Memorial Sloan Kettering Cancer Center

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.

Food resources in 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 offers many food resources. Some of the programs available are listed below.

- **Access NYC** lets you check if you're eligible for support programs and services. It also explains how to apply for support programs and services. Visit access.nyc.gov to learn more.
- **Food Help NYC** helps you find your local food pantry and places near you where you can get a free meal. Their website is finder.nyc.gov/foodhelp
- **Health Bucks** are $2 coupons you can use to buy fresh fruits and vegetables at all NYC farmers markets. Visit www1.nyc.gov/site/doh/health/health-topics/health-bucks.page or email farmersmarkets@health.nyc.gov to learn more.
- **NYC Department for the Aging** lists meal delivery and

other services for people age 60 and older. Visit a125-egovt.nyc.gov/AgingService to find resources in your area. You can also email agingconnect@aging.nyc.gov or call 212-244-6469 to learn more.

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.

City Harvest
www.cityharvest.org
This organization offers free, fresh fruits and vegetables and canned goods to people in all 5 boroughs through their Mobile Markets. You can also visit www.cityharvest.org/food-map to find places offering free food near you.

City Meals on Wheels
www.citymeals.org
This program delivers meals to homebound seniors 60 years of age or older.

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.

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.

Hunter College New York City Food Policy Center 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.

Invisible Hands

www.invisiblehandsdeliver.org

Invisible Hands is a community-based organization that delivers groceries, prescriptions, and other essential supplies to people who can't leave their home.

Food resources on Long Island

2-1-1 Long Island

211ny4regions.communityos.org/longisland

This website can help you find a food pantry, home meal delivery service, and other support services in your area.

Harvest for the World

www.harvestfortheworld.com

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

The INN

www.the-inn.org

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

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.

Jewish Association Serving the Aging

www.jasa.org

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

Long Island Cares
631-582-3663 (631-582-FOOD)
www.licares.org
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.

Shelter Rock Church Food Pantry
www.shelterrockchurch.com/foodpantry
Shelter Rock Church gives free food to all people in need. Visit their website to see locations and hours.

Food resources in Westchester

2-1-1- Hudson Valley
211ny4regions.communityos.org/hudsonvalley
This website can help you find a food pantry, home meal delivery service, and other support services in your area.

Feeding Westchester
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

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.

Food resources in New Jersey

2-1-1 New Jersey

www.nj211.org

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.

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.

Food Bank of South Jersey

www.foodbanksj.org

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

NJHelps

www.njhelps.org

This program helps people living in New Jersey apply for government benefits, including SNAP.

Food resources that serve more than one location

Feed America

www.feedingamerica.org/find-your-local-foodbank
This tool can help you find a food bank near you.

God's Love We Deliver

www.glwd.org
This program offers free meal deliveries for people living with serious illnesses who can't get or make meals for themselves. They deliver to New York City (all 5 boroughs) and Hudson County in New Jersey.

Hunger Free America

findfood.hungerfreeamerica.org
This tool can help you find food resources near you. If you live in New York City, you can also visit www.hungerfreeamerica.org/en-us/nyc to learn about services offered there.

Meals on Wheels

www.mealsonwheelsamerica.org
This program delivers meals to people age 60 or older who can't leave their home.

Supplemental Nutrition Assistance Program (SNAP)

- If you live in New York City, visit nyc.gov/hra/snap for

information.

- If you live somewhere else in New York State, visit otda.ny.gov/snap for information.
- If you live in New Jersey, visit www.nj.gov/humanservices/njsnap for information.

This program, sometimes called food stamps, helps people in need buy food. You can use SNAP benefits at grocery stores, supermarkets, farmers markets, and co-op food programs. You can also use them to shop for groceries online. You can download the Propel application (app) for your smart device (smartphone or tablet) to help you check your SNAP balance. Visit www.propel.app to learn more.

Supplemental Nutrition Program for Women, Infants, and Children (WIC)

- If you live in New York, visit www.health.ny.gov/wic for information.
- If you live in New Jersey, visit www.nj.gov/health/fhs/wic for information.

This program gives free healthy foods and services to low-income women and children, including nutrition counseling, breastfeeding support, and health education.

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

www.fns.usda.gov/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 finding food resources in your area.

USDA Summer Nutrition Programs for Kids

www.fns.usda.gov/summer

These programs can help you find local food resources for your children during the summer.

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 to search our virtual library.

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