# NEIGHBORHOOD GUIDE TO FOOD & ASSISTANCE



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

2021-2022

# **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.

# INFORMATION IN THIS GUIDE IS ALSO **AVAILABLE AT** FINDFOOD.HUNGERFREEAMERICA.ORG.

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This Guide is also available as a free PDF on our web site. hungerfreeamerica.org/en-us/neighborhood-quides-to-food-assistance

> To order additional copies of this guide. send us an email at guides@hungerfreenyc.org or visit orders.hungerfreeamerica.org



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SNAP benefits (formerly known as 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 goverment 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.
- Example 2 Farmers' markets often accept SNAP benefits, so you can purchase fresh produce and food-producing seeds and plants using your benefits.

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 have earned income, who are disabled or elderly (60 or older), or have out-of-pocket expenses for childcare or dependent care, can have higher incomes and still be eligible.

<b>A</b>		
NUMBER OF PEOPLE IN HOUSEHOLD	MONTHLY INCOME LIMIT (PRE-TAXES) 1	MAX. MONTHLY SNAP BENEFITS <sup>2</sup>
1	\$1,383	\$204
2	\$1,868	\$374
3	\$2,353	\$535
4	\$2,839	\$680
Each additional household member	+\$486 (approximately)	+\$153 (approximately)
	<sup>1</sup> In effect 10/1/20 - 9/30/21.	<sup>2</sup> In effect 10/1/20 - 9/30/21.

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).
  - lineligible 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.
  - The Trump Administration's Public Charge Rule ended on March 9, 2021. Using SNAP, P-EBT, WIC, or Food Pantries will not affect your immigration status. The Public Charge Rule still exists for some immigration applications but ONLY applies to government cash benefits (e.g. TAFDC, EAEDC, SSI) and long-term charge paid for by the government (e.g. nursing home).
  - For questions about how receiving SNAP or other benefits may affect immigration status, please call the NYS New Americans hotline at 800 566 7636

### STUDENT ELIGIBILITY

Under the Consolidated Appropriations Act, 2021, SNAP eligibility has been temporarily expanded for students of higher education.

College students may be able to receive benefits if they are enrolled at a college or university at least half-time as defined by the institution and meet one of the following criteria:

- Eligible for a state or federal work-study program, even if not enrolled in work-study; or
- Have an Expected Family Contribution (EFC) of \$0 on the Free Application for Federal Student Aid (FAFSA) for the current academic year.
  - Individuals enrolled less than half-time may be SNAP-eligible if they meet all other SNAP eligibility requirements.

The new, temporary exemptions will be in effect until 30 days after the COVID-19 public health emergency is lifted.

### **HOW TO APPLY**



# **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



# ACCESSNYC

Apply online at: www.nyc.gov/accessnyc



# Visit Your Local HRA Office

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

Due to COVID, many SNAP offices are consolidating. To confirm most up-to-date offices and hours, please call the agency directly or visit findfood.hungerfreeamerica.org .

All locations will serve SNAP clients whose needs cannot be met through ACCESS HRA or over the phone.

### **Bronx**

10457

### 1 SNAP Crotona Office

1910 Monterey Ave, 5th Floor, 10457 929 252 7436

Mon-Fri 8:30am-5pm.

### SNAP Concourse Office

1375 Jerome Avenue, 2nd Fl., 10452 929 252 8998

Mon-Fri 8:30am-5pm.

### Manhattan

10011

### 2 SNAP Waverly Office

12 W. 14th St, 4th Floor, 10011 212 352 2524

Mon-Fri 8:30am-5pm.

# Brooklyn

11238, 11224

### 3 SNAP Clinton Hill

495 Clermont Ave., 11238 929 221 2809

Mon-Fri 8:30am-5pm.

# 4 SNAP Coney Island

3050 West 21st Street, 11224 929 221 3856

Mon-Fri 8:30am-5pm.

### SNAP East New York

404 Pine Street, 1st Fl., 11208 929 221 8327

Mon-Fri 8:30am-5pm.

# SNAP Williamsburg

2 George Street, 1st Fl., 11206 929 331 4314

Mon-Fri 8:30am-5pm.

### Queens

11101

### 5 SNAP Queens Center

32-20 Northern Blvd., 2nd Floor (entrance on Honeywell St.), 11101

718 784 6315

Mon-Fri 8:30am-5pm.

### SNAP Rockaway Center

219 Beach 59th Street, 1st Fl., 11692 718 637 2750

Mon-Fri 8:30am-5pm

### Staten Island

10301

### 6 SNAP Richmond Office

201 Bay St. 2nd Floor, 10301 718 390 6994

Mon-Fri 8:30am-5pm.



# WOMEN, INFANTS & CHILDREN PROGRAM (WIC)

### **QUICK FACTS**

- NIC is for low-income pregnant women, breast-feeding women, and women with children up to 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.
- NIC is not considered a public charge. Receiving WIC will not affect your immigration status.

# **HOW TO APPLY**

To find the WIC office nearest you;

- call 800 522 5006
- call 866 3-HUNGRY
- or visit one of your local WIC offices, listed on the following page.
- Due to COVID, most WIC locations are working on modified hours and offering services remotely over the phone. To confirm most up-to-date hours, please call the agency directly or visit findfood.hungerfreeamerica.org.

#### Bronx

### 10452, 10453, 10458, 10459, 10461, 10467

# 7 Lincoln Hospital - Morrisania Neighborhood Family Health Center WIC Program

1225 Gerard Ave., 10452 718 960 2805

Mon-Thurs 8-7pm; Fri 8am-5pm. All by appointment only.

### 8 Morris Heights Health Center

85 W. Burnside Ave., 10453

718 716 4400 x8

Mon, Tues, Thurs, Fri 8:30am-4:30pm; Wed 8:30am-7:30pm; 2nd and 4th Sat 9am-5pm. Remote and in-person services available.

