



Food Resources in NYC

Referral Overview for Social Service Staff

Food Referrals

This guide offers free food programs and resources for:

- The General Public
- Clients with Disabilities or Medical Conditions
- Adults 60 or Older
- School-Age Children
- Youth Experiencing Homelessness
- CUNY Students & Staff
- Veterans
- Clients in Food Services
- Formerly Incarcerated Individuals
- SNAP & WIC Recipients





Assisting the General Public

Plentiful App

Find food programs, learn about offerings and hours, create an account to schedule an appointment (walkup, advance, day-of reservation), get reminders, designate a representative, and message staff. Need client's name, phone number, zip code, household size, and birthday.

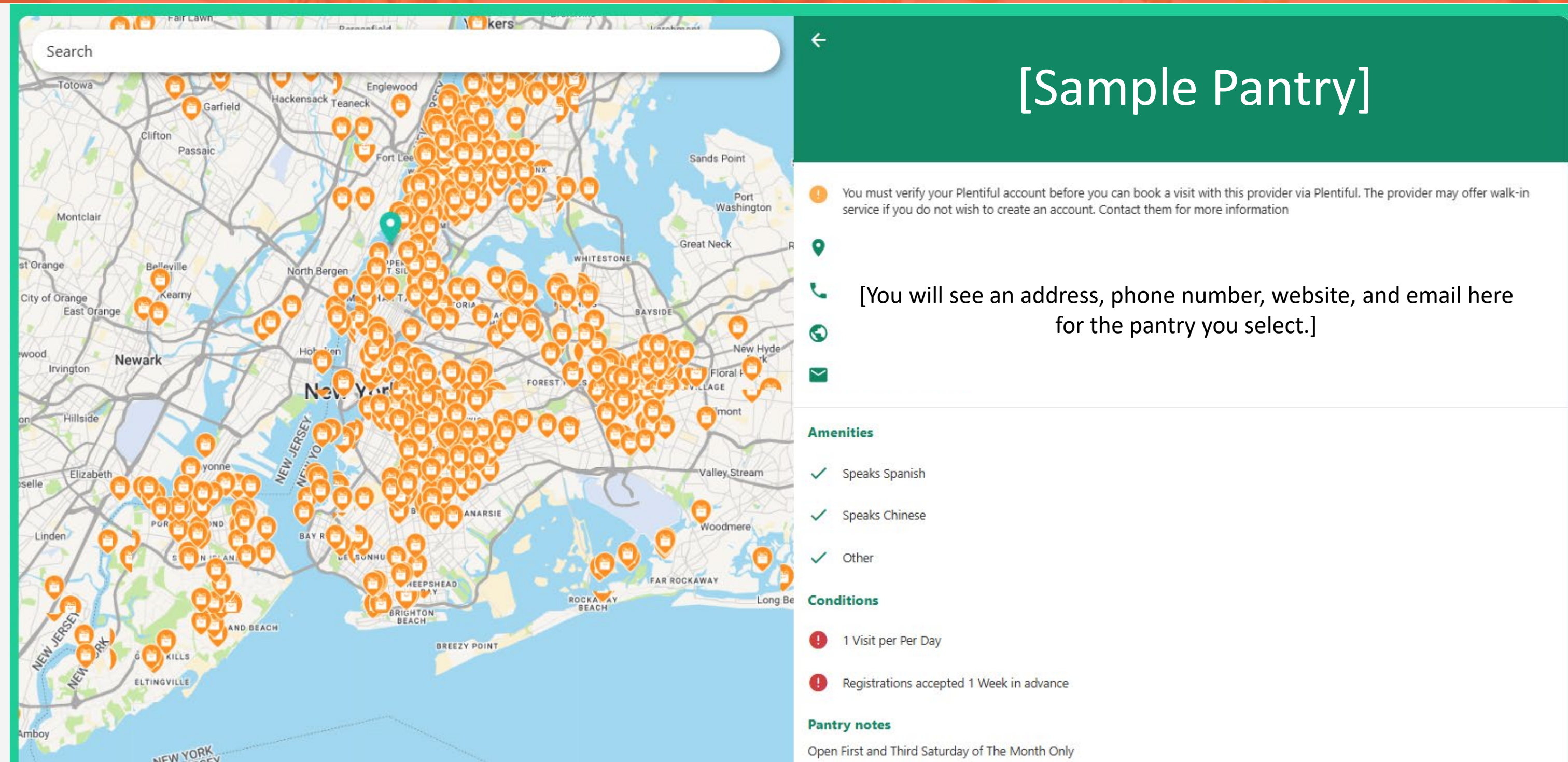
Available in 9 languages on SMS, iPhone/iPad, Android, and the website. Client [guides](#) available in English, Chinese, Spanish. Developed by City Harvest and the United Way of NYC.

Download the app.



or text "FOOD" to PANTRY (726-879) from any
phone

Plentiful: Local Services



The screenshot displays the Plentiful app interface. On the left, a map of New York City is shown with numerous orange location pins indicating the locations of various local services. A search bar is visible at the top of the map. On the right, a detailed view of a selected pantry is shown. The header of this view is a green bar with the text "[Sample Pantry]". Below the header, there is a warning icon and text: "You must verify your Plentiful account before you can book a visit with this provider via Plentiful. The provider may offer walk-in service if you do not wish to create an account. Contact them for more information". Below this, there are icons for location, phone, website, and email, followed by the text: "[You will see an address, phone number, website, and email here for the pantry you select.]". Further down, there are sections for "Amenities" and "Conditions". The "Amenities" section lists: "Speaks Spanish", "Speaks Chinese", and "Other". The "Conditions" section lists: "1 Visit per Per Day" and "Registrations accepted 1 Week in advance". At the bottom, there is a "Pantry notes" section with the text: "Open First and Third Saturday of The Month Only".

[Sample Pantry]

You must verify your Plentiful account before you can book a visit with this provider via Plentiful. The provider may offer walk-in service if you do not wish to create an account. Contact them for more information

[You will see an address, phone number, website, and email here for the pantry you select.]

