

Food and Nutrition Support

Women, Infants, Children (WIC) – Ryan Health

Due to Covid-19 Pandemic, Ryan Health WIC program has now moved to providing services electronically. **Please DO NOT come to the WIC office as there will not be any staff on site.** Please call this number to receive services electronically: [\(212\) 865-0410](tel:(212)865-0410) or [\(212\) 477-8846](tel:(212)477-8846).

WIC provides nutritious food to pregnant, breastfeeding women and women who have just given birth, as well as infants and children up to five years of age. Women who qualify for WIC assistance can receive:

- Free food assistance and baby formula
- Nutrition education
- Breastfeeding support
- Referrals to support services
- Breast pumps

- **No more paper checks!**

- **Only buy the food you need each time!**

- **Easier checkout!**

For more information on applying for WIC see [WIC](#).

WIC members can have baby formula delivered free to all NYC boroughs by calling [\(718\) 405-9111](tel:(718)405-9111).

I. Food Assistance

Grab-and-Go hot meals

Available for all children in New York City. Text **FOOD** or **COMIDA** to **877877** for a list of locations near you.

The **New York City Department of Education** is committed to making three free meals available daily for any New Yorker at one of the 400 Meal Hubs across the city. For locations, hours, and more information, [click here](#).

Each site offers three hot meals per day. You can pick up from any location between the hours of 7:30 am-1:30 pm, Monday-Friday.

Notes on Grab & Go Meals

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- No registration, ID, or documentation required.
- All three meals a day may be picked up at the same time.
- No dining space is available, so meals must be eaten off premises.
- Parents and guardians may pick up meals for their children.

Hunger Free NYC

Free food and assistance is available in New York City.

No matter what your situation - you can get nutritious food! [Click here](#) to enter your zip code and click “see more” for details on contact and hours. You can also download the full [Neighborhood Guides](#).

Food Bank NYC

For more information about Food Bank for NYC [click here](#).

Food tab on Gale Brewer's website: <https://www.manhattanbp.nyc.gov/>

Apply for SNAP Benefits

*It usually takes 30 days after the submission is completed for SNAP benefits to take effect, but because of coronavirus, **there may be significant delays***

- **Log on or create an account at Access HRA:** www.nyc.gov/accesshra
- Download the **ACCESS HRA App** on your smartphone to apply
- Seniors (60+) can get help applying for SNAP **by phone** – **CALL 311** for assistance
 - Must be:
 - NYC Resident
 - Have annual household income under \$32,000
- After you submit their application, you can **call DSS/HRA at 718-SNAP-NOW; (718) 762-7669** anytime between 8:30 am - 5:00 am, Monday – Friday to interview.

Unemployment

For help filling for unemployment assistance file at [Department of Labor](#).

New York State residents call [\(888\) 209-8124](#) for assistance filing.

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If you already have SNAP benefits:

- You can now use your EBT card online to get groceries delivered from Amazon, ShopRite, or Walmart
- **Recertifications for SNAP and Cash Assistance are POSTPONED due to COVID-19** (you do not need to recertify to have your benefits continue during the pandemic)

Breastfeeding Resources

National Women's Health and Breastfeeding Helpline: [1-800-994-9662](tel:1-800-994-9662)

NY Statewide Postpartum Helpline: [1-855-631-0001](tel:1-855-631-0001)

La Leche League: <https://www.llofmanhattan.com/leaders.html>

II. Food Delivery

GetFoodNYC Food Delivery Program

During the COVID-19 The City of New York can deliver meals to senior, coronavirus (COVID-19) vulnerable and food-insecure New Yorkers not currently served through existing food delivery programs.

An account can be created to order at [NYC Food Delivery Assistance](#). 311 can be called for help filling out the form.

Invisible Hands

Request a delivery by zip code at <https://invisiblehandsdeliver.org/>.

Visiting Neighbors

Local volunteer delivery service at www.visitingneighbors.org/call [\(212\) 260-6200](tel:212-260-6200).