### 9 Montefiore Medical Center - Fordham Plaza WIC

1 Fordham Plaza, 5th floor, 10458 718 405 4066

Mon-Fri 8am-5pm. Remote services only.

### 10 Urban Health Plan WIC

953 Southern Blvd, 3rd Fl, 10459

718 589 4776 x3291/3161

**Mon-Tues** 9am-5pm; **Wed-Thurs** 8am-6pm; **Fri** 9am-5pm; **Sat** 8am-4pm. Remote services only.

# 11 Montefiore Medical Center - Westchester Square WIC

22 Westchester Square, 10461

718 829 4401

Mon, Tues, Thurs Fri 8:30-5pm; Wed 9am-5:30pm. All by appointment only.

# 12 Montefiore New Rochelle - White Plains WIC

3401 White Plains Road, 10467

718 547 6345

Mon 9am-6pm; Tues, Thu 9am-6:30pm; Wed 9am-4:30pm; Fri, Sat 9am-12:30pm. Providing services remotely. Leave voicemail with name, phone number, and reason for call and they will return your call as soon as possible.

#### Manhattan

10040, 10031, 10029, 10025, 10019, 10016, 10009, 10002

# 13 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, Remote services only.

### 14 New York Presbyterian Hospital - Charles B. Rangel WIC

534 West 135th St., 10031

212 939 7830

Mon-Fri 8:30am-5pm

### 15 Bellevue - Metropolitan Hospital WIC

1901 1 Ave., Rm 1D31, 10029

212 423 7395

Mon-Fri 9:30am-4:30pm. Remote and in-person services available.

# 16 William F. Rvan Community Health Center WIC

801 Amsterdam Ave, 2nd Floor, 10025

212 865 0410

Tues-Fri 9am-5pm; Mon 9am-6:30pm. Remote and in-person services available.

# 17 Mt. Sinai Health System WIC Program-Roosevelt

515 W. 59 St., 2nd Floor, 10019

212 523 6539

Mon-Fri 9-5pm. Remote services only.

### 18 Bellevue - East Side WIC

462 1 Ave., Ground Floor, 10016

212 562 6124

Mon-Fri 8:30am-4:30pm. Remote and in-person services available.

### 19 William F. Ryan - NENA Community Health Center WIC

279 E 3rd Street, LL, 10009

212 477 8846

**Mon, Tues, Weds, Fri** 9am-5pm; **Thurs** 9am-6:30pm. Thursday 5pm-6:30pm by appointment only.

# 20 New York Presbyterian Lower Manhattan WIC - Chinatown

244 Grand St, 4th Fl., 10002

646 588 2646

Mon-Fri 8am-5pm. Remote services only.

### Brooklyn

11211, 11237, 11205, 11216, 11213, 11225, 11208, 11219, 11218, 11203, 11236, 11235

# 21 North Brooklyn Health Network at Williamsburg

279 Graham Ave., 2nd Floor, 11211 718 963 7836

Mon-Fri 8am-4pm

### 22 Wyckoff Heights Medical Center

316A Himrod St., Suite 1, 11237 718 963 6471

Mon-Fri 8:30am-5pm. Remote services only.

### 23 North Brooklyn Health Network at Cumberland

100 North Portland Ave., 11205 718 260 7676

Mon-Fri 8:30-4:30pm

# 24 Bedford Stuyvesant FHC WIC Program

20 New York Ave, 1st Fl., 11216

718 857 4423

Mon, Wed, Fri 9am-5pm; Tues, Thurs 9am-7pm, every other Sat 9am-2pm. Remote and in-person services available.

# 25 Brooklyn Hospital Center - Bedford Stuyvesant

1606 Fulton St., 11213

718 773 4126

**Mon-Thurs** 9am-5pm; **Fri** 8:30am-4:30pm. Services by phone for existing clients, walk-in available for new participants.

# 26 Brooklyn Hospital Center - Crown Heights

535 Empire Blvd., 11225

718 467 0010

Mon-Thurs 8:30am-5pm; Fri 8:30am-3pm; Sat 9am-4pm.

# 27 Jamaica Hospital - MediSys East New York

3080 Atlantic Ave., 11208

718 687 1074

Mon-Fri 8am-4:30pm. Remote services only.

### 28 Maimonides Medical Center WIC

5613 Fort Hamilton Parkway, 11219

718 854 3190

Mon-Thurs 8am-4pm; Fri 8am-2pm. In-person and remote services available.

# 29 Brooklyn Hospital Center - Coney Island

485 Coney Island Ave., 11218

718 282 8904

Mon-Fri 9am-3pm

### 30 Kings County Hospital Center WIC Office

451 Clarkson Ave. T Building, Room 153, 11203 718 245 3123

Mon, Tues, Thurs 8am-5:30pm; Fri 9am-5pm.

# 31 Yeled v'Yalda Early Childhood Center (Farragut Rd)

6002 Farragut Rd., 11236

718 943 8812

**Mon** 10am-7pm; **Tues, Wed** 8:30am-5pm; **Thurs** 7am-4pm; **Fri** 8:30am-1:30pm.

# 32 Coney Island Hospital WIC Program

2601 Ocean Pkwy, Room 1N1, 11235

718 616 4338

Mon-Thurs 7:30am-5:30pm; Fri 7:30am-4:30pm. Remote services only.

### **Oueens**

11106, 11373, 11368, 11355, 11385, 11418, 11434, 11691, 11692

### 33 Public Health Solutions Astoria WIC Center

12-26 31st Avenue, 11106

718 726 5816

**Mon-Sat** 8:30am-4pm. Remote services only. Leave voicemail with name, phone number, and reason for call and they will return your call as soon as possible.

### 34 Elmhurst Hospital Center

81-06 Baxter Ave., 11373

718 334 3265

**Mon-Fri** 9am-5pm. Remote services only. Open in-person on Monday, Wednesday, Friday at 12pm for participants to pick up cards.

