

# Save Money + Eat Healthier

A Guide to Food Resources in West Philadelphia North of Market St.



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## SNAP Hotline: 215-430-0556

Call for help with SNAP (food stamps) and other food programs, or visit [www.phillyfoodfinder.org](http://www.phillyfoodfinder.org)

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### FOR FAMILIES WITH CHILDREN

**WIC** 800-743-3300

Provides vouchers for healthy foods for kids under 5, new moms, and pregnant women.

**MOMobile** 215-972-0700

Provides formula and other services at eight locations throughout the city.

**Summer Meals** 1-855-252-MEAL (6325), or text "FOOD" or COMIDA to 877877, or visit: [www.phillysummermeals.org](http://www.phillysummermeals.org) to find sites for free breakfast, lunch & snacks for kids under 19, June –August.

### HOME-DELIVERED FOOD

**Philadelphia Corp. for Aging**

215-765-9040, [www.pcaphl.org](http://www.pcaphl.org)

Provides senior meals, farmers market vouchers and other services.

**Aid for Friends:** 215-464-2224,

[www.aidforfriends.org](http://www.aidforfriends.org). Delivers healthy meals to isolated, home-bound seniors.

**MANNA** 215-496-2662, [www.mannapa.org](http://www.mannapa.org).

Delivers healthy meals to those at nutritional risk due to serious illnesses.

### DISCOUNT GROCERIES

**SHARE Food Program** 215-223-2220

[www.sharefoodprogram.org](http://www.sharefoodprogram.org)

Food packages for \$20 + 2 hours of community service. Accepts SNAP & Philly Food Bucks.

### FRUITS AND VEGETABLES

**Millcreek Farms** 49th & Brown Streets, 19139

Sat 11a-2p, June-Nov.

**Neighborhood Foods** farm stand

53rd & Wyalusing, 19131, Sat 10a-2p, May-Nov

**Philly Food Works** [www.phillyfoodworks.com](http://www.phillyfoodworks.com)

Flexible, year-round CSA and online marketplace for locally-produced foods.

**Philly Food Bucks** (The Food Trust)

[www.thefoodtrust.org/farmers-markets](http://www.thefoodtrust.org/farmers-markets)

Get \$2 produce coupon for every \$5 in SNAP/ACCESS card purchases at:

- **52nd & Haverford**, Wed. 1-5p, June-Nov.
- **Overbrook Presbyterian Church**, City & Lancaster Aves., Sat. 9a-1p, June-Nov.
- **Urban Tree Connection**, 42nd & Girard Ave. 2nd & 4th Mon 11a-3p (seasonal)
- **The Enterprise Center** 46th & Market Sts. Thu 4-7p (seasonal)
- **Clark Park**, 43rd & Baltimore Ave. Sat 10a-2p year-round; Thu 3-7p Jun-Nov.

**\*Greensgrow Farms**

[www.greengrow.org](http://www.greengrow.org), 5123 Baltimore Ave.

Seasonal farm stand, CSA, nursery & SNAP Box program, \$6.50/week, July-Oct. 267-496-0148

**Double Dollars: Fair Food Farmstand**

215-386-5211, Reading Terminal, 12th & Arch Streets. Earn \$5 Double Dollars for every \$5 spent with SNAP, up to \$10 each week.

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### **FOOD PANTRIES**

Call first to confirm location, hours & requirements. Bring ID and proof of address.

#### **Zip 19104**

**First African Presbyterian Church**  
4159 W. Girard Ave., 215-477-3100  
Mon 10am-12pm; Last Mon of month

#### **Grace Evangelical**

3529 Haverford Av  
215-222-3570  
Thu 9am (emergencies Tue-Wed  
10am-1:30pm)

#### **Interfaith Food Cupboard**

3600 Baring St., 215-222-7606  
Sat. 9:30am-11am

#### **Mt Zion Holy Church**

4110 Haverford Ave., 215-349-6734  
1:00pm-3pm, 2nd Sun. & 3rd Wed

#### **People's Emergency Center**

3939 Warren St., 215-382-7522  
Sat. 11am-4pm

#### **St. Ignatius of Loyola**

636 N. 43rd St., 215-386-5065  
Tue 10am-12pm

#### **Zip 19131**

#### **Camphor Memorial**

5621 Wyalusing Ave., 215-747-2600  
Tue 10am-11:30am

#### **Resurrection Baptist**

1610 N. 54th St., ph 215-473-9427  
Pantry: Tue 11am-12:30pm;  
Meal: Tue & Thu 12pm-1pm

#### **St. Phillip's Lutheran**

5210 Wyalusing Ave., 215-878-2911  
9am-12pm, 2nd Sat. of the month

#### **Zip 19139**

#### **City of Conquerors**

11 S. 63rd St., 215-471-3985  
Thu 10am-4pm

#### **Holy Temple of the Lord & Savior**

5116 Market St., 215-474-7656  
Sat. 12pm-2pm

#### **Zip 19151**

#### **Calvin Presbyterian**

1401 N. 60th St., 215-877-7711  
Thu., 11am-1pm

#### **Calvary Agape**

6614 Haverford Ave., 215-310-5784  
Wed: 9:30am-11:30am  
Wed Meal: 11:45am-12:30pm

***Do you know SNAP  
is the new name for  
food stamps?***

#### **SNAP FACTS:**

\*Income guidelines to qualify for SNAP benefits can change each October.

\*The average benefit amount in Philadelphia is \$130.

\*For adults 60+, medical expenses over \$35 can be counted and can increase benefits.

\*SNAP can be used to buy food-bearing plants and seeds, as well as food items.

\*SNAP can be used at dozens of farmers' markets.

\*Receiving SNAP does not take benefits away from someone else; everyone who is eligible can participate by applying.



July 2016

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