

CHELSEA/WEST SIDE EDITION

NEIGHBORHOOD GUIDE TO FOOD & ASSISTANCE



Including local information on Food Stamps,
Meals for Kids, Senior Meals, Soup Kitchens,
Food Pantries, Farmers' Markets, and more...

2012-2013

ABOUT

THIS GUIDE WAS PRODUCED BY THE
NYC COALITION AGAINST HUNGER TO
CONNECT THOSE IN NEED WITH FREE
COMMUNITY RESOURCES.

WE HOPE IT PROVES USEFUL TO YOU.

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This Guide is also available as a free pdf at our web site, www.nyccah.org/get-food/food-and-assistance-guides.

To order additional copies of this guide, call (212) 825-0028 or send us an email at guides@nyccah.org.



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FOOD STAMPS

Food stamp benefits can help put healthy food on the table by providing monthly financial assistance to purchase food at authorized grocery stores and farmers' markets. Benefits are provided monthly through a plastic benefit card, similar to a debit or credit card.

TERMS

EBT

Stands for Electronic Benefit Transfer. It's the system the government uses to disburse benefits.

SNAP

Stands for Supplemental Nutrition Assistance Program.

Newly adopted name for the food stamps program. "SNAP benefits" is the same thing as "Food Stamps."

WHAT SHOULD I KNOW?




➔ **Employment** does not interfere with getting food stamps. Even if you are working, but earning low wages, you may be eligible.

➔ **Average food stamps benefits** are over \$100 per person per month, and \$200 or more for families. That means that the average family on food stamps receives more than \$2,400 worth of food support each year.

➔ **Farmers' markets** often accept food stamps, so you can purchase fresh produce using your benefits. For a complete list of farmers' markets that accept food stamps, see Page 18.

AM I ELIGIBLE?

Eligibility is based on household size, income, expenses and other factors. Households have to meet income tests to receive food stamps, but households that have members who are disabled or elderly (60 or older), or have out-of-pocket expenses for child care or dependant care, can have higher incomes and still be eligible.

 NUMBER OF PEOPLE IN HOUSEHOLD	 MONTHLY INCOME LIMIT (PRE-TAXES)	 MAX. MONTHLY SNAP BENEFITS
1	\$1,211	\$200
2	\$1,640	\$367
3	\$2,069	\$526
4	\$2,498	\$668
Each additional household member	+\$429	+\$150 (approximately)

**Figures are based upon standards effective October 1, 2012.*

If you meet the above income qualifications, it no longer matters how much money you may or may not have in countable resources. In other words, you can now save money for education, a home purchase, or retirement and still receive food stamps.

IMMIGRANT ELIGIBILITY

NOTE

Immigration status is **not** negatively affected if you apply for or receive food stamps.

Legal immigrants can often receive food stamps if they:

- have lived in the country for 5 years or more; **or**
- are children (ages 18 or under).

➔ Ineligible immigrant parents can still receive food stamps for their children even if a parent does not qualify.

➔ Certain non-citizens, such as those admitted for humanitarian reasons, may also be able to receive benefits.

HOW TO APPLY

1

Apply at Select Community Organizations

Call any of the below numbers to see if you may be eligible for benefits. If so, you'll be offered an appointment at an agency in your community, where you'll receive help in submitting your application electronically.

NYC Coalition Against Hunger
212 825 0028 x207

2

Visit Your Local HRA Office

Apply at a Food Stamp office near you:

1 Waverly Food Stamp Center

12 W. 14th St., 4th Floor
212 352 2519, 212 352 2524

Mon - Fri 8:30am - 6pm

Sat 9am - 5pm

You can also call 800 342 3009 to find a Food Stamp office near you and for information about qualifications, guidelines, and applications.



FOOD for KIDS

Pregnant women and children under five can get help from the Women, Infants & Children (WIC) program. Children can also get free meals in school, after school and during the summer through the School and Summer Meals programs.

TERMS

WIC

Stands for the Womens, Infants & Children Program.

WOMEN, INFANTS & CHILDREN

QUICK FACTS

- ➔ WIC is for low-income pregnant women, breast-feeding women, and children up to the age of five.
- ➔ You can work and still get WIC.
- ➔ You can continue to get welfare or food stamps while receiving WIC.
- ➔ You can get WIC even if you are undocumented or not a citizen.

HOW TO APPLY

Call 800 522 5006 to find the WIC office nearest you; **or** visit your local WIC office.

TERMS**SFSP**

Stands for the Summer Food Service Program, also known as Summer Meals.

SCHOOL & SUMMER MEALS**QUICK FACTS**

- ➔ During school, free breakfasts are available to all children regardless of income, with no paperwork required.
 - ➔ Many NYC public school students are also eligible for free or reduced price lunch. An application may be required.
 - ➔ Immigration status does not impact eligibility for school meals.
 - ➔ In June, July and August, lunch and breakfast are served for free to all children under 19 at many public schools, houses of worship, recreation centers, and community centers - no application or registration required.
- Call 311 to find sites near you.