### 35 Public Health Solutions Corona WIC Center

103-24 Roosevelt Ave., 3rd Floor, 11368

718 335 7563

Mon 10:30am-6pm; Tue-Fri 9am-4:30am

### 36 Flushing Hospital Medical Center

4500 Ave at Parsons Blvd., Room 401, 11355 718 670 5277

Mon-Fri 9am-5pm. Remote services only.

# 37 Public Health Solutions Ridgewood WIC Center

55-05 Myrtle Ave., 3rd Fl., 11385

718 381 8343

Mon, Wed, Fri 9am-4:30pm, remote services only. Tues,Thurs 9am-3pm, in-person, and 9am-4:30pm, remote services.

# 38 Jamaica Hospital

134-20 Jamaica Ave, 11418

718 206 8600

**Mon-Fri** 7:30am-5:30pm; **Wed** open until 7pm; **every other Sat** 8am-3pm. Remote services only..

### 39 Queens Hospital Center - South Jamaica WIC

114-02 Guy R. Brewer Blvd., 11434

718 883 6630

Mon-Fri 8-5pm. Remote services only.

### 40 Joseph P. Addabbo Community Health Center

1288 Central Ave., 11691

718 945 7150 x2132/2133

Tues-Fri 9am-5pm. Remote and in-person services available.

# 41 Joseph P. Addabbo Community Health Center - Beach Channel Dr.

6200 Beach Channel Dr., 11692

718 945 7150 x1115

Mon-Fri 9am-5pm. Remote and in-person services available.

### Staten Island

10301, 10305, 10309

### 42 Richmond University Medical Center

444 St Marks Place, 3rd Floor, 10301

718 818 2373

Mon-Fri 8:30am-5pm. Remote services only.

# 43 Staten Island University Hospital WIC Program- Bay Street Health Clinic

57 Bay Street., 2nd Floor, 10301

718 226 5235, 718 226, 4236

Mon, Wed, Thurs 8:30am-4:30pm; Tues 8:30am-6pm; Fri 8:30am-4pm.

# 44 Staten Island University WIC Program - North Site

242 Mason Ave, 10305

718 226 6268, 718 226 6269

Mon-Thurs 8:30am-5:30am Fri 8am-4pm.

# 45 Staten Island University Hospital South WIC Program

375 Sequine Ave, 1st Floor, 10309

718 226 2461

Wed 8:30am-3:30pm

# **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. Due to COVID, many sites will be offering meals to be picked up.

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.

# **PANDEMIC EBT**

New York is providing Pandemic EBT (P-EBT) food benefits to all households with children who receive free school lunch under the National School Lunch Act and whose school was closed or operating with reduced in-school attendance due to COVID-19 during the 2020-2021 academic year.

P-EBT benefits distribution for the 2020-2021 school year expected to begin summer 2021. For updates, visit https://otda.ny.gov/SNAP-COVID-19/.



### **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.



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, visit findfood.hungerfreeamerica.org or call the National Hunger Hotline at 866 3HUNGRY.

Agencies marked with • are senior centers and/or provide food specifically for seniors.

# Bronx

# 10451, 10458

#### 46 BOOM!Health HRC

226 E 114th Street, 3rd Floor, 10451

917 636 3662

Food Pantry: Mon 1pm-3pm. ID required.

Soup Kitchen: Mon-Fri 11am-2pm.

### 47 Mid-Bronx Food Pantry

900 Grand concourse, 10451 646 982 5134

Food Pantry: Thurs 9am-1pm.

### 48 United Bronx Parents, Inc.

603 Prospect Avenue, 10455 347 996 1879

Food Pantry: Wed, Fri 10am-12pm.

### 49 Grand Concourse Food Pantry

1275 Grand Concourse, 10452 718 681 2232

**Food Pantry: Wed** 1:30pm-4pm. Bring a shopping cart and State ID. If you do not have a state ID, bring any other form of ID.

### 50 Heights Pantry/ Bronxworks, Inc.

200 West Tremont Avenue, 3rd Floor, 10453 718 299 0300

Food Pantry: 2nd, 4th Thurs 7am-11am. First 130 to 150 people

- First come, first served basis. However seniors 60 years and older get preference when distributing Pantry. Tickets are passed out around 7:30 a.m. Pantry bags are distributed at 9am. Everyone with a ticket is guaranteed a pantry bag.

# 51 New Covenant Community Development Corporation

1175 Boston Road, 10456

718 328 6072

Food Pantry: Tues 2pm-4pm; Thurs 10am-1pm.

### 52 Vineyard Food Pantry

1140 Teller Avenue, 10456 718 685 4011

Food Pantry: Sat 10am-12pm.

### 53 St. Anthony Catholic Church

1496 Commonwealth Ave., 10460

718 931 4040

Soup Kitchen: Sat 11am-2pm. Hot meals served to go.

### 54 Grace Episcopal Church

1909 Vyse Avenue, 10460 718 542 1946

Food Pantry: Tues 12pm-1pm; Thurs 9am-11am.

### 55 The Love Pantry of St. Peter's Church - Westchester Square

2500 Westchester Avenue, 10461 718 931 9270

Food Pantry: Tues 10am-12pm.

### 56 Part of the Solution (POTS)

2759 Webster Avenue, 2nd Floor, 10458

718 220 4892 x128

Food Pantry: Mon-Fri 9am-11:15am. Soup Kitchen: Mon-Fri 12:30pm-3pm.

# 57 Shiloh Temple Pentecostal Church

719 East 223 Street, 10466 347 524 5464

Food Pantry: Thurs 8am-12pm.

# 58 Black Forum of CO-OP City, INC.

920 Baychester Avenue, 10475

718 320 8035

**Food Pantry: Tues, Thurs, Fri** 11am-12:45pm. Please bring at least four clean and sturdy grocery bags and a sturdy shopping cart. We serve residents of 10475. Guests from outside 10475 are welcome to join us for a one-time only package of food and a referral to a food pantry/soup kitchen closer to their residence.

#### **UPPER MANHATTAN**

10034, 10075, 10023

### 59 New York City Love Kitchen

3816 9th Avenue, 10034

212 942 4204

Soup Kitchen: Mon-Wed 2pm-4pm.