Amenities

- ✓ Speaks Spanish
- ✓ Speaks Chinese
- ✓ Other

Conditions

- ! 1 Visit per Per Day
- ! Registrations accepted 1 Week in advance

Pantry notes

Open First and Third Saturday of The Month Only

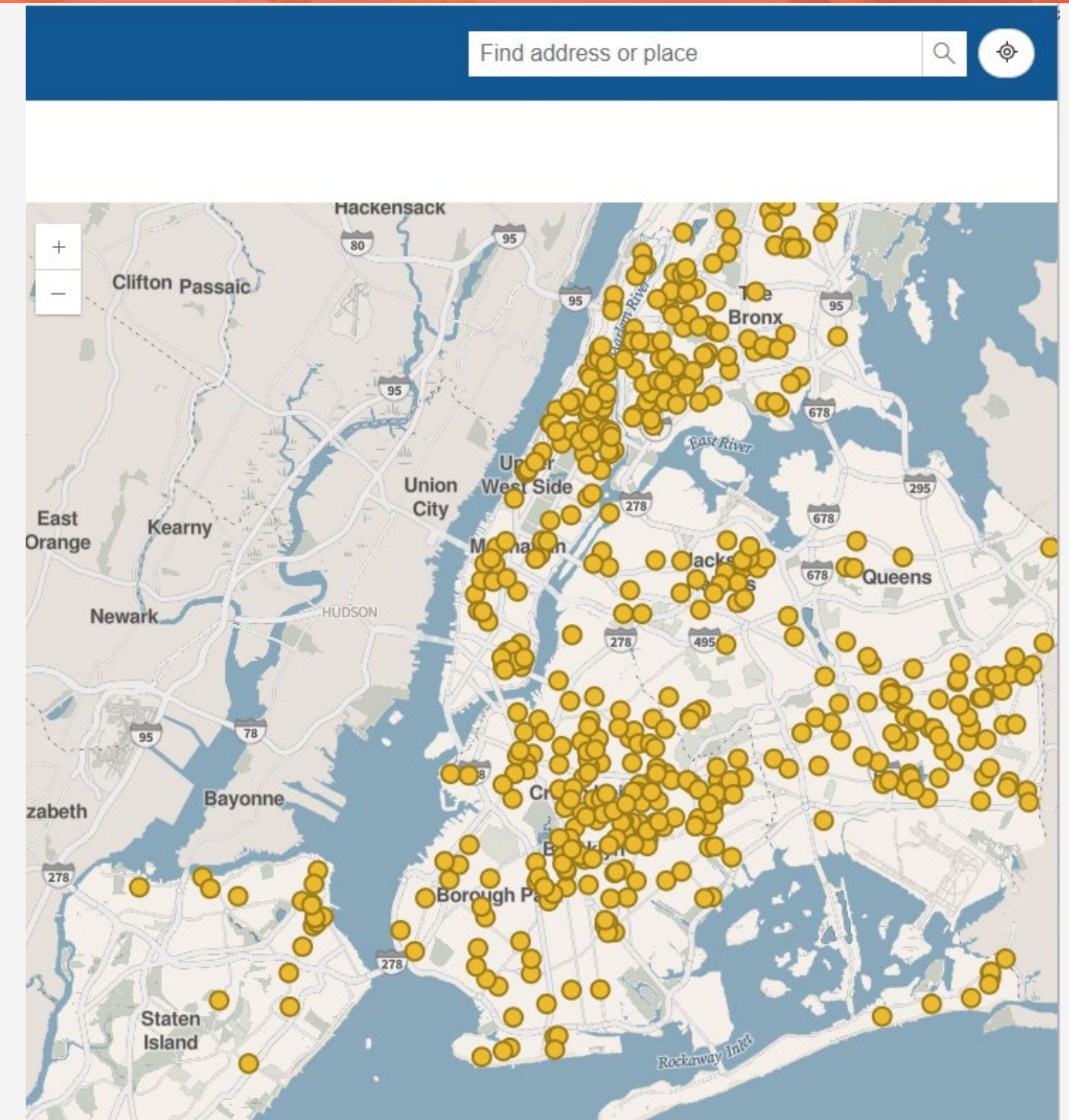
Food Referral Numbers

- Call 311 to find local food pantries or community kitchens
- Text FOOD or COMIDA to 90847 any day from 10AM-6PM to find free food locally through [Lemontree](#), a nonprofit; it's free and confidential, and services are offered in English and Spanish
- Hunger Free America's National Hunger [Hotline](#): 1-866-3-HUNGRY (English) or 1-877-8-HAMBRE (Spanish); Mon. - Fri. 7AM - 10PM
- Text "Food" to PANTRY (726-879) to make reservations at pantries that participate with Plentiful (translation available in 9 languages)
- City's printable [list](#) of all active pantries with numbers and operating hours/days
- Coalition for the Homeless select printable [list](#) of pantries, soup kitchens, and other resources with numbers

Reminder: Individual locations have their own registration requirements (ID, income, proof of address, household size, etc.)

Mapping Pantries, Mobile Markets, & Soup Kitchens

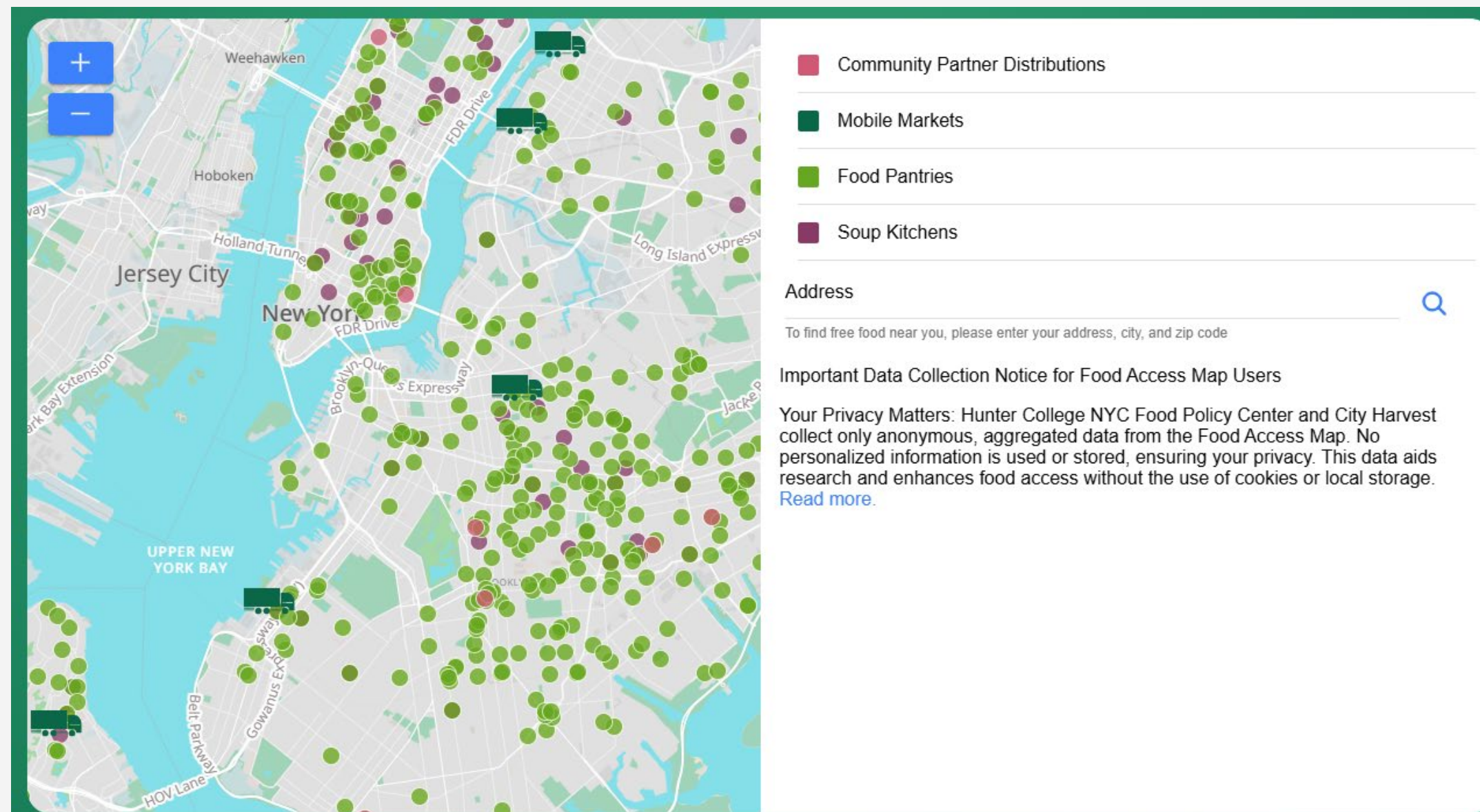
[Food Help NYC](https://finder.nyc.gov/foodhelp/locations) - filter by location, hours, Kosher, Halal, customers with HIV