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Drivers Looking for Work in Food Delivery

NYC is asking TLC-licensed drivers to participate in this important work by assisting in delivering food to New Yorkers who must stay home. Drivers will receive \$15 per hour, plus reimbursement for mileage and tolls. Signing up is easy, visit www.nyc.gov/DeliveryTLC

III. Meal Distribution Sites

Red Rabbit Emergency Meal Distribution Sites

Red Rabbit is distributing nutritious, made-from-scratch meals for children (18 years old or younger) every day at select locations. Identification is NOT required at any site. One breakfast and one lunch is allowed per child at each pickup. Meals are served on a first-come, first-served basis but mobile sites (Red Rabbit trucks) rarely run out. Stationary sites that are open for longer windows usually distribute all meals within 1-2 hours. Please see the Red Rabbit Instagram [@myredrabbit](https://www.instagram.com/myredrabbit) for everyday updates. Below are a list of all the Manhattan and Brooklyn sites:

Manhattan:

Global Charter

150th and Broadway (truck)

8:30am – 8:50am

West Harlem Group Assistance

142nd and Lenox Ave (Anyone, adults included, can pick up meals from this site)

9:30am – 2:00pm

Capital Prep School

1 East 104th Street (truck)

10:00am – 10:20am

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Girls Prep Elementary LES School

442 E Houston St (truck)

12:15pm – 12:45pm

Brooklyn:

Kaiser Park

Corner of Neptune and Bayview Avenue (truck). 10:30am – 11:15am

Sheepshead Houses

3023 Ave X (between Batchelder & Coyle)

10:30am – 12pm

Coney Island Prep High School

294 Avenue T

11am – 1pm

Marlboro Houses

2298 W 8th St.

12pm – 2pm

These sites provide grab-and-go style meals three times a day. No individual will be turned away.

Lower East Side:

P.S. 019 Asher Levy

185 1st Avenue, Manhattan 10003

No wheelchair accessibility, non-kosher

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P.S. 034 Franklin D. Roosevelt

730 East 12th Street, Manhattan 10009

No wheelchair accessibility, non-kosher

The STAR Academy - P.S.63

121 East 3rd Street, Manhattan 10009

No wheelchair accessibility, non-kosher

P.S. 064 Robert Simon

600 East 6th Street, Manhattan 10009

No wheelchair accessibility, non-kosher

P.S. 134

293 East Broadway, Manhattan 10002

Fully wheelchair accessible, kosher

P.S. 142 Amalia Castro

100 Attorney Street, Manhattan 10002

Partially wheelchair accessible, non-kosher

P.S. 184m Shuang Wen

327 Cherry Street, Manhattan 10002

Partially wheelchair accessible, non-kosher

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New Design High School

350 Grand Street, Manhattan 10002

No wheelchair accessibility, non-kosher

New Explorations into Science, Technology and Math High School

111 Columbia Street, Manhattan 10002

No wheelchair accessibility, non-kosher

P.S. 001 Alfred E. Smith

8 Henry Street, Manhattan 10038

No wheelchair accessibility, non-kosher

P.S. 002 Meyer London

122 Henry Street, Manhattan 10002

No wheelchair accessibility, non-kosher

P.S. 042 Benjamin Altman

71 Hester Street, Manhattan 10002

No wheelchair accessibility, non-kosher

P.S. 126 Jacob August Riis

80 Catherine Street, Manhattan 10038

No wheelchair accessibility, non-kosher

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P.S. 130 Hernando De Soto

143 Baxter Street, Manhattan 10013

Fully wheelchair accessible, non-kosher

M.S. 260 Clinton School Writers & Artists

10 East 15th Street, Manhattan 10003

Fully wheelchair accessible, non-kosher

M.S. 131

100 Hester Street, Manhattan 10002

Fully wheelchair accessible, non-kosher

IV. Home Delivered Meals by Location

Midtown

Uber Eats operating for select restaurants, select “leave at door” to reduce spread of coronavirus:
<https://www.uber.com/us/en/coronavirus/>

Upper West Side

Goddard-Riverside Community Center

Our meals are prepared fresh every day and represent a third of the recommended daily nutritional intake for an adult. The menu is approved by a Department for the Aging nutritionist, so the meals are fresh, nutritious and attractive in presentation. Twice a year, clients complete a food satisfaction survey, which allows us to take their preferences into consideration. This is a key step toward ensuring that the food is enjoyed and eaten.

The meals are delivered Monday through Friday. The Home Delivered Meals service helps older adults remain in their homes for as long as possible. Studies show that homebound seniors who get

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meals delivered are better nourished and experience less loneliness than their counterparts.