# 60 Jewish Community Council of Washington Heights- Inwood Food Pantry

121 Bennett Avenue, 11A, 10033

212 568 5450

Food Pantry: Wed 10am-1pm.

# 61 Community League of the Heights

508 West 159th Street, 10032

212 795 4779, 646 299 1086

Food Pantry: Tues, Sat 9am-1pm.

### 62 St. Mary's Episcopal Church

521 West 126th Street, 10027

212 864 4013

Food Pantry: Mon 4pm-6pm.

# 63 Mt. Olivet Baptist Church Community Meals Program

201 Lenox Avenue, 10027

212 864 1155

Food Pantry: Tues, Wed 10:30am-11:30am.

### 64 Salvation Army Manhattan Citadel

175 E. 125th St., 10035

212 860 3200

Soup Kitchen: Mon-Fri 1pm-2pm.

Food Pantry: Mon-Fri 9am-2pm. Please call ahead for food

pantry.

# 65 Little Sisters of the Assumption Family Health Service-Food Pantry

333 E 115 St., 10029 646 672 5200

**Food Pantry: Wed** 9am-3pm. Must live in zip codes 10029 or 10035. New registrations need to arrive half an hour before the end of the food pantry shift. Please bring IDs for the adults, birth certificates for the children, and proof of address for each member in the household.

### 66 New York Common Pantry

8 East 109th Street, 10029 917 720 9700

**Food Pantry: Mon-Sat** 9am-5pm. Pantry bags provided biweekly, for family size. Digital choice pantry with online ordering, or ordering upon arrival at the pantry. New clients must bring photo ID.

**Soup Kitchen: Mon-Fri** 2:30pm; **Sat, Sun** 4pm-5pm. Mon-Fri all hot meals will be take-away. Sat and Sun meals are Brown Bag lunches which includes a sandwich, snack and beverage.

### 67 Temple Shaaray Tefila

250 East 79th St. (entrance on 79th), 10075 212 535 8008

Soup Kitchen: Wed 11:15am-12:15pm.

# 68 Broadway Community- Broadway Presbyterian Church

601 W 114th St., 10025

212 864 6100

Food Pantry: Mon 1pm-2pm; 4th Sat 1pm-3pm.

Soup Kitchen: Mon, Wed, Fri 12:30pm-1pm. Bagged lunches.

# 69 West Side Campaign Against Hunger

263 West 86th Street, 10024

212 362 3662 x123

**Food Pantry: Tues-Fri** 9am-1pm. Customers can shop once a month and get nutritious food for their family for four days. Please bring photo ID and proof of address for every member of the household. Will not turn anyone away.

### 70 National Council of Jewish Women

241 West 72nd Street, 10023

212 687 5030

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

### 71 Christ and St. Stephen's Church Brown Bag Program

120 West 69th Street, 10023

212 787 2755

**Food Pantry: Mon- Fri** 9:30am-10:30am. Provide one bag of food per person for one ample meal.

### LOWER MANHATTAN

10022, 10036, 10018, 10011, 10006

# 72 Crossroads Community Services

108 East 51 Street, 10022

212 378 0234

Food Pantry: Thurs 10am-12:45pm.

### 73 St. Clement's Food Pantry

423 West 46th Street, 10036

212 246 7277

Food Pantry: Fri 2pm-6pm; Sat 8:30am-11:30am.

# 74 Metropolitan Community Church of NY

446 W. 36th St., 10018

212 629 7440

Food Pantry: Tues, Wed, Fri 1pm-3pm; Thurs 9am-11am.

### 75 Grand Central Neighborhood Social Services Corp

120 East 32nd Street, 10016

212 883 0680 x104

Soup Kitchen: Mon 6:30am-6pm; Tues-Fri 8am-3pm.

# 76 St. Francis of Assisi

135 W. 31st St., 10001

212 736 8500

Soup Kitchen: Mon-Sun 7am-7:30am.

**Food Pantry: Fri, Sat** 9am-10:30am. Register upon arrival. Bring ID.

### 77 Salvation Army New York Temple

132-136 West 14th St., 10011

212 337 7467

Food Pantry: Mon-Fri 11am-11:30pm, 1pm-2:30pm. By appointment

# 78 Trinity's Services and Food for the Homeless

602 E 9th Street, 10009 212 228 5254

**Food Pantry: Mon-Fri** 12:30pm-1:30pm. Appointments preferred. To make an appointment text "SAFH" to 726-879 and follow the instructions. One visit per calendar month. If you are unable to make an appointment, you may come in person at 1pm, and if there are any appointment times left for the day, you will be assigned an appointment time.

Soup Kitchen: Mon-Fri 11am-12pm.

# 79 The Bowery Mission & New York City Rescue Mission

227 Bowery, 10002 212 674 3456

Food Pantry: Mon-Fri 9:30am-11:30am.

**Soup Kitchen: Mon-Sun** 8am-9am, 1pm-2pm. Serving meals to go.

# 80 Trinity Church Brown Bag Lunch Ministry

209 Broadway, 10006

917 594 6300

**Soup Kitchen: Mon-Fri** 9am-5pm. Before the pandemic, the program was offered midday at St. Paul's Chapel, seven days a week. Today it's offered throughout the day, seven days a week, to drop-in guests. **Senior Delivery: Mon-Fri** 2-5pm. Call 917-594-6300 to make an appointment.

### 81 Trinity Commons Compassion Market

209 Broadway, 10006

917 594 6300

**Food Pantry: Mon** 1-3pm. Guests can get groceries for five days (15 meals) along with personal hygiene kits. Make an appointment by calling Community First at 917-697-2842 or using the Plentiful App.

# UPPER BROOKLYN 11222

### 82 Greenpoint Reformed Church

136 Milton Street, 11222 718 383 5941

Soup Kitchen: Wed 6-7pm. Food Pantry: Thurs 4-7pm.