SENIOR MEALS

MEALS AT SENIOR CENTERS

Senior centers often serve meals for older people for a small contribution (usually fifty cents to a dollar). The contribution is also voluntary, so you are not *required* to pay.

FIND YOUR LOCAL SENIOR CENTER

Call 311 and be prepared to provide your ZIP code to the operator.

MEALS-ON-WHEELS PROGRAM

If you are homebound and over the age of 60, you can receive home-delivered meals up to 7 days a week. Household income does not affect eligibility.

HOW TO APPLY

To request meals-on-wheels service, call your local case management agency. To find the appropriate agency, you can contact the Citymeals-on-Wheels' Program Department at 212 687 1234.



SOUP KITCHENS

Free prepared meals are available at the sites below during their listed serving times. We try to keep this list as accurate and up-to-date as possible, but just in case, we recommend calling the soup kitchen before going to confirm their schedule.

Also, some soup kitchens require a referral, ID, or proof of address. To see if one does, call the NYC Emergency Food Line at 866 888 8777 or contact the soup kitchen directly.

- 2 The Dwelling Place of NY, Inc.**
409 W. 40th St.
212 564 7887
Wed 5:30pm - 6:30pm
Women at least 30 years old only.
Must bring ID and be sober.
- 3 Holy Apostles Soup Kitchen**
296 9th Ave., corner of 28th St.
212 924 0167
Mon - Fri 10:30am - 12:30pm
- 4 Sacred Heart of Jesus Church**
457 W. 51st St.
212 265 5020
Mon - Fri 12:30pm - 1pm
- 5 Salvation Army NY Temple**
132 W. 14 St.
212 337 7467
Mon - Thu 12pm - 1pm

- 6 St. Francis of Assisi**
135 W. 31st St.
212 736 8500
Everyday 7am - 7:30am
Sandwiches and coffee.
Line starts at around 6:30am.
- 7 Xavier Mission at The Church of St. Francis Xavier**
55 W. 15th St.
212 627 2100
Sun 1pm - 3pm
Seniors, disabled, women and children enter at 16th St.
Others enter at 15th St.
- 8 St. Luke's Lutheran Church**
308 W. 46th St.
212 246 3540
Tue & Thu 1pm - 2pm
- 9 St. Paul's House**
335 W. 51st St.
212 265 5433
Mon - Fri 7:20am - 8:30am
- 10 Sylvia Rivera Food Pantry**
446 W. 36th St.
212 629 7440 X225
Tue - Fri 2pm - 3pm
Snack bag.



FOOD PANTRIES

Food pantries provide bags of food to be prepared at home. Again, we recommend calling to confirm schedules and requirements in advance.

11 Church of the Ascension

12 W. 11th St.

212 254 8620

Tue & Sat 8am - 9am

Arrive early and get in line.

Proof of residence preferred.

First come, first served: 85 people in line, will serve more if possible.

Line up on W. 11th St.

12 Crossroads Food Pantry

329 W. 42nd St.

212 246 4732

Every other Sat 11:30am - 1pm

Proof of residence and income required.

13 Helping Hands for the Disabled of NYC

718 606 9712

Call between 9am - 9pm

Delivers food to prepare at home for disabled individuals over 18.

14 Metro Baptist Church

410 W. 40th St.

212 594 4464

Sat 11am - 11:30am (except 5th Sat)

Must live in Manhattan. Proof of address & ID for all household members required. One visit per month.

- 15 Sacred Heart of Jesus Church**
457 W. 51st St.
212 265 5020
Wed 4:30pm - 5:30pm
Registration Tue 10am - 11am.
Photo ID and proof of address required.
- 16 Salvation Army NY Temple**
132 W. 14 St.
212 337 7467
Mon - Fri 9:30am - 11am, 1:30pm - 3pm
Photo ID and proof of address in 10002-10007, 10009-10014, 10038, 10041, 10047, 10048 required at first visit.
- 17 St. Clement's Episcopal Church**
423 W. 46th St.
212 246 7277
Fri 4pm - 6pm
Sat 9am-11am (except for 1st Sat)
ID required.
- 18 Xavier Mission at The Church of St. Francis Xavier**
55 W. 15th St.
212 627 2100
2nd Sat 10am - 11:30am
(Customer choice pantry)
Mon - Fri 10am - 6pm
(Emergency pantry)
Customer choice pantry open only to residents of 10001-10003 and 10009-10016 (excluding 10015).
ID and proof of address required.
Clients may be served at emergency pantry only once every six months.

- 19 St. John's Bread of Life**
210 W. 31st St.
212 564 9070 x 203
Wed 12:30pm - 2:45pm
Must live between 14th St. and 50 St.
ID and 2 proofs of residence required.
- 20 St. Paul's House**
335 W. 51st St.
212 265 5433
212 265 5036
Tue 10am - 11am
Must live between 28th St. - 60th St.
on the West Side. Proof of address and
photo ID required.
- 21 St. Peter's Episcopal Church**
346 W. 20th St.
212 929 2390
Wed & Fri 10am - 12pm
Sat 11am - 11:30am
Referral required.
- 22 Sylvia Rivera Food Pantry**
446 W. 36th St.
212 629 7440 X225
Thu 9am - 10am
Must bring own bag.



