

HELP FINDING FOOD

Types of Resources		
Food Pantries: provide food packages, meals, and other services www.cap4kids.org/newyorkcity	SNAP: provides a benefit card to help families buy nutritious food www.access.nyc.gov	WIC: provides nutritional support and food to women, infants, and children www.access.nyc.gov

NYC NEIGHBORHOOD FOOD RESOURCE GUIDE

Find Food Resources In Your Community at
www.nycfoodpolicy.org/coronavirus-nyc-food-reports





Or scan with your smartphone this QR code





*Open your phone camera and aim at the code

Locate food pantries in Manhattan on the following page ↔




FOOD PANTRIES IN MANHATTAN

Name	Address	Transportation	Contact Information	Hours of Operation	Languages Offered	COVID-19 Policies	Food Pantry Policy
Food Bank for NYC Community Kitchen	Harlem 252 W. 116 St., 10026	 116 St	212 566 7855 ext. 1024 Foodbanknyc.org (Please visit for information on social services)	Food Pantry Tuesday and Thursday: 9:30am-11am Seniors (60+) exclusively 11am-3:30pm Community and seniors Wednesday: 12pm-6pm Saturday: 11am-2pm Community Meals Monday-Friday: 4-6pm	English, Spanish	No one is allowed into the building. All services are provided outside. Required to wear a mask.	Food Pantry Require ID with proof of address, photo ID, and DOB for all members of the family. Need to call (212) 566-7855 ext. 1024 while in line to place an order If a person has a microwave and fridge they can have the food. Community Meals ID not required. Hot meals are provided for a limit of 2 meals/household
Iris House West Side	Harlem 2348 Adam Clayton Powell Blvd., 10030	  135 St M2 Adam C Powell Blvd/W 137 St	646 548 0100 irishouse.org	Thursday: 2pm - 4pm Bagged Lunch (Grab & Go) Tuesday – Friday: 12pm Lunch No services provided on Monday	English, Spanish, Creole, French	No one is allowed inside and food is served outside. Required to wear a mask.	Services are open to the community. Encouraged to come in during Thursday hours and speak to someone from the Food and Nutrition Department with regards to enrollment. No ID required.
Catholic Charities - Rusty Staub Central Harlem Food Pantry	Harlem 34 West 134th St., 10037	 135 St M7, M102 Malcolm X Blvd/W 132 St	212 862 6401 x425	Wednesday: 10am-1pm Bag of groceries **Emergency food available by appointment over the phone. **	English, Spanish	No one is allowed inside and food is served outside. Required to wear a mask.	Services open to the community. To enroll as a client, must present ID, proof address, household information, and phone number. Clients would be given a card to present at following visits.


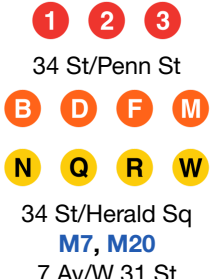

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St. John's Bread of Life	Chelsea 213 West 30th St., 10001	 <p>34 St/Penn St 34 St/Herald Sq M7, M20 7 Av/W 31 St</p>	212 564 9070 christinthecity.nyc/food-pantries	Monday-Thursday: 8am-1pm Package given once a week/family No services provided on Friday	English, Spanish, Mandarin	No one is allowed inside and food is served outside. Required to wear a mask.	Services open to the community. ID required.
National Council of Jewish Women	Upper West Side 241 West 72nd Street, 10023	 <p>72nd St M5, M57, M72 W 72 St/Broadway</p>	212 687 5030 ncjw.org	Pantry Monday: 9:30am-1:30pm Community Kitchen Wednesday: 4:30pm Sunday: 11am	English only	Prepackaged bags at the door, arrive at normal times. Must be wearing a mask.	Pantry A supply of three-day fresh produce and shelf-stable groceries provided. Can utilize services once a month. Community Meals A pack of chilled ready-to-eat meals provided to families. Welcome as often as they like. No registration or ID required. Manhattan residents only.
Rauschenbusch Metro Ministries - Metro Baptist Church	Metro Baptist Church 410 W. 40th St, 10018	M11, M34A(SBS) 9 Av & W 40 St	212 594 4464 rmmnyc.org food@rmmnyc.org	Pantry Thursday and Friday 10am:11:30am With appointment Saturday 10am:11:30am Without appointment	English, Spanish, Prewritten resources in Mandarin	Must wait outside the church entrance, and they hand out bags of nonperishables and produce, stocked for households for 2-3. NO NEED FOR ID FOR COVID	Pantry "Grab and Go" services are provided on both an appointment and no appointment basis. To book an appointment, text "FOOD" to "PANTRY" (726-879) No referral needed.

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Name	Address	Transportation	Contact Information	Hours of Operation	Languages Offered	COVID-19 Policies	Food Pantry Policy
The Father's Heart Ministries	East Village 543-545 East 11th Street, 10009	 1st Ave M14A(SBS) Ave A/E 11 St	212 375 1765 fathershearnyc.org	Breakfast Saturday: 8:30am -11am Grab-and-go bag Food Pantry Saturday: 8:30am -11am Breakfast and Pantry closed the 1st Saturday of the month KidZone Tue: 6pm - 6:30pm Closed Until Further Notice	Not known	Dining area remains closed until further notice. Services will be provided outside as a grab and go service. All guests and volunteers are required to wear a mask and practice social distancing.	Services opened to the community. ID required.
Jewish Community Council of Washington Heights - Inwood	Fort George 121 Bennett Ave. #11A, 10033	 181st St Bx7, M100 Broadway/W 187 St	212 568 5450 jccwashingtonheights.org	Wednesday 10am -1pm	English, Spanish, Russian	Services will be provided outside as a grab and go service. All guests and volunteers are required to wear a mask	Prepackaged dried goods are offered once a week. **Photo ID and proof of address required; clients must live in Inwood-Washington Heights (Northern Manhattan)** First time clients MUST register prior to visit or they will be turned away.
Momentum Project at Middle Collegiate Church	East Village 50 E. 7th St., 10003	 Astor Place M103 Cooper Sq E & E 6 St M15 1 Avenue & East 4 Street	212 477 0666 middlechurch.org	2nd and 4th Mon: 11:30am-1pm, 5:30pm-6:30pm. **For dates: Call or visit website**	Not known	Closed for COVID-19	

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Upper Manhattan Mental Health Center	Harlem 1727 Amsterdam Ave., 10031	 145 St	212 694 9200 MLBowen.Org	Tuesday, Wednesday, Thursday 11am-2:30pm	Spanish, English	Senior access hours put on hold until further notice. Services will be provided outside as a grab and go service. All guests and volunteers are required to wear a mask	Services open to the community Must bring ID with proof of address Best if they bring their own bag to carry pre packaged goods.
St. Francis of Assisi	Chelsea 139 W. 31st St., 10001	 34 St/Penn St 34 St/Herald Sq M7, M20 7 Av/W 31 St	212 736 8500 212 564 8799 stfrancisnyc.org	Friday - Saturday: 9am - 10:30am.	English	Services will be provided outside as a grab and go service. All guests and volunteers are required to wear a mask	Services open to the community. Must bring proof of ID and address when registering for the first time.
Church of the Annunciation	Manhattanville 88 Convent Ave., 10027	 125th Street M11, M100, M101 Amsterdam Av/W 129 St	212 234 1919 theannunciation.net	Tuesday: 10:30am-11:30am	English, Spanish	Services will be provided outside as a grab and go service. All guests and volunteers are required to wear a mask	Services open to the community and require ID with proof of address. Consecutive weekly access to the pantry is not allowed. Families can visit every two weeks.