### 83 Southside United HDFC (Los Sures)

145 South 3rd Street, 11211 718 599 1940

Food Pantry: Tues 9am-12pm: Wed 4pm-6pm.

### 84 St. Stephen Outreach

874 Myrtle Avenue, 11206

718 938 4532

Food Pantry: Wed, Fri 9:30am-10:30am. Soup Kitchen: Wed-Fri 11am-1pm.

# 85 CHIPS - Park Slope Christian Help

200 4th Avenue, 11217

718 237 2962

Food Pantry: Fri 11:30am-3pm.

Soup Kitchen: Mon-Sat 11:30am-1pm.

### 86 Child Development Support Corporation

352-358 Classon Avenue, 11238

718 398 2050

Food Pantry: Thurs 11am-3pm. By appointment. To make an appointment use the Plentiful app or call 718-398-2050. Open to zip codes 11205, 11216 and 11238. However, first time clients will not be rejected regardless of their zip code. Clients receive a 3-5 day food supply once a month. Other services include: child care resources and referral, parenting skills training, New York City Infant and Toddler Resource Center, early childhood training for child care providers, food stamps application submission (POS), and business attire for job readiness.

# 87 Family Life Development Center

1476 Bedford Avenue, 11216 917 584 2942

Food Pantry: Mon 4pm-6pm.

### 88 St. John's Bread and Life

795 Lexington Avenue, 11221 718 574 0058

Food Pantry: Mon-Thurs 8am-12pm; Tues, Thurs 3pm-6:30pm; Fri 9am-12pm. Soup Kitchen: Mon-Thurs 8am-12pm. Breakfast and lunch to go.

# 89 Campaign Against Hunger

2010 Fulton St., 11233 718 773 3551

Food Pantry: Mon 9:30am-5:30pm.

# 90 Salvation Army Brownsville

280 Riverdale Avenue, 11212 718 345 7050 x4024, x4026

Food Pantry: Mon-Thurs 10am-4pm; Fri 10am-12pm.

# 91 Family Service Network of New York (FSNNY) Food Pantry

1420 Bushwick Avenue, 11207 646 240 1149, 718 455 6010 x6151 **Food Pantry: Mon** 9am-1pm.

# 92 St. John's Bread and Life Mobile Soup Kitchen- Wayside Baptist Church

1746 Broadway, 11207

Mobile Soup Kitchen: Wed 1pm-2pm.

### LOWER BROOKLYN

11220, 11230, 11203

# 93 Salvation Army Sunset Park Corp.

520 50th Street, 11220

718 438 1771

Food Pantry: Tues 10am-12pm.
Soup Kitchen: Mon-Fri 12pm-1pm.

### 94 Masbia of Boro Park

5402 New Utrecht Ave., 11219

718 972 4446 x211

Soup Kitchen: Sun-Thurs 2pm-7pm.

### 95 Reaching Out Community Services Inc.

7708 New Utrecht Avenue, 11214 917 509 9055

**Food Pantry: Mon-Fri** 9am-5pm. Digital pantry also available - must register first with proof of address. Call first for appointment, 718-373-4565 ext 101. SNAP assistance available - to apply bring photo ID. benefits card, and utility bill (any kind).

# 96 Bensonhurst COJO / Kosher Food Program

8635 21st Avenue, Ste. 1B, 11214

718 333 1834 x7303

Food Pantry: Tues 10am-4pm.

### 97 Masbia of Flatbush

1372 Coney Island Ave, 11230

718 972 4446 x203

Food Pantry: Sun-Thurs 2pm-7pm. Soup Kitchen: Sun-Thurs 2pm-7pm.

### 98 Brooklyn Faith SDA Church

5518 Church Avenue, 11203

347 691 0293

Food Pantry: Thurs 2pm-4pm; Fri 1pm-4pm.

Soup Kitchen: Fri 12pm-3pm.

# 99 Salt and Sea Mission

2417 Stillwell Ave., 11223

917 873 9262

**Food Pantry: Sun, Tues, Thurs** 11am-1pm. You may come three days a week for food pantry. We also have tables set up with clothing.

### 100 Coney Island Lighthouse Mission

2114 Mermaid Avenue, 11224

718 415 1170

Soup Kitchen: Wed, Fri 6:30pm-7:30pm.

Food Pantry: Tues 6pm-7pm; Thurs 11am-12pm.

### 101 Shorefront Jewish Community Council

128 Brighton Beach Avenue, 11235

718 743 0575 x7506

Food Pantry: Mon-Thurs 9am-5pm; Fri 9am-2pm.

### **WESTERN QUEENS**

11101, 11102, 11106, 11354, 11375, 11374, 11385

# 102 St. Raphael's Food Pantry

35-20 Greenpoint Avenue, 11101

718 729 8957, 718 729 8958

Food Pantry: Mon 10:30am-12pm; Sat 1:30pm-3pm.

# 103 St. Margaret Mary Church Food Pantry

9-18 27th Avenue, 11102

718 721 9020

Food Pantry: Tues, Thurs 11am-1pm.

# 104 Salvation Army Astoria Corps

45-18 Broadway, 11103

718 721 9046

Food Pantry: Wed 10am-11:30am.

# Soup Kitchen: Mon-Fri 9am-2pm.

# 105 Hour Children Food Pantry

36-11th St. between 36th & 37th Ave., 11106 718 482 8226

**Food Pantry: Mon** 2pm-4pm; **Tue** 10:30am-12:30pm; **Thurs** 3pm-5pm.

### 106 Corona SDA Church

35-30 103rd Street, 11368 718 651 4534

Food Pantry: Mon 9am-11am. Soup Kitchen: Sun 12pm-2pm.

# 107 New Life Food & Clothing Pantry

82-10 Queens Blvd, 11373

718 424 0122

**Grab & Go Meals: Tues** 5-7:30pm; **Sat** 10am-12:30pm. Meals for those experiencing homelessness.

### 108 La Jornada

133-36 Roosevelt Ave, 11354

929 300 7068

Food Pantry: Sat 9am-3pm.

