

New York 10 Food Resources

Lower East Side

Our Lady Sorrows (CCCS)

Where: 103 Pitt St New York, NY 10002

When: Tuesdays and Thursdays 8am - 11am ET

Type of Assistance: Offers free groceries and clients can visit once a month.

Requirements for Assistance: ID required, proof of address, appointment required, and wear a face mask. Call Mondays or Wednesdays between 10am - 4pm, to make an appointment.

Contact Information: (646) 886-9854, <https://olsnyc.org/contact-us>

Nazareth Housing Inc., Louise's Pantry, Lower East Side

Where: 206 E 4th St New York, NY 10009 [Blue door]

When: Tuesdays 8:30am-10:30pm.

Type of Assistance: ID and registration required. Free groceries

Requirements for Assistance: Text "Food" to 726879 to make an appointment.

Contact information: (646) 713-2681, <https://nazarethhousingnyc.org/services/louises-pantry/>

Met Council - UJC of the East Side

Where: 15-17 Willett St/Bialystoker Pl New York, NY 10002

When: Open for pick ups Monday - Friday 9:00am - 1:30pm

Type of Assistance: Occasional produce that goes very quickly. 90% shelf stable foods. Kosher Pantry

Requirements for Assistance: Only needs a phone number and email when appointments are made. Call to register

Contact Information: (212) 475-3857, <https://ujces.org/food-assistance-nyc>

UA3 Community First Food Pantry

Where: 384 Grand St New York, NY 10002

When: Mondays and Thursdays 11:00am-3:30pm except holidays.

Type of Assistance: Free Groceries

Requirements for Assistance: ID, cellphone number, and appointments created through PLENTIFUL app. Rotation basis. If they need food hours or appointment 11am-2pm. 2pm is walk-ins.

Contact Information: (917) 697-2842, <https://www.ua3now.org/>

Lilian Wald Food Pantry

Where: 12 Avenue D Houston St. Entrance New York, NY 10009

When: Clients may come to our site and receive orders Tuesdays or Wednesdays from 10am-2pm, time and date dependent on the timeslot they have chosen during their in person or online ordering process.

Type of Assistance: Free groceries, once a month groceries, diapers offered upon availability

Requirements for Assistance: Registration required. Place order for food: 10am-2pm on Thursdays and 10am-2pm on Fridays. You can place orders in advance at market.metcouncil.org.

Contact Information: (212) 475-3857, market.metcouncil.org

The Bowery Mission

Where: 227 Bowery New York, NY 10002

When: Food pantry hours are Monday-Friday 9:30am-11:00am

Type of Assistance: Soup kitchen & Food pantry.

Requirements for Assistance: ID required

Contact Information: (212) 674-3456, <https://www.bowery.org/nycrescue/>

Vision Urbana

Where: 66 Essex Street New York, NY 10002

When: Every Monday 9:00-11:00AM

Type of Assistance: Delivery available at https://www2.visionurbana.org/the_vu_food_pantry

Requirements for Assistance: None

Contact Information: (646) 626-9748, <https://www2.visionurbana.org/>

Grand Street Settlement – LES

Where: 72 Columbia St. New York, NY 10002

When: Mondays 8:00am - until food runs out

Type of Assistance: Free groceries

Requirements for Assistance: None

Contact Information: (212) 674-1740, <https://grandsettlement.org/>

Grand Street Guild

Where: 410 Grand St. New York, NY 10002

When: Wednesdays 2:00pm - 6:00pm

Type of Assistance: Free groceries & clients visit once a month.

Requirements for Assistance: ID required and registration. Serves 460 Grand St, 131 Grand Street, 410 Grand St, and 165 Bloom St.

Contact Information: (646) 984-0167, <https://grandstreetguild.org/>

American Indian Community House

Where: 275 Madison Avenue, Suite 2014 New York, NY 10016

When: Saturdays 1:00pm - 4:00pm

Type of Assistance:

Requirements for Assistance: ID required, Sources only available for community members and indigenous families.

Contact Information: (646) 355-8098, <https://aich.org/contact/>

Cabrini Immigrant Services Food Pantry

Where: 630 Isham St. New York, NY 10034

When: Saturdays 7:00am - 9:00am

Types of Assistance: Service fresh produce, non-perishable items, and frozen protein items.

Requirement of Assistance: ID is required for the first two visits and when trying to pick up client card. Clients cannot receive food 2 weeks in a row. Must be residents of NYC (all boroughs) or of Yonkers. To register: Go to office on Saturdays 7:00am - 9:00am

Contact Information: (212) 791-4590 ext. 102, <https://cis-nyc.org/our-programs/food-pantry>

Father's Heart Ministries - Food Pantry

Where: 543 11th St New York, NY 10009

When: Saturdays 8:30am-11:00am Closed the first Saturday of the month, open every second Saturday of the month

Types of Assistance: They offer free groceries and soup kitchen

Requirements of Assistance: ID recommended as of 2025,

Contact Information: (212) 375-1765, <https://www.fathersheartnyc.org/>

Lower East Side Girls Club

Where: 402 E 8th St, New York, NY 10009

When: 1:30pm on Wednesdays for walk ins.

Types of Assistance: Bag of vegetables, meat, or fish, canned goods.

Requirements for Assistance: None: Give names and amount of family. Waiting list of 200 people. 1:30pm on Wednesdays for walk ins. You can give pantry manager information. There's 200 people on waiting list. However, when you come in you can still get a bag.

