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PATIENT & CAREGIVER EDUCATION

# Food Resources in New York and New Jersey

This information lists organizations and programs in New York and New Jersey offering food resources.

Many people who are getting treated for cancer face challenges, including affording and getting food. There are many organizations and programs offering food resources and help. Here is a list of resources in New York City (all 5 boroughs), Long Island, Westchester, and New Jersey. Many of the resources are available in many languages.

For the most up-to-date information about a program, visit its website. If a phone number is listed, remember to call the program before you visit to make sure they will be able to help you.

If you have any trouble getting food, tell your Clinical Dietitian Nutritionist or call MSK's Nutrition Department at 212-639-7312.

## New York City

### **MSK's Food Pantry Program**

646-888-8046

The food pantry program gives food to people in need during their cancer treatment. For more information, talk with your Clinical Dietitian Nutritionist, social worker, or call 646-888-8046.

### **The City of New York**

The City of New York is providing many food resources. Some examples of the programs available are listed below.

- **FoodHelp NYC** helps you find your local food pantry and a location near your home where free meals are being given out. Their website is [finder.nyc.gov/foodhelp](http://finder.nyc.gov/foodhelp)
- **The Supplemental Nutrition Assistance Program (SNAP)**, also known as food stamps, helps people in need buy food at grocery stores, supermarkets, farmers' markets, and co-op food programs. You can also shop for groceries online with SNAP benefits at [www1.nyc.gov/site/hra/help/snap-online-shopping.page](http://www1.nyc.gov/site/hra/help/snap-online-shopping.page). For more information, visit [www1.nyc.gov/site/hra/help/snap-benefits-food-program.page](http://www1.nyc.gov/site/hra/help/snap-benefits-food-program.page)
- **NYC Department for the Aging** lists meal delivery services for people age 60 and older. For more information, visit their website, email [agingconnect@aging.nyc.gov](mailto:agingconnect@aging.nyc.gov), or call 212-244-6469. To find other resources in your area, visit [www1.nyc.gov/site/dfta/services/find-help.page](http://www1.nyc.gov/site/dfta/services/find-help.page)
- **City Harvest Mobile Markets** is delivering free, fresh fruits and vegetables and canned goods to people in all 5 boroughs. Their website is [www.cityharvest.org/mobile-markets](http://www.cityharvest.org/mobile-markets)
- The City of New York offers **emergency meal delivery assistance** for people who can't get food. For more information, call 311.

## Access NYC

[access.nyc.gov](http://access.nyc.gov)

NYC program that gives support and services to New Yorkers in need. Visit their website to learn more. Some examples of the programs available are listed below.

- **Emergency Food Assistance** gives directions to your local food pantries and community kitchens offering cooked meals. Call 866-888-8777 for more information.
- **Information about SNAP benefits.** You can also download the [FreshEBT](#) application (app) for your smart device (smartphone or tablet) to help you check your SNAP balance.

- **The Women, Infants, and Children (WIC)** program gives free healthy foods and services to low-income women and children, including nutrition counseling, breastfeeding support, and health education. For more information, visit [access.nyc.gov/programs/women-infants-and-children-wic](https://access.nyc.gov/programs/women-infants-and-children-wic)

### **NYC Department of Education**

[www.schools.nyc.gov/school-life/food/free-meals](https://www.schools.nyc.gov/school-life/food/free-meals)

The NYC Department of Education is offering food programs, including free grab-and-go meals. Text “NYC FOOD” or “NYC COMIDA” (for Spanish) to 877-877 to find a location near you.

- Free meals are available for pick up Monday through Friday.
- Hours for children and families: 7:30 a.m. to 11:30 a.m.
- Hours for adults: 11:30 a.m. to 1:30 p.m.
- Meals are available to everyone. No one is turned away.
- Several meals can be picked up at one time.
- Vegetarian and halal options are available at every site. Kosher meals are available at several sites.
- Parents and guardians may pick up meals for their children.
- You don't need identification (ID) to pick up a meal.

### **Hunter College New York City Food Policy Center**

#### **NYC Food Resource Guide**

[www.nycfoodpolicy.org/coronavirus-nyc-food-reports](https://www.nycfoodpolicy.org/coronavirus-nyc-food-reports)

The Hunter College NYC Food Policy Center made guides for each NYC neighborhood listing available food resources. Visit their website for more information and to find food resources in your community.

### **Food Bank NYC**

[www.foodbanknyc.org/get-help](https://www.foodbanknyc.org/get-help)

Food Bank NYC gives a list of food resources in different neighborhoods. Visit their website for more information and to find food resources in your community.

## **Hunger Free America**

[www.hungerfreeamerica.org/printer-friendly-neighborhood-guides-food-assistance](http://www.hungerfreeamerica.org/printer-friendly-neighborhood-guides-food-assistance)

Hunger Free America gives information about SNAP benefits, meals for kids and seniors, soup kitchens, food pantries, farmers' markets, and additional resources in different communities. Many of the locations have phone numbers listed. Call ahead to make sure changes haven't been made to what is printed. You can also search for food resources on the Hunger Free America website at [www.hungerfreeamerica.org/food-map](http://www.hungerfreeamerica.org/food-map)

## **United States Department of Agriculture (USDA) Food and Nutrition Service**

[www.fns.usda.gov/partnerships/national-hunger-clearinghouse](http://www.fns.usda.gov/partnerships/national-hunger-clearinghouse)

Call the USDA's National Hunger Hotline at 866-348-6479 (866-3 HUNGRY) or 877-842-6273 (877-8 HAMBRE) for help with finding food resources in your area.