# 109 Central Queens Y/Esther Grunblatt Russian Service Center

108-13 67th Road, 11375

718 268 5011

**Food Pantry: Mon-Fri** 9:30am-2pm. You will need to provide a photo ID, your home address, and phone number.

# 110 Catholic Charities: Our Lady of the Angelus

63-63 98th Street, 11374

718 897 4444

Food Pantry: 1st, 3rd Sat 9am-12pm.

### 111 Sacred Heart Church

83-17 78th Avenue, 11385

718 821 3285

**Food Pantry: Mon-Thurs** 9am-3pm. Register with photo ID and proof of residence.

# **EASTERN QUEENS**

11432

### 112 Salvation Army Jamaica Citadel

90-23 161st Street, 11432

917 498 8675

Food Pantry: Thurs 10am-3pm.

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

### 113 The Harding Ford Vision, Inc

157-22 Tuskegee Airmen Way, 11433

347 661 7382

Food Pantry: Wed 10am-12pm; Sat 2pm-4pm. Walk-in or make appointment via Plentiful app. Bring cart or bags.

Baby Program: 4th Mon 10am-12pm.

# 114 Greater Allen A.M.E. Cathedral of New York

110-31 Merrick Boulevard, 11433

718 206 4600 x3018

Food Pantry: Mon 3pm-5pm; Thurs 12pm-2pm. Open to all.

# 115 Union United Methodist Church

126-22 150th Street, 11436

718 529 3691

Food Pantry: 3rd, 4th Fri 3pm-5pm.

# 116 Walk in Love Family Center

202-11 Jamaica Ave, 11423

347 563 8842

Food Pantry: Wed 1pm-4:30pm. Distribution is while supplies

last.

### 117 First Church of God in Christ

187-10 Baisley Blvd, 11412 347 569 1458, 718 925 5198, 718 712 4831

Food Pantry: Thurs 12pm-3pm.

### 118 Jewish Community Council of the Rockaway Peninsula

1525 Central Ave, 11691

718 327 7755

**Food Pantry: Tues** 9:30am-1:30pm. Can come once a month. Client Choice. Provides SNAP enrollment assistance.

# 119 J.U.S.T.I.C.E. Organization/Jesus is Justice Mission Inc.

219 Beach 28 St., 11691 718 772 7951

Food Pantry: Wed 12pm-2pm.

### STATEN ISLAND

10302, 10301, 10306, 10314, 10309, 10307

### • 120 Community Health Action of Staten Island

2134 Richmond Terrace, 10302 718 808 1450

Food Pantry: Tues, Wed 12pm-4pm; Fri 2pm-6pm; Sat 10am-2pm. Bring ID.

# 121 The Salvation Army: Port Richmond

1295 Forest Ave, 10302

718 442 2145 x203

Food Pantry: Mon-Thurs 10am-2pm.

# 122 St. Peter's Food Pantry

53 St. Mark's Place, 10301 718 447 6362

Food Pantry: Tues 10am-11am.

### 123 Project Hospitality

514 Bay St., 10304

718-815-0800

Food Pantry: Tues, Thurs 9am-11am.
Soup Kitchen: Tues, Thurs 11:30am-1pm.

### 124 Salvation Army Stapleton

15 Broad Street, 10304

718 448 8480 x206

Food Pantry: Tues, Wed, Thurs 12pm-1:30pm.

Soup Kitchen: Mon, Fri 11am-12pm.

# 125 Stapleton Union AME Church

49 Tompkins Avenue, 10304

718 273 2857

Food Pantry: Tues, Fri 10am-1pm.

Soup Kitchen: Mon 3pm-4pm; Wed 12pm-1pm.

# 126 Project Hospitality Mobile Pantry- Midland and Nugent Ave.

511 Midland Ave., 10306

729 815 0800

Mobile Market: Fri 1pm-1:30pm.

### 127 All Saints Church Episcopal Ministry

2329 Victory Blvd. (entrance in rear), 10314 718 698 1338

Food Pantry: Mon-Fri 10am-12pm. Nonperishable food only.

# 128 St. Edward Food Pantry/Franciscan Handmaids of Mary

6581 Hylan Blvd., 10309

718 984 1625

**Food Pantry: Wed, Sat** 10am-12pm. Clients are served every two weeks. By appointment only.

### 129 South Shore Food Pantry at St. Paul's UMC

7558 Amboy Road, 10307

718 227 2485

**Food Pantry: Thurs, Fri** 10am-12pm. Please call (718) 277-2485 on Mondays to make an appointment.



# **COMMUNITY SUPPORTED AGRICULTRE (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

#### BRONX

10451, 10457, 10461, 10472, 10475

### 130 Lincoln Hospital Greenmarket

149th St. between Park Ave. & Morris Ave., 10451 **Tues, Fri** 8am-3pm, June 25- Nov 23

### 131 Harvest Home Mt. Eden Malls Market

Claremont Park, Mt. Eden & Morris Avenues, 10457 **Tues-Thurs** 8am-4pm. June 8-Nov 23

### 132 Fordham Plaza Greenmarket

E Fordham Road & Webster Ave., 10461 Fri 8am-4pm, July 9-Nov 19

# 133 Harvest Home Jacobi Hospital Market

1400 Pelham Parkway, 10461 **Fri** 8am-4pm, June 25-Nov 19

### 134 Parkchester Greenmarket

White Plains Road & Westchester Ave., 10472 **Fri** 8am-4pm, June 11-Nov 19

### 135 Harvest Home Co-op City Market

Asch Loop & Aldrich Ave (Next to Firehouse), 10475 **Wed** 8am-4pm, June 16-Nov 24