Contact Information: (212) 982-1633, <https://www.girlsclub.org/>

Education Alliance

Where: 25-29 Avenue D, New York, NY 10009

When: Tuesdays and Wednesdays 4pm-6pm come at 5:30pm and can get bag. If you don't have an appointment come at 5:30pm.

Types of Assistance: Bag of groceries

Requirements of Assistance: ID Required

Contact Information: (646) 395-4371, <https://edalliance.org/>

Trinity Services Food for the Homeless - Food Pantry

Where: 602 E 9th, New York, NY 10009

When: M-F 11:00AM-1:30PM

Types of Assistance: Food Pantry

Requirements for Assistance: Appointment Only. To make an appointment, text "START" to (646) 257-2520. Note- you cannot call this phone number. Answer question and select appointment date

Contact Information: (212) 228-5254 x16, <https://www.safhnyc.org/>

Primitive Christian Church

Where: 209 E Broadway

When: Every last thursday of the month (9-11am)

Types of Assistance: Bag of Groceries

Requirements for Assistance: You need state ID has to LES. Can't come from BX or BK.

Contact Information: (646) 831-6653,

EV Loves

Where: 92 E 2nd St (between Avenue A & B)

When: Monday- Friday 12:30-2pm

Types of Assistance: Free sit down lunch

Requirements for Assistance: None

Contact Information:

Tompkins Square Park

Hope for the Future

Where: Avenue A and East sq street

When: third Sat of the month and get there around 12pm Avenue A and East sq street

Types of Assistance: Bag of groceries

Requirements for Assistance: ID and grocery bag

Contact Information: (631) 752 5771, <https://hopeforthefuture.com/>

Bay Ridge

Bay Ridge Community Development Center Inc.

Where: 9818 Fort Hamilton Parkway Brooklyn, NY 11209

When: Every other Sat. November 1st: 11am - goes until runs out around 1 or 2pm.

Type of Assistance: Offers fresh produce

Requirements for Assistance: N/A

Contact Information: info@brcdc.org

Park Slope

Camp Friendship, Inc.

Where: 339 8th St, Brooklyn, NY 11215

When: Saturdays 9am – 12pm

Type of Assistance:

Requirements for Assistance: N/A

Contact Information: 718-965-3695, <https://www.campfriendshipbrooklyn.org/>

Community Help in Park Slope

Where: 200 Fourth Avenue Brooklyn, NY 11217

When: Thursday and Saturdays 11:30am-1pm

Type of Assistance: Groceries

Requirements for Assistance: No ID required

Contact Information: (718) 237-2962, <https://www.chipsonline.org/>

Sunset Park

Center for Family Life in Sunset Park, Inc.

Where: 443 39th Street Brooklyn, NY 11232

When: Monday and Friday by appointment only call 929-480-7175. Tuesday-Thursday 1-4pm. Participants can arrive any time after 9:00 am to receive a ticket and return at 12:45pm to join the line to pick-up food. Typically, 20 tickets are available per day.

Type of Assistance: Packages provide food for 3 meals per day for 3 days for each member of the household.

Requirements for Assistance: N/A

Contact Information: (718) 438-9500, <https://m.centerforfamilylife.org/venue/center-for-family-life-in-sunset-park/>

East Midwood

Flatbush Community Fund, Inc.

Where: 1860 Flatbush Avenue Brooklyn, NY 11220

When:

Type of Assistance:

Requirements for Assistance:

Contact Information: (718) 650-3545, <https://fcfund.org/services/food-pantry/>

Vinegar Hill

Vinegar Hill Food Pantry

Where: 228 York Street Brooklyn, NY 11201

When: Weekly distribution at 12pm

Type of Assistance:

Requirements for Assistance: N/A

Contact Information: <https://www.vhfp.org/contact-us>

Brooklyn Heights

First Presbyterian Church

Where: 124 Henry St , Brooklyn, NY 11201

When: Thursday 9am - 11am

Type of Assistance: Choose your own shelving, canned and packaged food to cook and frozen meats.

Requirements for Assistance: Bag and ID

Contact Information: (718) 624-3770

Department of Probation NeON Kitchen Brooklyn

Where: 345 Adams St, 6th Floor , Brooklyn, NY 11201

When: Mon, Wed, Thur from 9am - 12pm

Type of Assistance:

Requirements for Assistance:

Contact Information: <https://www.nyc.gov/site/neon/programs/nutrition-kitchen.page>

Clinton Hill

Hanson Place SDA Community Service

Where: 88 Hanson Place Brooklyn, NY 11217 - Parking Lot

When: Thursdays 1:00pm - 5:00pm

Type of Assistance:

Requirements for Assistance: N/A

Contact Information: (718) 789-6859, <https://www.hansonplace.org/ministries/community-services>

Child Development Support Corp.

Where: 352-358 Classon Avenue Brooklyn, NY 11238

When: Every Thursday 11am-2pm,

Type of Assistance:

Requirements for Assistance: Picture ID with DOB. Download Plentiful app on phone and make an appointment to pick up food. Can only pick up once a month.

Contact Information: (718) 398-2050,

Teen Challenge

Where: 415 Vanderbilt Avenue Brooklyn, NY 11238

When: Once a month, third Saturday of the month. Next date is November 22

Type of Assistance:

Requirements for Assistance: Benefits ID

Contact Information: (718) 789-1414

Prospect Heights

Church of God Feeding Hungry

Where: 836 Classon Ave, Brooklyn, NY 11238

When: Every Thursday 10am-12pm walk in 11:45am.

Type of Assistance:

Requirements for Assistance: Bring ID for walk-ins

Contact Information: (718) 230-5955