Please note that we cannot accept direct referrals for Home Delivered Meals; must have a referral from **Project Pilot, Selfhelp Community Services**. Contact at [\(212\) 787-8106](tel:2127878106) to determine eligibility. Serves homebound older adults on the Upper West Side of Manhattan.

Address: [136 West 91st Street, New York, NY 10024](#)

V. Food Pantries

Midtown

St. Paul's House www.saintpaulshouse.org

- **Creighton's Café Soup Kitchen**
 - Monday, Wednesday & Friday Mornings: 8:00 am Hot "to go plates" are Handed Out at the Green Chapel Door
- **Neighborhood Food Pantry**
 - Tuesday Mornings: 10:00 am Pantry Bags Given Out at the Green Chapel Door
- **Heartbeat Family Group – Friday Evenings (AGE 5-15)**
 - All Heartbeat Meetings will be held on Zoom Conference. If you would like to include your child on the Friday Night Zoom Calls, please send an email to:
programs@stphouse.org

Phone: [\(212\) 265-5433](tel:2122655433)

Address: [335 West 51st Street, New York, NY 10019](#)

Holy Apostles Soup Kitchen

Grab and Go Bags Provided Monday-Friday, 10:30am - 12:30am.

<https://holypostlessoupkitchen.org/>

Phone: [\(212\) 924-0167](tel:2129240167)

Address: [296 9th Avenue, New York, NY 10001](#)

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Holy Cross Church Crossroads

Visit the website [here](#).

Help Line: [\(888\) 744-7900](tel:8887447900) (9:00 am – 5:00 pm, Monday-Friday)

Phone: [\(212\) 447-5014](tel:2124475014)

Address: [329 West 42nd Street, New York, NY 10036](#)

Grab and Go Bags Provided

- **Kennedy Center:** [34 West 134 Street, Between Lenox and 5th Avenue](#) – Entrance through West 135 Street.
 - *Wednesday: 9:00 am – 1:00 pm*

- **St. Cecilia Pantry:** [125 East 105 Street](#). Between Park and Lexington Ave, Manhattan
 - *Wednesday: 9:00 am – 12:00 pm (noon)*
 - Packing bags of food for delivery to homebound seniors

Plentiful Food Pantry Pickup Service - a free, easy-to-use reservation service for food pantries

- Visit their website for food pantry locations or text **“FOOD”** or **“COMIDA”** to the number **(212) 726-879 (PANTRY)**
 - Registration directions in 9 languages
 - Pick up a bag of groceries within walking distance of your house, no questions asked
 - Website: <https://www.plentifulapp.com/>

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Upper West Side

West Side Campaign Against Hunger

Customers can come once a month and get nutritious food for the family for three days. For more information about West Side Campaign Against Hunger [click here](#).

Address: [263 West 86th Street, New York, NY 10024](#)

Franciscan Community Center

[214 West 97th Street, New York, NY 10025](#)

Trinity Lutheran Church of Manhattan

We provide breakfast and dinner daily for our **Trinity Place** shelter residents.

If you are interested in the services provided by the **Community Meals Program**, please contact us via phone at [\(212\) 222-7045](#).

Address: [164 West 100th Street, New York, NY 10025](#)

St. Michael's Episcopal Church

The Saturday Kitchen serves a healthy and satisfying meal to the poor and homeless once a week. 10:00 am - 11:00 am EDT.

Address: [225 West 99th Street, New York, NY 10025](#)

Holy Name of Jesus and St. Gregory the Great Parish

The "Sandwich Line" provides approximately 450 nutritious lunches weekly consisting of a sandwich, beverage and snack every Tuesday and Thursday from 11:00 am - 2:00 pm. All are welcome. Entrance is located at [214 West 97th Street](#) in The Franciscan Community Center.

If you are interested in the Sandwich Line Program, please contact us via phone at [\(212\) 932-8040](#) or email us at contactus@fccnyc.org for more information or visit our location during service hours.