Source: <https://finder.nyc.gov/foodhelp/locations>

Mapping Pantries, Mobile Markets, & Soup Kitchens

[CityHarvest](#) - search by address (includes soup kitchens, food pantries, community fridges, City Harvest Mobile Markets, and City Harvest Community Partner Distributions.)



Source: <https://www.foodbanknyc.org/find-food/#find-food-map>

Mapping Pantries, Mobile Markets, & Soup Kitchens

[Food Bank for NYC](https://www.foodbanknyc.org/find-food/#find-food-map) - click on the map or search (pantries, soup kitchens, and mobile pantries across NYC)

Find Food Near Me

Search by ZIP code:

Search by agency name:

Need food now? See what's open near you:

☐ Open Now

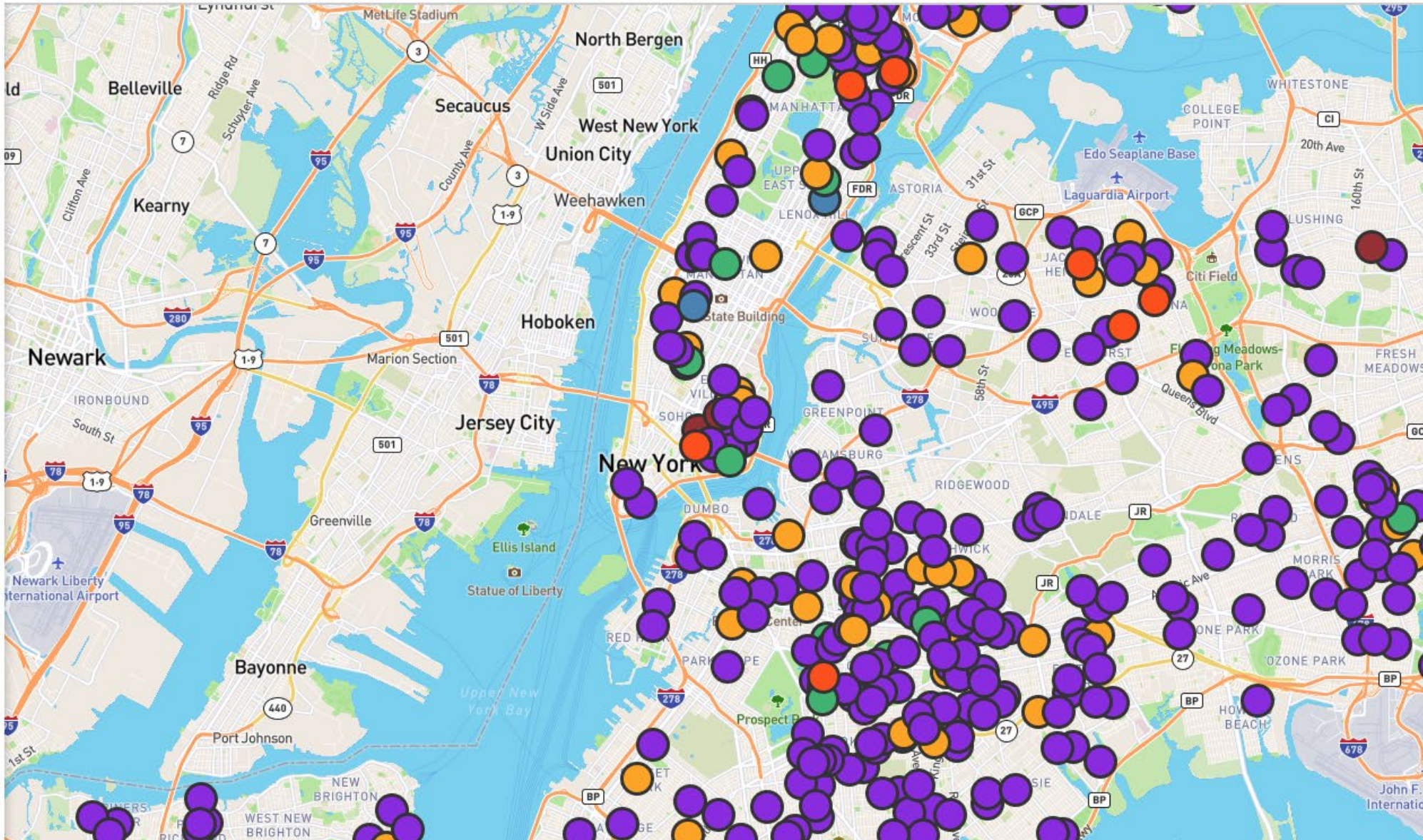
Plan your week:

☐ Monday
☐ Tuesday
☐ Wednesday
☐ Thursday
☐ Friday
☐ Saturday
☐ Sunday

What are you looking for?