### **MANHATTAN**

10033, 10037, 10025, 10023, 10017, 10003, 10009, 10013, 10004

### 136 175th Street Greenmarket

W 175th Street btw Wadsworth & Broadway, 10033 **Thurs** 8am-4pm, June 24-Nov 18

# 137 Harvest Home Harlem Hospital Market

W. 137th St & Lenox Ave, 10037 **Fri** 8am-4pm, June 18-Nov 19

### 138 Columbia Greenmarket

Broadway & 114th St, 10025

Thurs, Sun 8am-4pm, year-round

### 139 Tucker Square Greenmarket

Broadway & 66th St, 10023

Thurs, Sat 8am-4pm, year-round

### 140 Dag Hammarskjold Greenmarket

47th Ave & 2nd Ave, 10017

Wed 8am-3pm, year-round

### 141 Union Square Greenmarket

Union Square West & 17th St, 10003

Mon, Wed, Fri 8am-6pm, year-round

### 142 Tompkins Square Greenmarket

Ave A & 7th St, 10009

Sun 9am-5pm, year-round

### 143 Tribeca Greenmarket

Greenwich St & Reade St, 10013

Wed and Sat 8am-3pm, year-round

### 144 Bowling Green Greenmarket

Broadway & Whitehall St, 10004

Tues and Thurs 8am-5pm, year-round

#### BROOKLYN

11211, 11201, 11231, 11213, 11212, 11207, 11226, 10128, 11203, 11235

# 145 South Williamsburg Greenmarket

Taylor St and Lee Ave., 11211

Thurs 8am-3pm, July 8-Nov 18

# 146 Brooklyn Borough Hall Greenmarket

Montague & Court Streets, 11201

Tues, Sat 8am-4pm, year-round

#### 147 Red Hook Initiative Farm Stand

560 Columbia Street, at the corner of Columbia and Sigourney Streets, 11231

Sat 10am-3pm, June 19-Nov 21, Closed Sept 5, there is an option to order online

#### 148 Harvest Home Brower Park Market

Brooklyn Ave & Prospect Place, 11213 **Thurs** 8am-4pm, June 17-Nov 18

#### 149 Brownsville Pitkin Farmstand

Pitkin Ave and Thomas Boyland St, 11212 **Sat** 9am-2pm. July 10- Nov 20

#### 150 Riseboro Market at Bethel

215 Cooper Street, 11207

Thurs 11am-3pm, June 17-Nov 18

## • 151 East New York Farms! Saturday Farmers' Market

Schenck Avenue between New Lots and Livonia Avenues, 11207

**Sat** 9am-3pm, 9am-10am market for seniors & expecting mothers/parents w/ young children, June-November,

# 152 Cortelyou Greenmarket

Cortelyou Rd between Rugby & Argyle, 11226 **Sun** 8am-3pm, vear-round

# 153 Bay Ridge Greenmarket

3rd Ave & 95th Street, 10128 **Sat** 8am-3pm, May 1-Nov 20

# 154 Harvest Home Kings County Hospital Market

Clarkson Avenue Between E. 37th St & E. 38th St, 11203 **Wed** 8am-4pm, June 16-Nov 24

## 155 Harvest Home Coney Island Hospital Market

Ocean Parkway between Avenue Z & Shore Parkway, 11235 Fri 8am-4pm. June 18 - Nov 19

#### **OUEENS**

11105, 11104, 11373, 11355, 11375, 11385, 11366, 11418

## 156 Ditmars Park Farmstand

Steinway St between Ditmars Blvd & 23rd Ave, 11105 **Sat** 9:30am-2pm, July 10-Nov 20

## 157 Sunnyside Greenmarket

Skillman Ave & 43rd St, 11104 Sat 8am-3pm, year-round

# 158 Elmhurst Hospital Greenmarket

41st Avenue btw 80th & 81st Sts, 11373 **Tues** 8am-4pm. June 1-Nov 23

## 159 Flushing Greenmarket

Kissena Blvd and Maple Ave (Maple Playground), 11355 **Wed** 8am-3pm, July 7-Nov 24

#### 160 Forest Hills Greenmarket

Queens Blvd & 70th Ave, 11375 **Sun** 8am-3pm, year-round

# 161 Ridgewood Farmstand

Cypress Ave & Myrtle Ave, 11385 Sat 8:30am-3pm. July 10-Nov 20

# 162 Down to Earth's Cunningham Park Farmer's Market

NE Corner of Cunningham Parking lot off Union Turnpike, 11366

Sun 9am-2pm, May 9-Dec 19

## 163 Forest Park Farmstand

Myrtle Ave and Park Lane South, 11418 **Sat** 8:30am-3pm, July 10-Nov 20

#### STATEN ISLAND

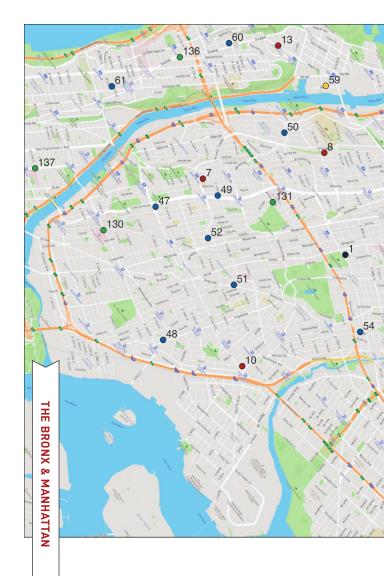
10301, 10314

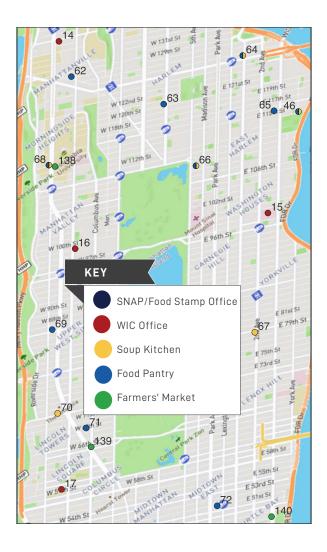
## 164 Saint George Greenmarket

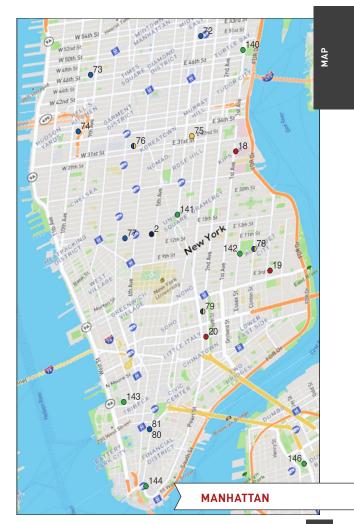
St Marks Pl & Hyatt St, 10301 **Sat** 8am-2pm, year-round