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West End Presbyterian Church

West End Presbyterian Church Food Pantry provides canned food to feed families and individuals in need, once a month. Tuesdays and Thursdays: 11:30 am - 12:30 pm EDT

Phone: [\(212\) 663-2900](tel:(212)663-2900)

Address: [165 West 105th Street, New York, NY 10025](#)

Church of the Ascension

The Ascension Food Pantry serves everyone from low income families, single parents, senior citizens, unemployed individuals, disabled veterans, working poor, and anyone else in need of our assistance. Saturdays 10:00 am - 12:00 pm EDT

Address: [221 West 107th Street, New York, NY 10025](#)

Holy Name of Jesus and St. Gregory the Great Parish

Photo ID and proof of residence in 10024-10026 required. Our food pantry serves everyone from low income families, single parents, senior citizens, unemployed individuals, disabled veterans, working poor, and anyone else that comes to the pantry. Mondays 11:00 am - 3:00 pm EDT

Phone: [\(212\) 932-8040](tel:(212)932-8040)

Address: [207 West 96th Street, New York, NY 10025](#)

Advent Lutheran Church

The Advent Lutheran Church offers the Food Pantry to provide a bag of groceries that is filled to the brim with essentials and grocery items for those individuals that are in need. 1st Saturday of the month 10:30 am - 11:30 am.

Address: [2504 Broadway, New York, NY 10025](#)

St. Michael's Episcopal Church

The Saturday Kitchen serves a healthy and satisfying meal to the poor and homeless once a week. 10:00 am - 11:00 am EDT

Address: [225 West 99th Street, New York, NY 10025](#)

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Washington Heights

Church of the Good Shepherd

Call organization for more information at [**\(212\) 567-1300**](tel:(212)567-1300)

Address: [**104 Cooper Street, New York, NY 10034**](#)

New York City Love Kitchen (Soup Kitchen)

Hours: Monday-Friday 4:30 pm - 6:30 pm

Phone: [**\(212\) 932-4204**](tel:(212)932-4204)

New York City Love Kitchen

Need: Photo ID and proof of address. Open the 1st, 2nd, and 3rd Thursday from 2:00 pm - 3:00 pm

Phone: [**\(212\) 932-4204**](tel:(212)932-4204)

Address: [**3816 9th Avenue, New York, NY 10034**](#)

Jewish Community Council (Kosher)

Need: Photo ID and proof of address. Registration between 12:30 pm - 1:00 pm.

Phone: [**\(212\) 568-5450**](tel:(212)568-5450)

Address: [**121 Bennett Avenue, #11A, New York, NY 10033**](#)

Catholic Charities- St. Rose of Lima

Need: Proof of Address and ID for each family member. Thursdays 10:00 am – 4:00 pm.

Phone: [**\(646\) 630-2390**](tel:(646)630-2390)

Address: [**512 West 165th Street, New York, NY 10032**](#)

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Community League of the Heights

Need: Picture ID. Must be registered with community center- Book appointments on Tuesdays and Thursdays. Open Wednesdays & Saturdays 9:00 am - 11:00 am.

Phone: [\(212\) 795-4779](tel:(212)795-4779)

Address: [508 West 159th Street, New York, NY 10032](https://www.google.com/maps/place/508+West+159th+Street,+New+York,+NY+10032)

City Harvest Washington Heights- Prince Hall Mobile Market

Need: Picture ID and proof of address. Must be registered with community center. 2nd Thursday and 4th Saturday 9:30 am- 11:30 am.

Phone: [\(646\) 412-0743](tel:(646)412-0743)

Address: [454 West 155th Street, New York, NY 10032](https://www.google.com/maps/place/454+West+155th+Street,+New+York,+NY+10032) (St. Nicholas, curbside on 155th street)

Lower East Side

AIDS Service Center of Lower Manhattan, Inc.- 41 East 11th Street

212-645-0875

Open everyday

Bowery Mission Ministries- 227 Bowery Street

(212) 674-3456

Residential and overnight programs offered.

Cabrini Immigrant Services- 139 Henry Street

212-791-4590

Tuesday, May 26th 9:30 AM to 12:30 PM

Tuesday, Jun 2nd 9:30 AM to 12:30 PM

Tuesday, Jun 9th 9:30 AM to 12:30 PM

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Coalition For The Homeless / Grand Central Food Program- 55 St Marks Place

212-369-9220

ID Not Required

Father's Heart Ministries- 543 East 11th Street

212-982-3578, (212) 375-1766. Please call for hours

George Daly House- 269 East 4th Street

(212) 260-9825. Please call for hours

God's Love We Deliver- 166 6th Avenue

212-294-8129, (212) 294-8102

Please call for hours

Lillian Wald Food Pantry- 12 Avenue D

212-260-2731

To make an appointment via Plentiful, text FOOD to PANTRY (726-879).