☐ Pantry Groceries
☐ Mobile Pantry
☐ Breakfast
☐ Lunch
☐ Dinner

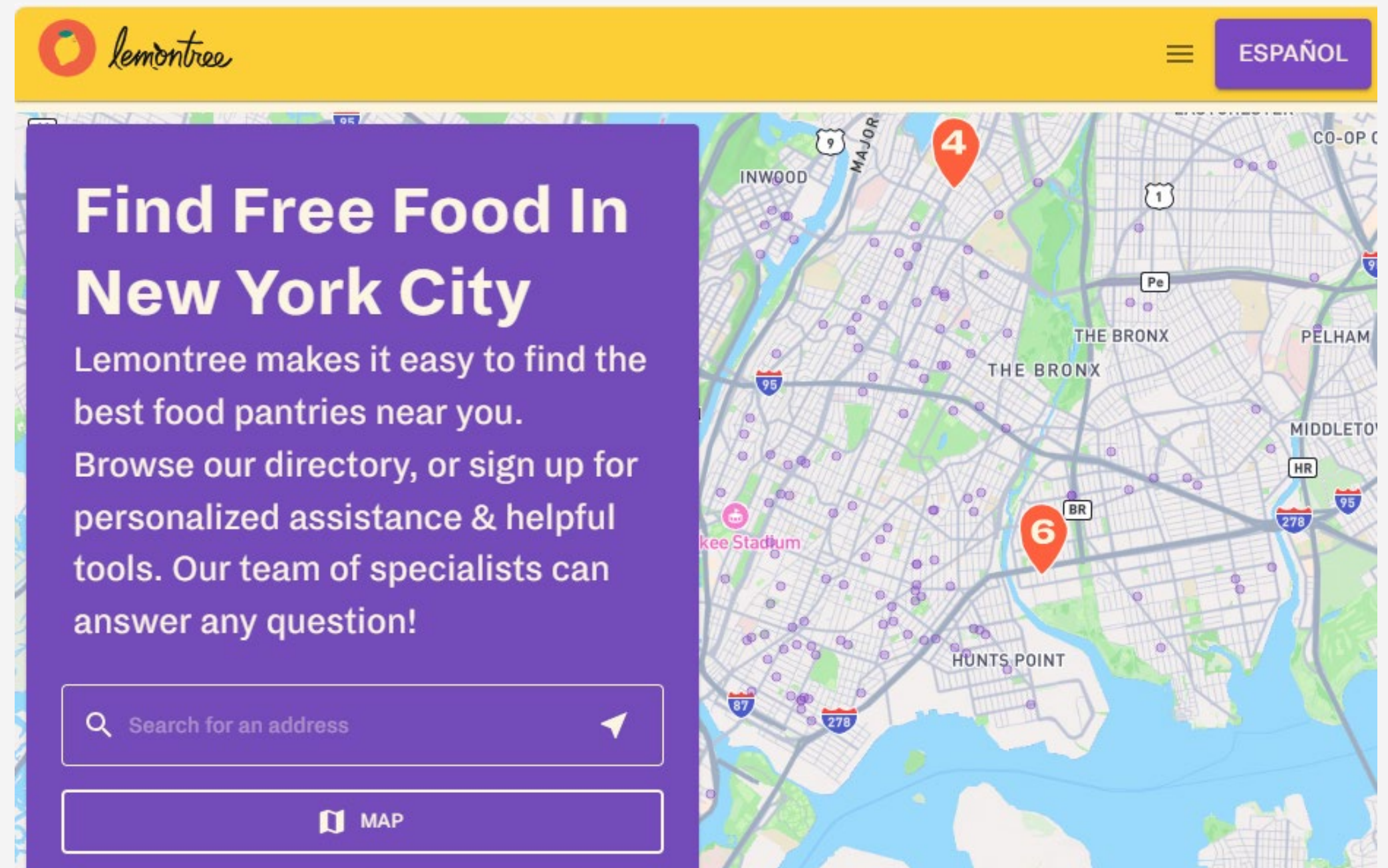
 *Indicates Multi-Service Locations



Source: <https://www.foodbanknyc.org/find-food/#find-food-map>

Mapping Pantries, Mobile Markets, & Soup Kitchens

[LemonTree](https://www.foodhelpline.org/regions/new_york_city/)- click on the map or search; can request text reminder the day before the pantry opens; available in Spanish



Source: https://www.foodhelpline.org/regions/new_york_city/

Neighborhood Food Guides

[Hunter College NYC Food Policy Center: Neighborhood Food Resource Guides](#)- Continuously updated comprehensive food guides for all 5 boroughs.

THE RESOURCE GUIDES ARE MADE POSSIBLE THROUGH A COMMUNITY-WIDE EFFORT. IF YOU KNOW OF ANY CHANGES OR UPDATES TO THE FOLLOWING INFORMATION, PLEASE EMAIL info@nycfoodpolicy.org RIGHT AWAY. THANK YOU!

CLICK ON THE LINK BELOW TO FIND FOOD RESOURCES IN YOUR COMMUNITY

Bronx

Belmont/East Tremont: includes parts of City Council District 9. Zip codes 10457, 10458, and 10460. ([En Español](#))

Fordham/University Heights: includes parts of City Council Districts 14 and 15. Zip codes 10453, 10457, 10458, and 10468. ([En Español](#))

Highbridge/Concourse: includes parts of City Council District 16. Zip codes 10451 and 10452. ([En Español](#))

Hunts Point/ Longwood: includes parts of City Council Districts 17 and 18. Zip codes 10455, 10459, and 10474. ([En Español](#))

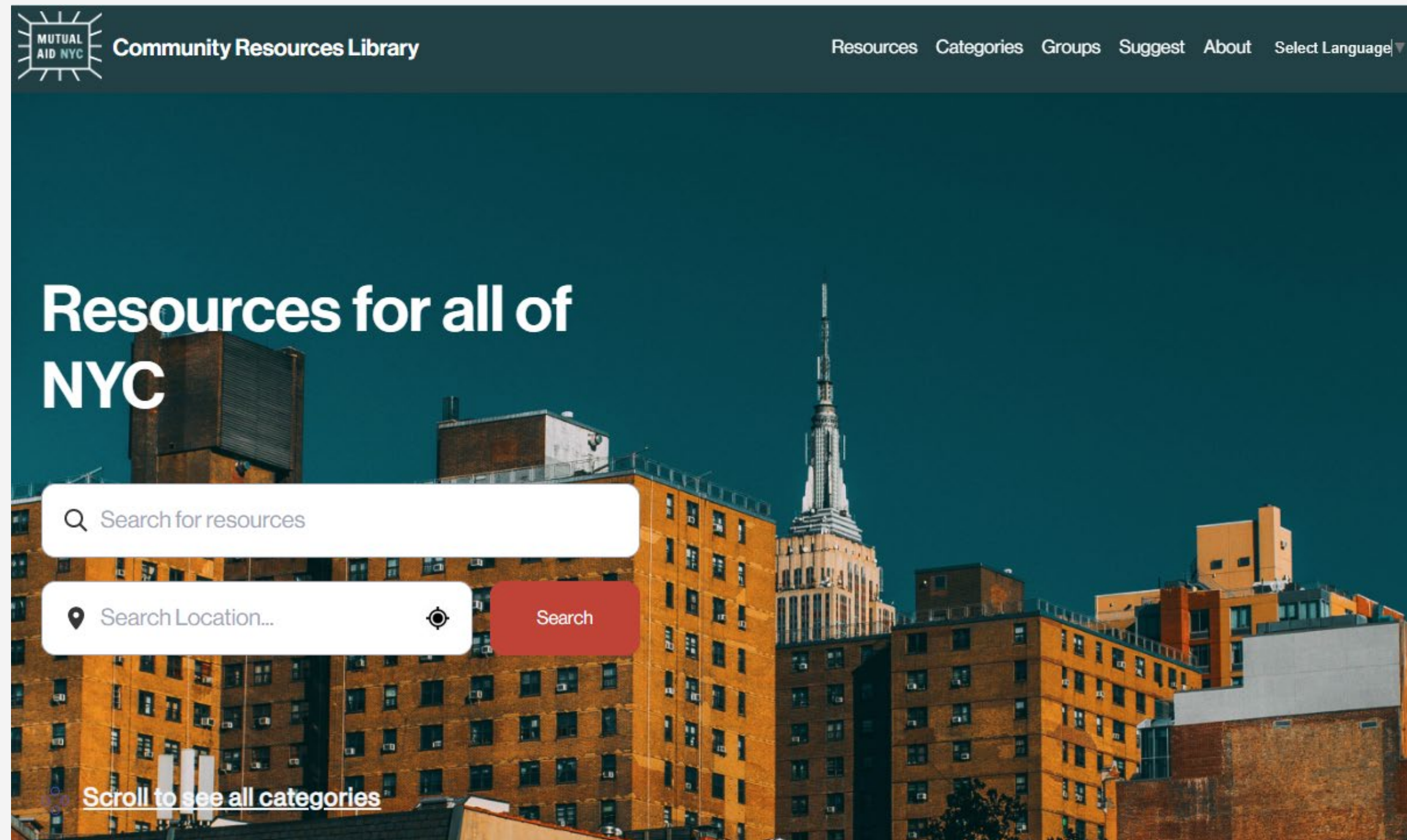
Kingsbridge Heights/Bedford: includes parts of City Council Districts 11 and 15. Zip codes 10458, 10463, 10467, and 10468. ([En Español](#))