## **Health Bucks**

[www1.nyc.gov/site/doh/health/health-topics/health-bucks.page](http://www1.nyc.gov/site/doh/health/health-topics/health-bucks.page)

Health Bucks are \$2 coupons that can be used to buy fresh [fruits and vegetables](#) at all [NYC farmers markets](#). For more information, email [farmersmarkets@health.nyc.gov](mailto:farmersmarkets@health.nyc.gov)

- People with SNAP benefits can use Health Bucks at farmers' markets and get a \$2 Health Buck for every \$5 worth of SNAP spent.
- People with high blood pressure can get \$30 worth of Health Bucks if they fill their blood pressure medication at one of the participating pharmacies. Visit their website for more information.

## **Grow NYC's Fresh Food Box Program**

[www.grownyc.org/freshfoodbox](http://www.grownyc.org/freshfoodbox)

GrowNYC's Fresh Food Box Program is a food access program that helps people in need buy fresh, healthy, and locally grown fruits and vegetables at a low price. Through the program, you can buy a bag of fruits and vegetables worth \$20 to \$30 for \$14 to \$15. Cash, credit/debit, EBT/SNAP,

and Health Bucks are accepted.

### **God's Love We Deliver**

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

This program offers free meal deliveries for people living with serious illnesses who aren't able to get or prepare meals for themselves.

### **Meals on Wheels**

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

This program delivers meals to homebound seniors 60 years of age or older.

### **Center for Independence of the Disabled, NY**

844-862-7930

[www.cidny.org/food-stamps](http://www.cidny.org/food-stamps)

This program helps people with disabilities who are in need of food resources apply for SNAP benefits.

### **Invisible Hands**

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

Invisible Hands is a community-based organization that delivers groceries, prescriptions, and other necessities to people most at risk for COVID-19, including seniors, people with disabilities, and people with weakened immune systems.

## **Long Island**

### **Long Island Cares**

631-582-3663 (631-582-FOOD)

[www.licares.org/find-help/food-locator](http://www.licares.org/find-help/food-locator)

Long Island Cares delivers food to soup kitchens, group homes, senior nutrition sites, daycare centers, and shelters. Visit their website for more information and to find food resources in your community.

### **Island Harvest**

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

This program delivers fresh fruits and vegetables, meat, and other foods throughout Long Island. Visit their website for more information and to find

food resources in your community.

### **Harvest for the World**

[www.harvestfortheworld.com](http://www.harvestfortheworld.com)

This program is a mobile food pantry that gives food to those in need.

### **Jewish Association Serving the Aging**

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

Gives home-delivered meals to the elderly in Nassau and Suffolk counties.

### **Homebound Meal Delivery Program**

[211ny4regions.communityos.org/longisland](http://211ny4regions.communityos.org/longisland)

Delivers meals to people 60 years of age or older who live alone and can't make meals for themselves.

### **Shelter Rock Church Food Pantry**

[www.shelterrockchurch.com/foodpantry](http://www.shelterrockchurch.com/foodpantry)

Shelter Rock Church is providing free food to all people in need every Tuesday from 5 p.m. to 6:30 p.m.

### **The INN**

[www.the-inn.org](http://www.the-inn.org)

The Inn is a volunteer-based organization that makes hot meals for adults and children.

## **Westchester**

### **Feeding Westchester**

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

This program offers food resources, such as food pantries and mobile food pantries, to people living in Westchester.

### **Yonkers Community Action Program**

914-423-5905

[yonkerscap.org](http://yonkerscap.org)

This program helps people in need living in Yonkers with food deliveries. Visit their website or their Facebook page at [facebook.com/YonkersCAP](https://facebook.com/YonkersCAP) for

more information.

## **New Jersey**

### **2-1-1 New Jersey**

[www.nj211.org/resource-search/topic/food](http://www.nj211.org/resource-search/topic/food)

This program helps people living in New Jersey access food resources, including pantries and soup kitchens. Call 211, 877-652-1148, or text your zip code to 898-211 to connect with resources in your community.

### **NJHelps**

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

This program helps people living in New Jersey apply for government benefits, including [SNAP](#).

### **Food Bank of South Jersey**

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

Food Bank of South Jersey gives healthy foods to families in need.

### **Community Food Banks of New Jersey**

[cfbnj.org](http://cfbnj.org)

This program connects people living in New Jersey with food banks in their communities. The list includes more than 1,000 food banks.

### **Feed America**

[www.feedingamerica.org/find-your-local-foodbank](http://www.feedingamerica.org/find-your-local-foodbank)

Tool to find local food banks.

### **USDA Meals for Kids Site Finder**

[www.fns.usda.gov/meals4kids](http://www.fns.usda.gov/meals4kids)

This interactive map helps you find food resources for your children in your area. You can use this tool to find directions to nearby food pantry sites, location hours, and contact information.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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