FROM THE FARM

New Yorkers can access foods straight from the farm in two ways: farmers' markets and community supported agriculture programs or CSAs. CSA members purchase "shares" in an entire season of high quality, fresh produce grown by local farmers. Members usually pay for their shares in advance, but some CSAs adjust payment to income, accept food stamp benefits, and allow some members to pay week to week.

Find the sources of fresh, local foods near you below!

FARMERS' MARKETS

Unless noted, farmers' markets accept EBT/food stamps as well as WIC and senior FMNP checks.

- 23 57th St. Greenmarket**
W. 57th St & 9th Ave.
Sat 8am - 6pm (April 14 - Dec. 22)
Wed 8am - 6pm (May - Dec 19)

- 24 Abingdon Square Greenmarket**
W. 12th St. & 8th Ave.
Sat 8am - 2pm
Year round.
Does not accept EBT.

- 25 NY/NJ Port Authority Greenmarket**
8th & 42nd St. (inside bus terminal)
Thu 8am - 6pm
Year round.
Does not accept EBT.

- 26 Rockefeller Center Greenmarket**
Rockefeller Plaza at 50th St.
Wed, Thu, Fri 8am - 6pm
Jul 25 - Aug 13
Does not accept EBT.
- 27 Union Square Greenmarket**
E. 17th St. & Broadway
Mon, Wed, Fri, Sat 8am - 6pm
Year round.

CSA PROGRAMS

Note that sign up is generally March to May, with the first pickup in June or July and the last one in late October or early November. As a rule, late sign up is not permitted.

Chelsea CSA

Pickup Elliot Center, 441 W. 26th St.
Contact 212 760 9878
www.chelseacsa.org
chelseacsa@yahoo.com



CENTRAL PARK

GRAND CENTRAL STATION

PENN STATION

UNION SQUARE

12TH AVE

W 42ND ST

W 34TH ST

10TH AVE

W 23RD ST

9TH AVE

8TH AVE

7TH AVE

AVENUE OF THE AMERICAS

5TH AVE

MADISON AVE

PARK AVE

W 14TH ST

HUDSON ST

10TH AVE

8TH AVE

6TH AVE

FASHION AVE

6TH AVE

MADISON AVE

6TH AVE

UNION SQUARE

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CHELSEA/ WEST SIDE


KEY

 Food Stamp Office

 WIC Office

 Soup Kitchen

 Food Pantry

 Farmers' Market

 Subway Station

➔ To see the location a number corresponds to, refer to the list in the corresponding chapter.

OTHER ASSISTANCE

Additional organizations in your neighborhood that can assist you with matters other than food support.

MEDICAL CARE

NYC Dept. of Health & Mental Hygiene

303 Ninth Ave., 2nd Floor

(corner of 28th St.)

STD services, emergency contraception,
and HIV counseling and rapid testing.

Mon - Fri 8:30am - 3:30pm

Sat 8:30am - 12pm

No appointments.

Call 311 for more information.

SPECIALTY SERVICES

St. Luke's Lutheran Church

308 W. 46th St.

212 246 3540

1st Mon 11:30am - 1pm Clothing (with referral)

St. Paul's House

335 W. 51st St.

212 265 5433

Tue 10am - 11am (Clothing)

EMERGENCY NUMBERS

Police, Fire or Ambulance: 9-1-1

Emergency Shelter: 3-1-1

Homeless Hotline: 800 994 6494

Immigration Hotline: 212 419 3737

Center for Disease Control: 800 232 4636

Poison Control: 800 222 1222

AIDS Hotline: 718 452 8682 or 800 541 AIDS

AIDS Hotline (Spanish): 800 233 7432

Alcoholics Anonymous: 212 647 1680

Narcotics Anonymous: 212 929 6262

Gamblers Anonymous Hotline: 877 664 2469

Domestic Violence Hotline: 800 621 4673

Battered Women Hotline: 718 499 2151

Rape Crisis Line: 212 423 2140

Child Abuse Hotline: 800 342 3720

Runaway Hotline: 800 RUN AWAY

Crime Victim Hotline: 212 577 7777 or 800 621 4673



























Suicide Hotline: 800 273 8255

National Crisis Line: 800 999 9999

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WHAT AM I ELIGIBLE FOR?

Use the chart below to see what programs may be available for you and your family.

PEOPLE WITH CHILDREN					
PEOPLE WITHOUT CHILDREN					
LEGAL IMMIGRANTS					
UNDOCUMENTED IMMIGRANTS					
HOMELESS INDIVIDUALS					
SENIOR CITIZENS					



Meals at Seniors Centers
Home-delivered Meals



Groceries at Food Pantries



WIC Packages
School Breakfast
School Lunch



Meals at Soup Kitchens



Food Stamp Benefits



Free Summer Meals
for Children

Have any suggestions on how to make this Guide better? Email guides@nyccah.org.