Morris Park/Bronxdale: includes parts of City Council District 13. Zip codes 10461 and 10462. ([En Español](#))

Morrisania/Crotona: includes parts of City Council Districts 16 and 17. Zip codes 10456, 10459, and 10460. ([En Español](#))

Source: <https://www.nycfoodpolicy.org/coronavirus-nyc-food-reports/>

Mutual Aid NYC Food Referral Listings



Source: <https://resources.mutualaid.nyc/>



Community Fridges

[One Love Community Fridge \(OLCF\) Map](#): Fridges stocked by OLCF; has financial support from donors and partners with food providers

[Friendly Fridge](#):

Food distribution and community fridge serves 1,800/week

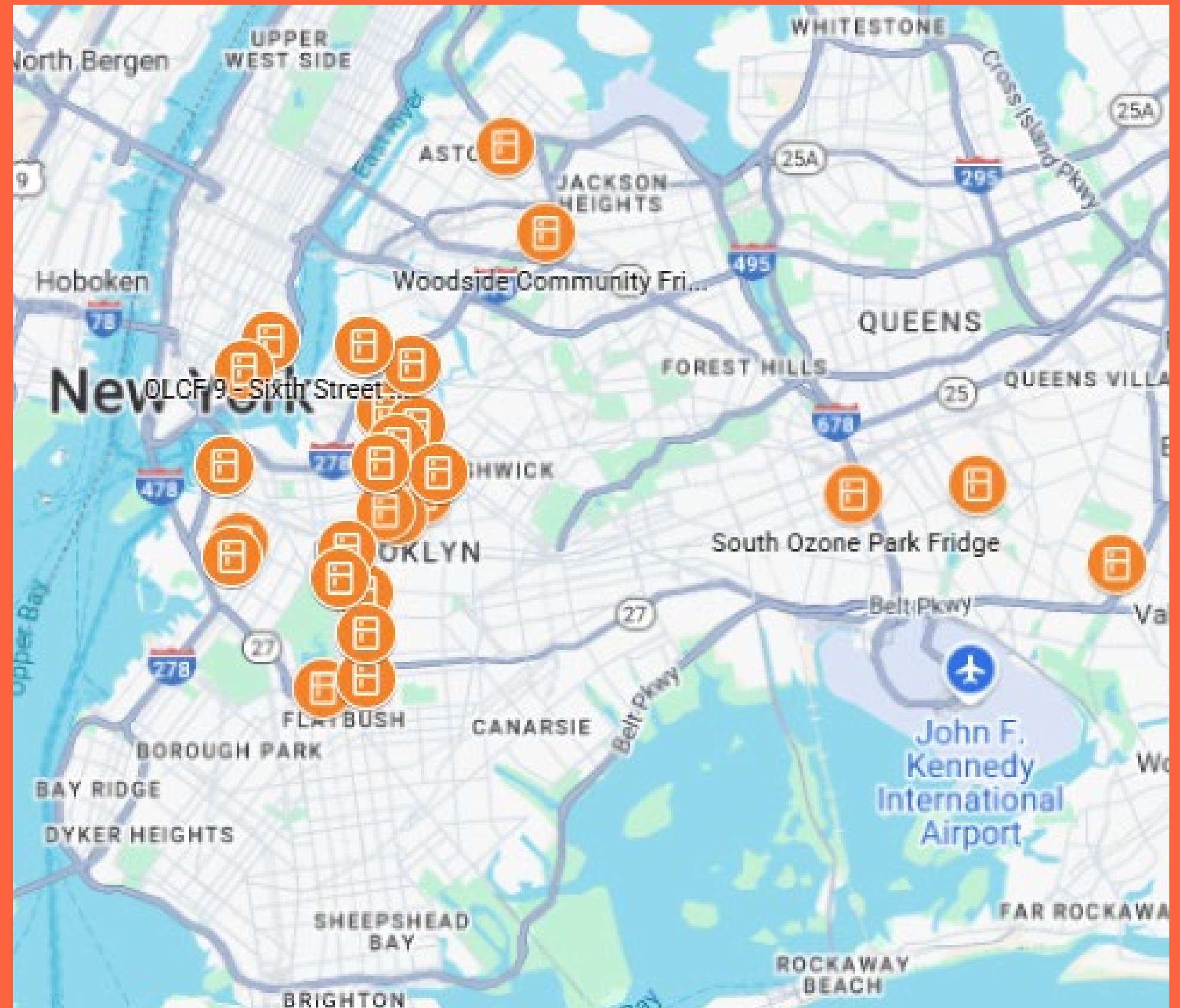
4670 Manhattan College Pkwy, Bronx, NY (last stop on the 1 train); ID not requested

- Food Hub: Distribution of fresh produce & more on Tues, Thurs, Fri at 2pm
- Community Fridge: Drop off and pickup on Mon, Wed, Sat, and Sun

One Love Community Fridges and partner [community fridges](https://www.onelovecommunityfridge.org/fridges) are stocked by the organization.



Source: <https://www.onelovecommunityfridge.org/fridges>



Source: <https://www.onelovecommunityfridge.org/fridges>



Assisting Specific Populations

Assisting **Individuals with Disabilities or Medical Conditions**

God's Love We Deliver

Medically-tailored home-delivered meals.