Thursday, May 21st 9:30 AM to 3:30 PM

Thursday, May 28th 9:30 AM to 3:30 PM

Thursday, Jun 4th 9:30 AM to 3:30 PM

Thursday, Jun 11th 9:30 AM to 3:30 PM

Momentum Project @Middle Collegiate Church- 50 East 7th Street

(718)292-7718 X482

Mo-Fr 12:00PM-02:00PM



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Momentum Project @Middle Collegiate Church- 50 East 7th Street

(718)292-7718 X482

Mo-Fr 12:00PM-02:00PM

New York City Rescue Mission- 90 Lafayette Street

(212) 226-6214

Please call for hours

New York City Rescue Mission-90 Lafayette Street

212-226-6214

ID Required

Monday-Friday

Breakfast: 8 - 9am

Lunch: 1 - 2pm

Dinner: 6 - 7pm

All meals are pre-packed to go.

Primitive Christian Church- 207 East Broadway

212-673-7868

Thursday, May 21st 10:00 AM to 12:00 PM

Thursday, May 28th 10:00 AM to 12:00 PM

Thursday, Jun 4th 10:00 AM to 12:00 PM

Thursday, Jun 11th 10:00 AM to 12:00 PM



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TRINITY'S SERVICES AND FOOD FOR THE HOMELESS, INC. - 602 E 9th St, New York, NY, 10009

212-228-5254 ext 10

To make an appointment via Plentiful, text FOOD to PANTRY (726-879).

Thursday, May 14th 12:30 PM to 1:30 PM

Tuesday, May 19th 12:30 PM to 1:30 PM

Wednesday, May 20th 12:30 PM to 1:30 PM

Thursday, May 21st 12:30 PM to 1:30 PM

Tuesday, May 26th 12:30 PM to 1:30 PM

Wednesday, May 27th 12:30 PM to 1:30 PM

Thursday, May 28th 12:30 PM to 1:30 PM

Tuesday, June 2nd 12:30 PM to 1:30 PM

Wednesday, June 3rd 12:30 PM to 1:30 PM

Thursday, June 4th 12:30 PM to 1:30 PM

Tuesday, June 9th 12:30 PM to 1:30 PM

Wednesday, June 10th 12:30 PM to 1:30 PM

Thursday, June 11th 12:30 PM to 1:30 PM

Abounding Grace Ministries- 428 East 10th Street

(212) 614-0370

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Harlem

Harlem Father Creavin's Food Pantry

Need: Photo ID. 2nd, 3rd and 4th Tue of the month, 9:00 am - 10:00 am

Phone: [\(212\) 281-2100](tel:(212)281-2100)

Address: [276 West 151st Street, New York NY 10039](#)

Union Baptist Church

Hours: 1:30 pm - 2:30 pm

Phone: [\(212\) 862-3002](tel:(212)862-3002)

Address: [240 West 145 Street, New York, NY 10039](#)

St. Charles Borromeo Church

Need: Photo ID and proof of address. Call Friday before pickup. Saturdays 8:30 pm - 11:30 am

Phone: [\(212\) 281-2100](tel:(212)281-2100)

Address: [211 West 141 Street, New York, NY 10030](#)

Iris House West Side

Hours: Tuesday-Friday 12:00 pm - 1:30 pm

Phone: [\(646\) 548-0100](tel:(646)548-0100)

Address: [2348 Adam Clayton Powell Boulevard, New York, NY 10030](#)

Salvation Army Harlem Temple

Hours: Monday-Friday 11:30 am - 12:30 pm

Phone: [\(212\) 862-3900](tel:(212)862-3900)

Address: [540 Lenox Avenue, New York, NY 10037](#)

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Grand Central Food Program - Harlem Hospital

Mobile Soup Kitchen: Monday -Sunday 8:45 pm

Phone: [\(212\) 776-2000](tel:(212)776-2000)