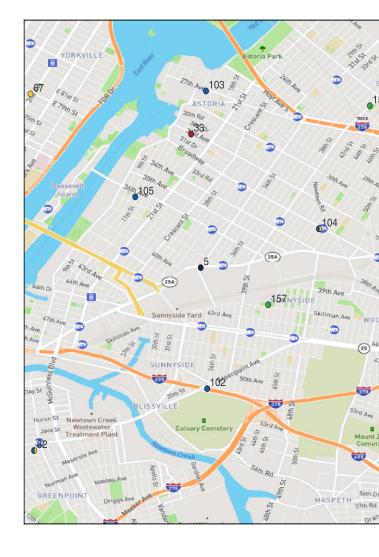
## 165 Staten Island Mall Greenmarket

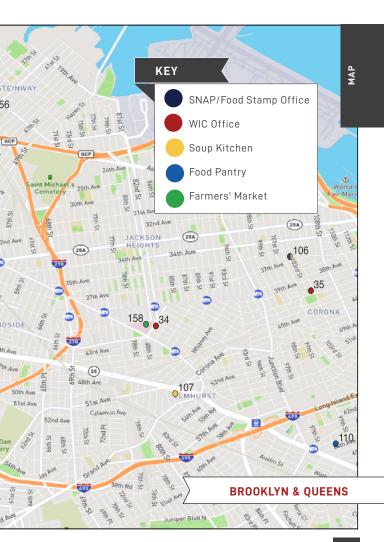
Marsh Avenue & Ring Road, 10314 Sat 8am-2pm, May 8-Dec 18



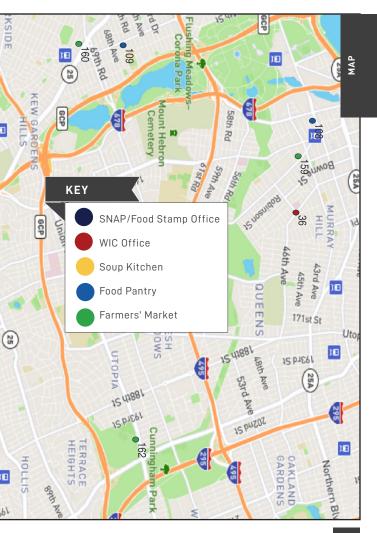
















# **GOD'S LOVE WE DELIVER**

God's Love We Deliver cooks and home-delivers nutritious meals for people with serious illnesses and their families.

Eligibility is based on a valid medical note that reflects diagnosis and difficulty with activities. Application form from website (www.glwd.org/getmeals) can be faxed or emailed, or call agency directly for an interview. New clients must apply for services before assessment for home delivery of meals. Dial 212-294-8102 or email clientservices@glwd.org to learn more.

\*Information on Meals-On-Wheels can be found in the Senior Meals section.



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

# OTHER ASSISTANCE

# 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.

# HEALTH INSURANCE

# Affinity Health System

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

General Info 866 694 9809

#### Medical Care-Bronx

#### Lincoln Medical & Mental Health Center

234 E. 149 St., 10451 718 579 5000

## North Central Bronx Hospital

3424 Kossuth Ave., 10467 718 519 5000

#### Jacobi Medical Center

1400 Pelham Parkway South, 10461 718 918 5000

#### Medical Care- Manhattan

### Harlem Hospital Center

506 Lenox Ave., 10037 212 939 1000

### Metropolitan Hospital

1901 1 Ave., 10026 212 423 6262

# **Bellvue Hospital**

462 1 Ave., 10016 212 562 4141

# Gouverneur Hospital

227 Madison St., 10002 212 441 5000

# New York Presbyterian Lower Manhattan Hospital

170 William St., 10038 212 312 5110

# Medical Care- Brooklyn

# Kings County Hospital Center

451 Clarkson Ave., 11203 718 245 3131

## Coney Island Hospital

2601 Ocean Parkway, 11235 718 616 3000

#### Maimonides Medical Center

4802 10th Ave., 11219 718 283 6000

#### Lutheran Medical Center

150 55 St., 11220 718 630 7000

#### Ida G. Israel Health Center

2925 W 19th St., 11224 718 692 9540

## Medical Care-Oueens

## 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

## Queens Hospital Center

82-68 164 St., 11432 718 883 3000

## Jamaica Hospital

8900 Van Wyck Expressway, 11418 718 206 6000

#### Medical Care-Staten Island

## Staten Island University Hospital North

475 Seaview Ave., 10305

718 226 9000

## Staten Island University Hospital South

375 Seguine Ave., 10309

718 226 2000

## Richmond University Medical Center

355 Bard Ave., 10310

844 516 6585

## **EMERGENCY NUMBERS**

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

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 (Español)

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

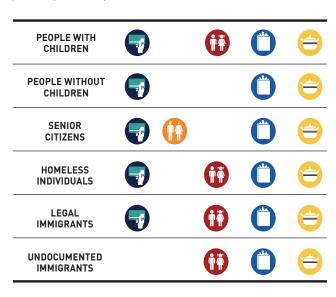
Mental Health Hotline: 888-692-9355

Emotional Support Helpline: 844-863-9314

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

## WHAT AM I ELIGIBLE FOR?

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







WIC Packages
School Breakfast & Lunch
Free Summer Meals
for Children



Meals at Senior Centers Home-delivered Meals

