



PATIENT & CAREGIVER EDUCATION

Food Resources During the COVID-19 Pandemic

This information lists organizations and programs in New York and New Jersey offering food resources during the COVID-19 pandemic.

The COVID-19 (coronavirus) pandemic has created many challenges, including affording and getting food. There are many organizations and programs offering food resources and help during this difficult time. 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 Memorial Sloan Kettering's (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. During the COVID-19 pandemic, the Food Pantry Program is delivering food packages directly to patients. For more information, talk with your Clinical Dietitian Nutritionist, social worker, or call 646-888-8046.

The City of New York

www1.nyc.gov/site/helpnownyc/get-help/individuals.page

The City of New York is providing many food resources during the COVID-19 pandemic. Visit their website to learn more. 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.
- **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. For more information, visit www1.nyc.gov/site/hra/help/snap-benefits-food-program.page
- **NYC Department for the Aging** is offering meal deliveries for people 60 years or older. For more information, visit their website, email 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

- **City Harvest Mobile Markets** is delivering free, fresh fruits and vegetables and canned goods to people in all 5 boroughs.
- The City of New York is also offering **emergency meal delivery assistance** for people who can't get food. For more information, call 311.
- For information on how to find a farmers' market in your area, text "SoGood" to 877-877 or "MuyRico" to 877-877 (for Spanish). You can also visit www1.nyc.gov/site/doh/health/health-topics/cdp-farmersmarkets.page
- Many NYC grocery stores are offering grocery deliveries. Visit NYC.gov/GetFood to find out more.

Access NYC

access.nyc.gov/coronavirus-covid-19-updates/#section-4

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

NYC Department of Education

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 AM to 11:30 AM.
- Hours for adults: 11:30 AM to 1:30 PM.
- 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 Coronavirus NYC Food Resource Guide

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

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

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

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

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

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

- 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

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

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

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

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

Invisible Hands

<https://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

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

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

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

Jewish Association Serving the Aging

www.jasa.org

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

Homebound Meal Delivery Program

211longisland.communityos.org/zf/profile/service/id/592256

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

shelterrockchurch.com/foodpantry

Shelter Rock Church is providing free food to all people in need every Tuesday from 5:00 PM to 6:30 PM.

The INN

the-inn.org

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

Westchester

Feeding Westchester

feedingwestchester.org/find-help

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

This program helps people in need living in Yonkers with food deliveries. Visit their website or their Facebook page at facebook.com/YonkersCAP for more information.

Westchester Community Opportunity Program (WestCOP)'s Community Action Programs (CAP)

westcop.org/cap-programs

These programs are offering hot meals, food pantry deliveries, bagged lunches, grocery deliveries, and more at their centers. To learn what each program offers and their schedules, contact them directly using the information below:

Location	Community Action Program	Contact Information
Eastchester/Tuckahoe/Bronxville	Eastchester CAP	Call 914-337-7768 or email dchin@westcop.org
Greenburgh/Elmsford	Greenburgh CAP	Call 914-761-6605 or email akyle-

New Rochelle	New Rochelle CAP	shaw@westcop.org Call 914-636-3050 or email dbonnet@westcop.org
Village/Town of Ossining	Ossining CAP	Call 914-488-2277 or email kpogue@westcop.org
Peekskill	Peekskill CAP	Call 914-739-1454 or email MHairston@westcop.org
Putnam/Brewster	Putnam CAP	Call 845-227-8021 or email jcallahan@westcop.org
Rockland County/Spring Valley	Rockland CAP	Call 845-262-1987 or email rsamudio@westcop.org
Rockland County/Haverstraw	Rockland CAP	Call 845-728-0688 or email rsamduio@westcop.org
Tarrytown/Sleepy Hollow	Tarrytown CAP	Call 914-631-7340 or email dinzar@westcop.org
White Plains area	White Plains CAP	Call 914-428-7030 or email jrossi@westcop.org

New Jersey

2-1-1 New Jersey

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

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

Food Bank of South Jersey

foodbanksj.org/food-resources

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

Community Food Banks of New Jersey

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

Tool to find local food banks.

USDA Meals for Kids Site Finder

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 any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Food Resources During the COVID-19 Pandemic - Last updated on June 19, 2020

All rights owned and reserved by Memorial Sloan Kettering Cancer Center