Address: 137th Street and Lenox Avenue, New York, NY 10037

Catholic Charities- Rusty Syaub Central Harlem Food Pantry

Need: Photo ID and proof of address. Wed 9:30 am - 12:00 pm

Phone: [\(212\) 862-6401](tel:(212)862-6401) ext.425

Address: [34 West 134th Street, New York, NY 10037](#)

Metropolitan Baptist Church

12:00 pm = food is finished

Phone: [\(212\) 663-8990](tel:(212)663-8990)

Address: [151 West 128 Street, New York, NY 10027](#)

Safe Horizon Streetwork Project

Monday, Tuesday, Thursday, Friday 3:00 -5:00 pm

New intakes 10:15 am - 11:15 am

Phone: [\(212\) 695-2220](tel:(212)695-2220)

Address: [209 West 125th Street, 2nd FL, New York, NY 10027](#)

Mt. Olivet Baptist Church Community Meals Program

Hours: Mondays 12:30 pm - 1:30 pm

Phone: [\(212\) 846-1155](tel:(212)846-1155)

Address: [201 Lenox Ave, New York, NY 10027](#)

Food and Nutrition Support

Chilis on Wheels

Hours: Fridays 3:00 –6:00 pm

Phone: [\(303\) 618-0528](tel:(303)618-0528)

Address: 125th Street and Park Ave; visit their website [here](#) for more information.

Beth- Hark Christian Counseling Center

Hours: Wednesdays, Thursdays 12:00 –2:00 pm

Phone: [\(212\) 860-1520](tel:(212)860-1520)/1523

Address: [2-26 East 120th Street, New York, NY 10035](#)

Friendly Hands Ministry Inc.

Need: ID required. Monday-Friday 9:00 am - 3:00 pm

Phone: [\(347\) 380-1436](tel:(347)380-1436)

Address: [229 East 118th Street, New York, NY 10035](#)

Catholic Charities St. Cecilia's Parish Services

Hours: Wednesdays 9:00 -11:00 am

Phone: [\(212\) 348-0488](tel:(212)348-0488)

Address: [125 East 105th Street, New York, NY 10029](#)

Fraternite Notre Dame

Hours: Tuesday-Friday 10:30 am - 1:00 pm

Phone: [\(212\) 876-5855](tel:(212)876-5855)

Address: [2290 First Avenue, New York NY 10035](#)

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Cathedral Community Cares

Hours: Sundays 8:00 am – 12:00 pm

Phone: [\(212\) 316-7583](tel:2123167583)

Address: [1047 Amsterdam Avenue, New York, NY 10025](https://www.google.com/maps/place/1047+Amsterdam+Avenue,+New+York,+NY+10025)

VI. Food Assistance for Seniors

Citymeals on Wheels

Meals can be delivered to seniors meeting the following criteria:

Must be 60 years of age or older

Must be unable to prepare nutritious meals or have no one to do so for you

Must be able to live safely at home if services are provided to you

Must be physically or mentally incapacitated and in need of some assistance

Even if you receive home care or Medicaid, you are still eligible to get meals if the home care worker cannot prepare a meal to fit your dietary or religious restrictions, or if he or she is designated to assist only with other tasks.

Go to www.citymeals.org/get-meals and enter your zip code at the bottom of the page to sign up, or call the organization at 212-687-1234.

The National Supermarket Association, in partnership with Lyft

The National Supermarket Association, in partnership with Lyft, is providing access to transportation for seniors in New York City.

Using the code **NSARELIEF** in the Lyft app, seniors will have access to \$25 for rides to and from designated National Supermarket Association-affiliated supermarkets in the Bronx, Queens, Brooklyn, and Upper Manhattan during designated senior hours, between **5:30am and 9:30am**.

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Supermarket Shopping Hours for Seniors Only

Costco- 8 am to 9 am on Tuesday and Thursday for members 60 and older

Dollar General- Stores open 1 hour early for seniors only.

Fairway Market- 8 a.m. to 9 a.m. open to those 65 and older, those with increased susceptibility to serious illness, and expecting mothers.

Stop and Shop- 6:00 am to 7:30 am is reserved for senior customers.

Target- First shopping hour on Tuesday and Wednesday mornings is reserved for seniors and those with underlying health conditions.

Trader Joe's- 9 am to 10 am, a special line for senior customers outside the store to ensure expedited service.

Whole Foods- Stores open 1 hour early for seniors only