- **Adults & children living with a chronic or life-altering illness** - have difficulty cooking and shopping for food.
- **Pregnant people with gestational diabetes** - receive 4 months of prenatal meals and 2 months post-birth
- **U.S. Military servicemembers with a chronic disease, severe illness, mental health condition and/or substance use challenge**

Helping Hands for the Disabled

Offers assistance obtaining food from pantries. Membership **open to people 18 or older with documented disabilities that are considered significant**. Members submit a copy of their Access-A-Ride card, certificate of blindness, or a letter from their doctor. **Annual dues: \$20**. Special Food Pantry: 718-606-9712 for members to ask that a volunteer picks up food from a local pantry or takes the client to the pantry. They will need to provide the pantry name, address, and number, and determine what documents are needed for pantry eligibility.



Assisting **People with Disabilities or Medical Conditions**

[Invisible Hands Commonpoint Queens](#)

Grocery shopping and delivery assistance from volunteers for those who **are elderly, immunocompromised, sick, or unable to shop** for food. Does not deliver to hospitals or shelters. Clients can arrange payment or indicate inability to pay to determine if support is possible.

NYC DOE Summer Meals Program

In addition to serving people 18 and younger, the **program is also open to people with disabilities of [any age](#)** who are in a special education program. Does not require ID or an application.

[West Side Campaign Against Hunger](#)

Delivers food from their warehouse to the homes of New-York Presbyterian patients. Open to families with children ages 0-5 and adults 65+. Food is delivered twice monthly.

Some nonprofits offer food services & grants to clients with specific conditions; try a [FindHelp](#) search.



Assisting Older Adults

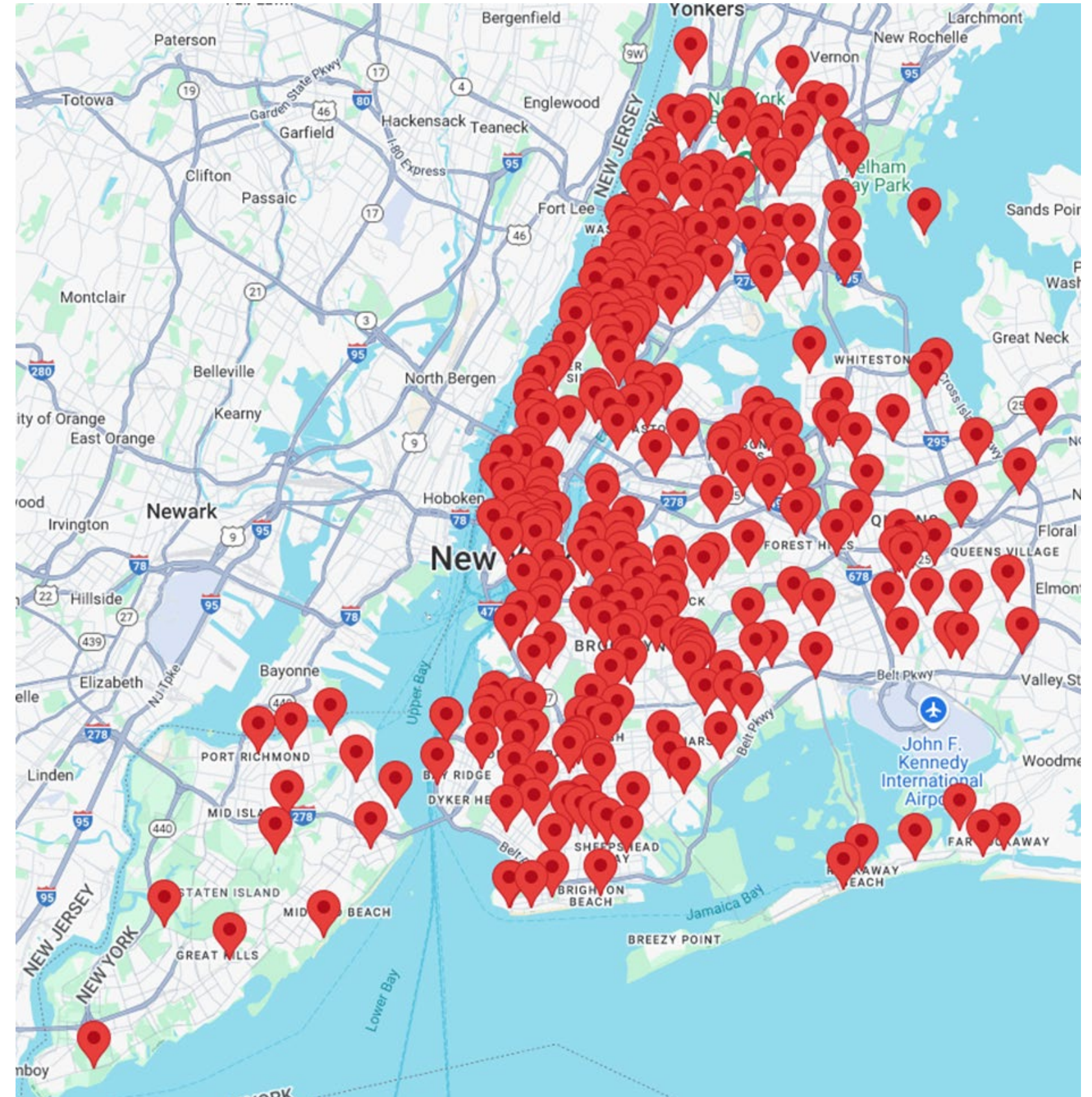
Food Services at Older Adult Centers (OACs)

Free and open to all 60 and older. OACs provide meals that are nutritious and culturally aligned.

May offer some or all of the below. [Look up](#) individual OAC offerings:

- Congregate breakfast
- Congregate lunch
- Congregate dinner
- Grab-and-go meals
- Home-delivered meals
- Farmers market [coupons](#) (periodic - worth \$25)

Transportation [services](#) may include pick up and drop off to the OAC.



Assisting Older Adults

Citymeals on Wheels Home-Delivered Meals

- Age 60 or older; and
- Physically and/or mentally disabled and in need of assistance; and
- Unable to prepare nutritious meals or no one can do so for them; and
- Able to live safely at home if services are provided.

There are no immigration or financial requirements.



Assisting Older Adults

Commodity Supplemental Food Program (CSFP)

The New York State Department of Health supplements the diets of low-income people 60 or older by providing a **monthly package of healthy foods at local food distribution sites.**

Income must be below the federal poverty level. Food is picked up by the client or a proxy.

