

East Harlem Food Resources

NY Common Pantry

8 E. 109th St. 10029

Phone: 917 720 9710

<http://nycommonpantry.org/home/food-programs-2/>

- **Choice Pantry- Bag Food Pick Up-** Hours- Wednesday- Saturday, 10AM-2:30PM
- **Hot Meals-** Monday – Friday at 2:30 PM, Brown Bag lunches will be given out on Saturday and Sunday at 4-5PM. All Meals will be take away
- To register for pantry, clients must bring photo ID for all adults in the household, ID for all children in the household, e.g., birth certificate, school letter, and proof of address, e.g., rent receipt or lease.
- For meals, clients just need to provide date of birth and initials

Jan Hus Outreach Program

161 East 104th St., 10029

Phone: 212 288 6743

- **Food Pantry Hours:** Wednesday and Friday 9am-1pm

Little Sisters of the Assumption Family Health Service

333 E 115th St, 10029

Phone: 646 672 5200

<https://littlesistersfamily.org/>

- **Food Pantry Hours:** Wednesday 9:30am-11:30am and 1:00-3:00pm
- Clients can come once per month
- To register, bring ID, proof of address in 10029 or 10035, and proof of household composition (i.e. lease with all members of the household listed

Salvation Army Manhattan Citadel

145 E 125th St, 10035

Phone: 212 860 3200

- **Soup Kitchen:** Monday-Friday, 1pm
- **Food Pantry:** Monday-Friday, 9am-2pm
- Must bring ID and proof of address in 10029 or 10035