











# FOOD PANTRIES IN MANHATTAN

Name	Address	Transportation	Contact Information	Hours of Operation	Languages Offered	COVID-19 Policies
<b>Food Bank for NYC Community Kitchen</b>	<b>Harlem</b> 252 W. 116 St., 10026	 116 St	212 566 7855 foodbanknyc.org	<b>Mon – Thurs:</b> 9am - 3pm, <b>Fri:</b> 9am – 6 pm	English, Spanish	2 meals per day per household, only cold meals. Give out food until supplies run out starting at 11 am. If a person has a microwave and fridge they can have the food. Should bring ID, but no questions asked really if there is food in the pantry
<b>Iris House West Side</b>	<b>Harlem</b> 2348 Adam Clayton Powell Blvd., 10030	 135 St <b>M2</b> Adam C Powell Blvd/W 137 St	646 548 0100 irishouse.org	<b>Pantry</b> <b>Thurs:</b> 1pm - 2pm Bagged Lunch (Grab & Go) <b>Tues – Fri:</b> 12pm - 1:30pm	English, Spanish, Creole, French	Normally client must register first, but no one is being turned away. Must bring an ID <b>Lunch from 12-1pm Tuesdays-Fridays</b>
<b>Catholic Charities - Rusty Staub Central Harlem Food Pantry</b>	<b>Harlem</b> 34 West 134th St., 10037	 135 St <b>M7, M102</b> Malcolm X Blvd/W 132 St	212 862 6401 x425	<b>Wed:</b> 9:30am-11:30pm. ID and proof of address required for registration. <b>**Emergency food available by appointment over the phone.**</b>	English, Spanish	Bags in the front of the building on <b>Wednesdays</b> Must bring ID
<b>St. John's Bread of Life</b>	<b>Chelsea</b> 213 West 30th St., 10001	 34 St/Penn St 34 St/Herald Sq <b>M7, M20</b> 7 Av/W 31 St	212 564 9070 christinthecity.nyc/food-pantries	<b>Wed:</b> 12pm-2pm <b>**Must live between 14th St. and 60 St. ID and proof of address for all household members required**</b>	English, Spanish, Mandarin	Fewer people at a time, enter in the front, leave through the side door
<b>National Council of Jewish Women</b>	<b>Upper West Side</b> 241 West 72nd Street, 10023	 72nd St <b>M5, M57, M72</b> W 72 St/Broadway	212 687 5030 ncjw.org	<b>Mon:</b> 9:30am - 2pm <b>**Photo ID and proof of address for all household members required first time**</b>	English only	Prepacked bags at the door, arrive at normal times
<b>Rauschenbusch Metro Ministries - Metro Baptist Church</b>	<b>Hell's Kitchen</b> 410 W. 40th St, 10018	<b>M11, M34A(SBS)</b> 9 Av & W 40 St	212 594 4464 rmmnyc.org	<b>Sat:</b> 10am - 11:30am <b>**no pantry 5th Sat. One visit per month. ID and proof of address for all household members required**</b>	English, Spanish, Prewritten resources in Mandarin	Used to be client choice, currently you must wait outside, and they hand out bags of nonperishables and produce, stocked for households for 2-3. <b>NO NEED FOR ID FOR COVID</b>

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<b>The Father's Heart Ministries</b>	<b>East Village</b> 543-545 East 11th Street, 10009	 1st Ave <b>M14A(SBS)</b> Ave A/E 11 St	212 375 1765 fathersheartnyc.org	<b>Tue:</b> 6pm - 6:30pm (for <b>KidZone attendees</b> ) <b>Sat:</b> 10am - 11am (except 1st Sat)	Information not available	Food pantry open <b>Saturday April 25 from 830am-1130am</b> **Call in advance to get FP hours**
<b>Jewish Community Council of Washington Heights - Inwood</b>	<b>Fort George</b> 121 Bennett Ave. #11A, 10033	 181st St <b>Bx7, M100</b> Broadway/W 187 St	212 568 5450 jccwashingtonheights.org	<b>Tue – Thu:</b> 11am - 1pm **Photo ID and proof of address required; clients must live in Inwood-Washington Heights. <b>New clients must register between 12:30pm-1pm on Tue, Wed, or Thu.</b> Each family unit can receive one food package per month. Kosher**	English, Spanish, Russian	Closed for COVID-19
<b>Momentum Project at Middle Collegiate Church</b>	<b>East Village</b> 50 E. 7th St., 10003	 Astor Place <b>M103</b> Cooper Sq E & E 6 St <b>M15</b> 1 Avenue & East 4 Street	212 477 0666 middlechurch.org	<b>2nd and 4th Mon:</b> 11:30am-1pm, 5:30pm-6:30pm. **For dates: Call or visit website**	Information not available	Closed for COVID-19
<b>Upper Manhattan Mental Health Center</b>	<b>Harlem</b> 1727 Amsterdam Ave., 10031	 145 St	212 694 9200 MLBowen.Org	<b>Tue</b> (seniors only 58+): 1:30pm - 4pm <b>Wed, Thu</b> (families and singles): 1:30pm - 4pm **ID required, emergency food available Mon-Fri 9am-5pm. Can come once a month (seniors twice)**	Spanish, English	Closed for COVID-19
<b>St. Francis of Assisi</b>	<b>Chelsea</b> 139 W. 31st St., 10001	 34 St/Penn St 34 St/Herald Sq <b>M7, M20</b> 7 Av/W 31 St	212 736 8500 stfrancisnyc.org	<b>Fri - Sat:</b> 9am - 11am. **Must register by calling 212-471-4246**	Information not available	Closed for COVID-19
<b>Church of the Annunciation</b>	<b>Manhattanville</b> 88 Convent Ave., 10027	 125th Street <b>M11, M100, M101</b> Amsterdam Av/W 129 St	212 234 1919 theannunciation.net	<b>Tue:</b> 10:30am-11:30am	English, Spanish	Closed for COVID-19