Clients must call an agency provider to apply:

- New York Common Pantry: (917) 982-2564; Counties served: The Bronx, New York, Queens, Kings
- Kings County Hospital Center: (718) 498-9208; Counties served: The Bronx, New York, Queens, Kings



Assisting **Students Under 18**

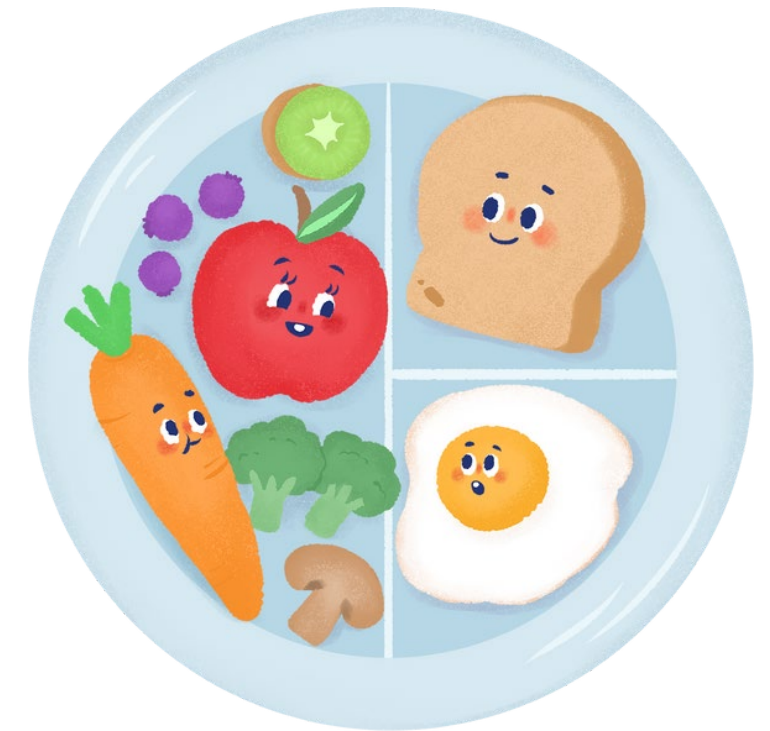
All NYC public school students receive free breakfast (even if they arrive late) and lunch.
These are additional food programs.

Afterschool Meals Program

At some schools and CBOs, children who participate in an afterschool program are provided a meal or snack upon request. Contact the school's administration or the CBO to verify if they offer food after school.

Saturday & Holiday Meals Program

This program offers a morning snack and/or lunch for students under 18 who are enrolled in Saturday educational programs or enrichment activities during the school year. Confirm this program offering with the school's administration.



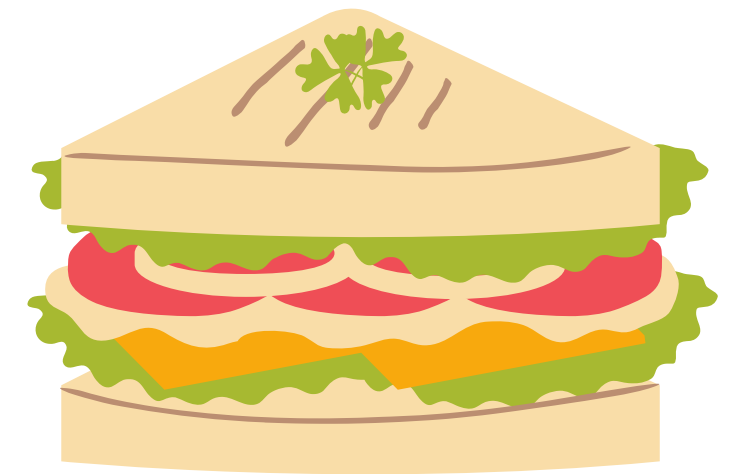
Assisting Students Under 18

Summer Meals Program

Free breakfast and lunch for children under 18. There are no registration, documentation, or ID requirements. The program is available at hundreds of public schools, community pools centers, mobile operations, and NYCHA complexes and other locations throughout NYC.

Campus Pantries

Some public schools have [campus pantries](#). Contact the school to see if they have a pantry.



For more information on NYC school food programs, email food@schools.nyc.gov and include your name and email address when replying. This is the [School Food Service District Supervisor/Regional Director](#) directory.

Assisting Youth Experiencing Homelessness

NYC Department of Youth and Community Development Drop-In Centers:

For youth ages 14-24 who have run away or are experiencing homelessness; provides food and other services. [English](#) and [Spanish palm cards](#) are available. **There are 8 DYCD Drop-In Centers**; at least one is available in every borough.

Drop-In Center Example: [The Door](#)

Drop-in center serving youth ages 12-24 who have run away or are experiencing homelessness; offers a variety of services, including community dinners, to-go meals, snacks, and pantry services.

RUNAWAY & HOMELESS YOUTH SERVICES

DROP-IN SERVICES

Young people ages 14 through 24 are welcome! Food, clothing, showers, laundry and case management services are available. Receive referrals to crisis services programs, Transitional Independent Living programs and additional supportive services.

MANHATTAN

Ali Forney Center 24/7
307 West 38th Street
New York, NY 10018
(212) 206-0574
programsreferrals@aliforneycenter.org
aliforneycenter.org

The Door
555 Broome Street
New York, NY 10013
(646) 690-8986
dropinservices@door.org
Mon–Fri: 9 AM–6 PM
Sat: 10 AM–6 PM

Safe Horizon Streetwork Harlem
209 West 125th Street
New York, NY 10027
(212) 695-2220
referral@safehorizon.org
Mon, Tues, Thurs–Sun: 10 AM–6 PM

BRONX

The Door 24/7
2999 Third Avenue
Bronx, NY 10455
(646) 230-1037
dropinservices@door.org

BROOKLYN

SCO Family of Services 24/7
774 Rockaway Avenue
Brooklyn, NY 11211
(718) 685-3850
brooklynyouthcenter@sco.org

QUEENS

Rising Ground Inc 24/7
165-13 Jamaica Avenue, 2nd Floor
Jamaica, NY 11432
(718) 526-2400 ext. 2080
rhyreferrals@risingground.org

Rising Ground Inc (Far Rockaway Site)
1600 Central Avenue
Far Rockaway, NY 11691
(646) 518-1202
rhyreferrals@risingground.org
Mon–Thurs 12 PM–8 PM
Fri: 11 AM–7 PM, Sat: 11 AM–7 PM

STATEN ISLAND

Project Hospitality 24/7
27 Port Richmond Avenue
Staten Island, NY 10302
(718) 876-4752
youthdropincenter@projecthospitality.org



bit.ly/rhycenters

Contact DYCD Community Connect at (1800) 246-4646 or (646) 343-6800;

palm card excerpt

Assisting **CUNY** Students

CUNY Pantries and Emergency Grants

CUNY PANTRIES

Confirm hours of operation by calling or emailing. CUNY food pantries serve over 130,000 CUNY students annually.

[Full CUNY pantry listing by borough](#) (alternate [site](#)). All pantries are open to all CUNY students. [Learn more](#)

[CCNY's Benny's Food Pantry](#) and the [York College Pantry](#) are open to all CUNY students, **staff and faculty**.

CUNY EMERGENCY GRANTS

Many CUNY schools offer **emergency grants that can cover food** (usually no repayment is required, but the funds may be considered taxable income).

Funding sources often include foundations and individual donors. Confirm deadlines and terms with each school. [CCNY](#), [BMCC](#), [Baruch](#), [Queens College](#), [CUNY SPS](#) (grocery micro-grant), [Graduate Center](#), [Hunter College](#), [John Jay](#) (food vouchers), etc.



