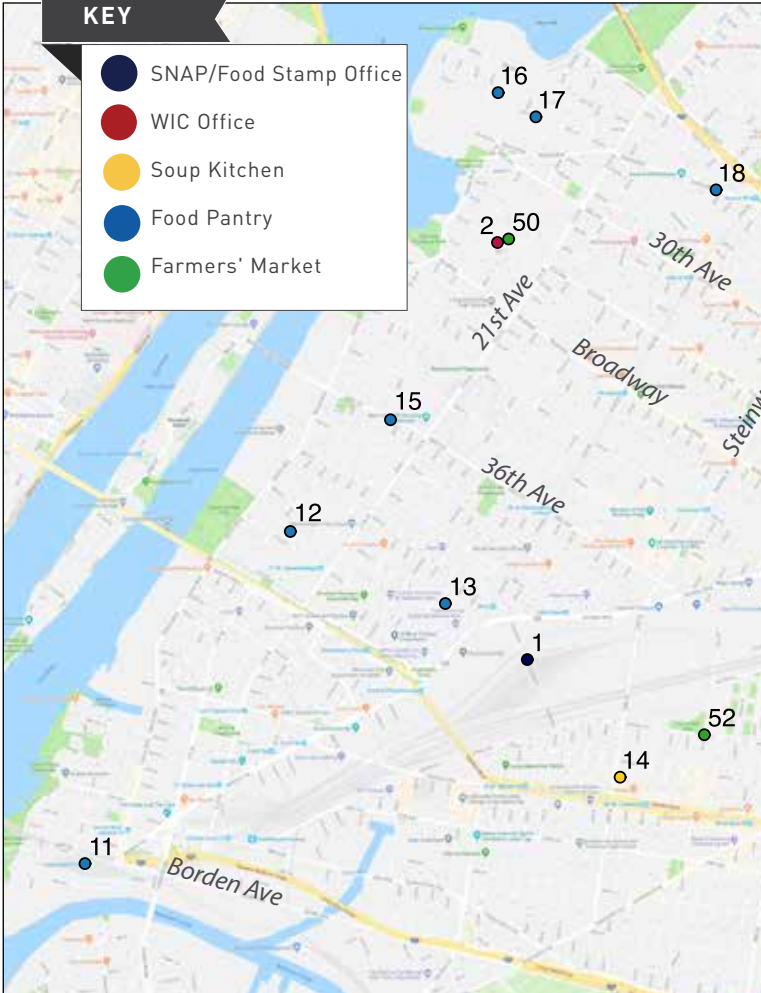
Visit the following sites to find out more about training and education programs across the city:

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

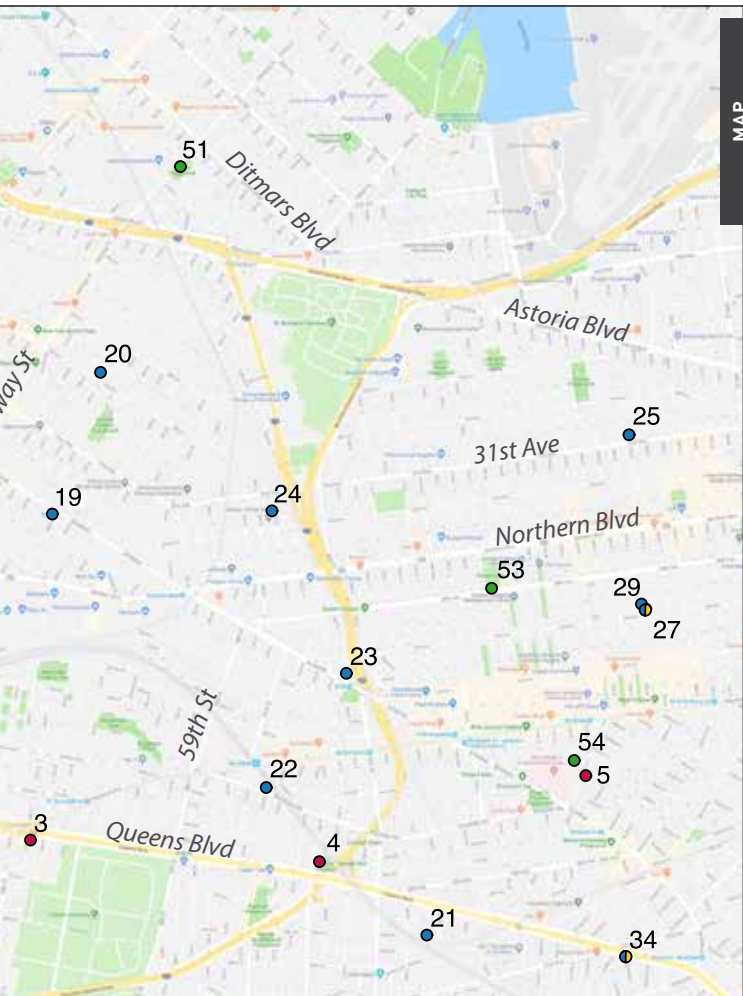
[www1.nyc.gov/site/hra/help/types-training-education.page](http://www1.nyc.gov/site/hra/help/types-training-education.page)