Assisting Veterans

The [Veterans Food Assistance Program](#) provides a one-time grant for food; staff handle shopping:

Married Veterans Grant Allowance		Single Veterans Grant Allowance	
Married - No Children	up to \$250	Single - No Children	up to \$200
Married - 1 Child	up to \$300	Single - 1 Child	up to \$300
Married - 2 Children	up to \$450	Single - 2 Children	up to \$350
Married - 3+ Children	up to \$500	Single - 3+ Children	up to \$450

Source: <https://www.dvnf.org/veteran-food-assistance-program/>

New York City Department of Veterans' Services (DVS): [VetConnectNYC](#)

Veterans can fill out the VetConnectNYC [form](#) to indicate "Food Assistance" as their needed service; forms are reviewed by DVS Care Coordinators. Processing takes 3-5 business days.

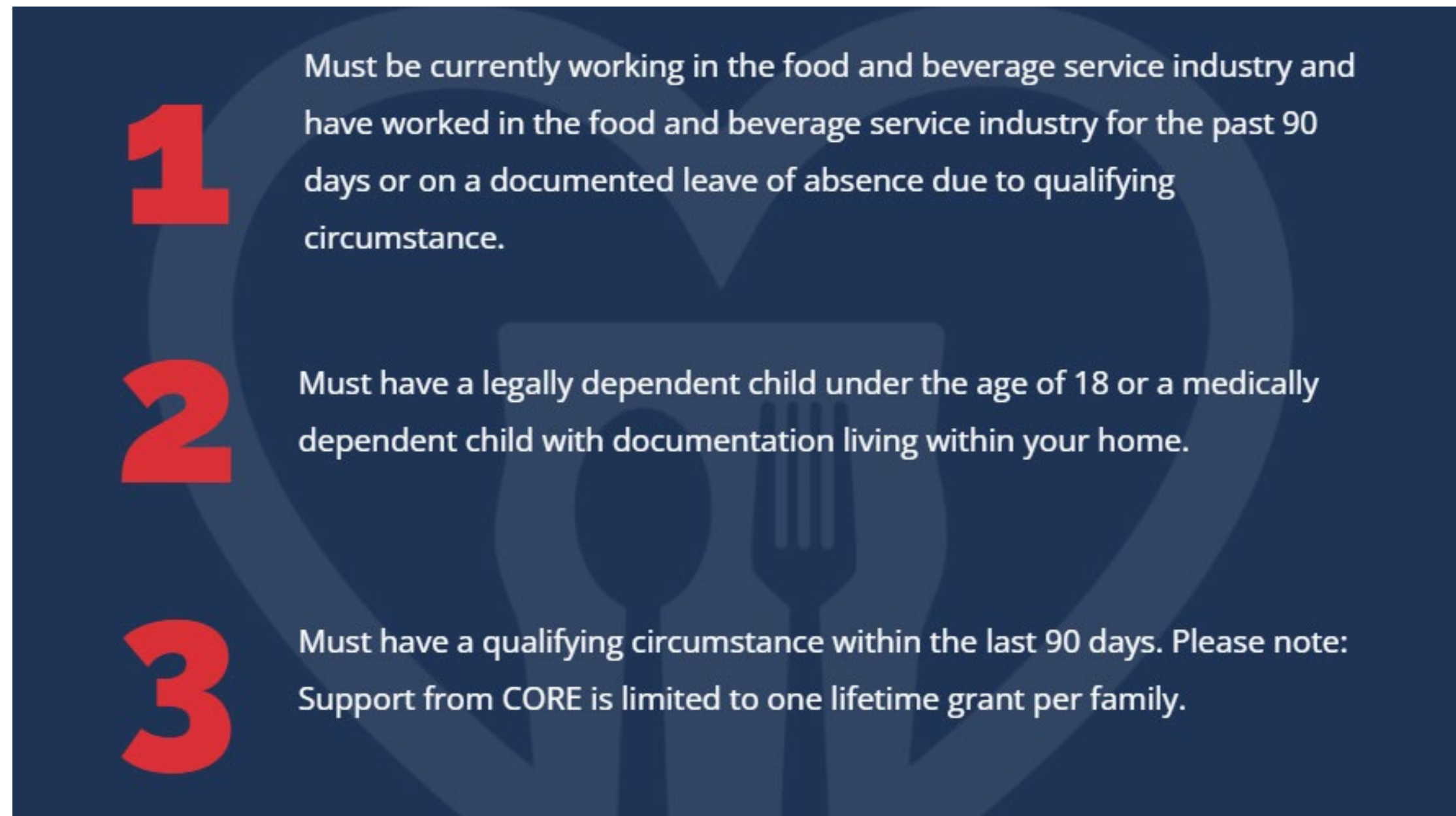
[God's Love We Deliver](#)

Medically-tailored home-delivered meals for U.S. Military servicemembers with a chronic disease, severe illness, mental health condition and/or substance use challenge.

Assisting People in the Food Services Industry

Core Gives

[Grants](#) financial assistance to food and beverage operations employees with children when the employee, their spouse/domestic partner, or their child is faced with a life-altering health crisis, injury, death, or natural disaster.



Source: <https://coregives.org/apply-for-grant/>

Assisting People Who Were Formerly Incarcerated

Welcome Home Monthly [Dinner](#)

At Brooklyn Public Library's Center for Brooklyn History at 128 Pierrepont Street, Brooklyn, NY 11201.

Open to all who were formerly incarcerated. Focus on community-building and discussion topics related to re-entry. MetroCards are made available to attendees. More information: 929.561.9789



Assisting **SNAP & WIC** Recipients

[Health Bucks](#) are \$2 coupons that can be used to purchase fresh [fruits and vegetables](#) at all NYC farmers markets (locations: visit the [NYC Health Map](#) or text “So Good” or “Muy Rico” to 55676).

For every \$2 spent at farmers markets using SNAP on an EBT card, clients get \$2 in [Health Bucks](#) (\$10 daily maximum) at the market.



[Farmers' Market Nutrition Program Coupons](#)

Booklets offered on a first-come, first-served basis periodically. Available to WIC clients at WIC centers (and Older Adult Center members as mentioned earlier). Can be used at all [Greenmarket and Farmstand](#) locations from June-November.



Requesting Food for Your CBO's Community Food Pantry

If you operate a food pantry and need support to stock it, these are a few options to consider:

- [donateNYC Food Portal](#): Connects businesses and nonprofits with excess food to organizations that can distribute it.
- [Plants on Wheels](#) - Inquire about stocking your food pantry with nutritious foods.
- [Rethink Food](#) - Request meals for your community as a partner
- [HelloFresh](#) - Bulk donation partnerships with local food rescue missions.
- [Sharing Excess](#) - [Ask](#) to receive regular deliveries of rescued food.
- [Community Food Connection](#) – NYC's Human Resources Administration operates this program, which provides funding to soup kitchens and food pantries. For information on becoming a provider, call 929-221-7679 or visit the signup form on the site.