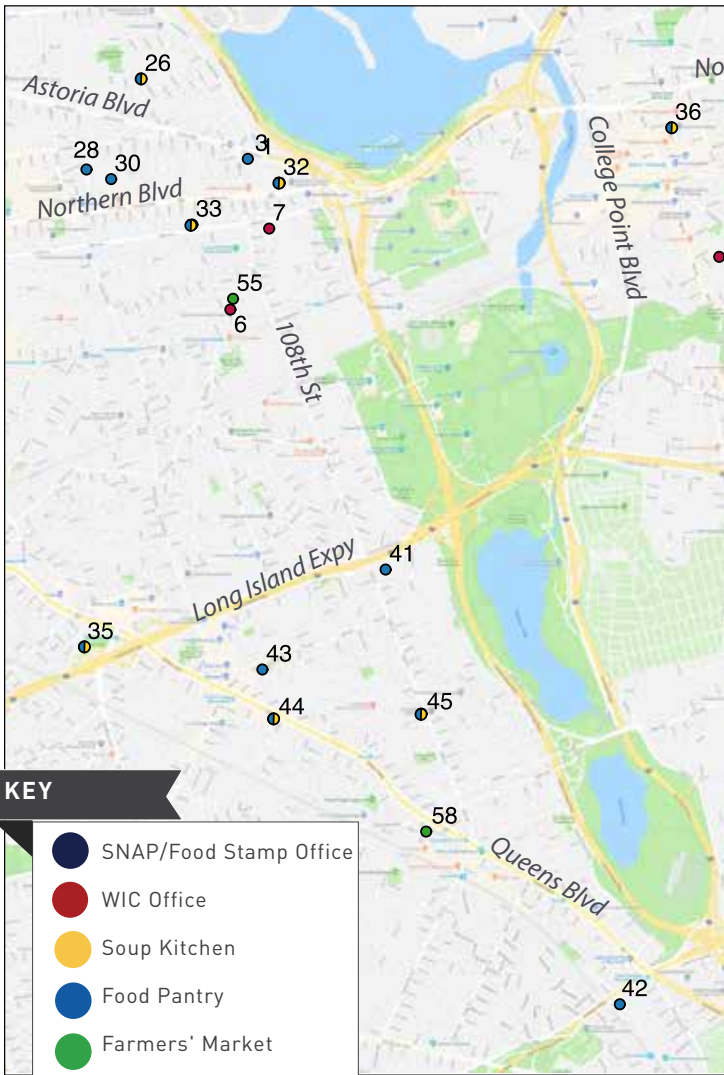
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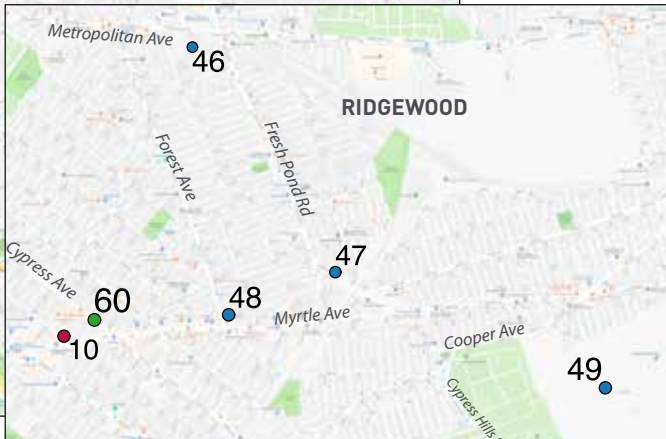
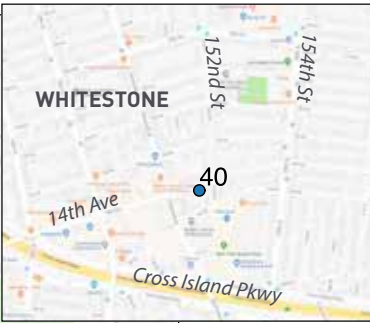
- SNAP/Food Stamp Office
- WIC Office
- Soup Kitchen
- Food Pantry
- Farmers' Market















# OTHER ASSISTANCE

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

## MEDICAL CARE

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### **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

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### **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

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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

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

## 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.

<b>PEOPLE WITH CHILDREN</b>				
<b>PEOPLE WITHOUT CHILDREN</b>				
<b>SENIOR CITIZENS</b>				
<b>HOMELESS INDIVIDUALS</b>				
<b>LEGAL IMMIGRANTS</b>				
<b>UNDOCUMENTED IMMIGRANTS</b>				



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).