

SERVICE/BENEFIT	BY PHONE	BY WEB OR APP	COVID-19 CHANGES
<b>FREE MEALS TO PICK-UP</b>	<b>Text:</b> "NYC FOOD" to 877-877	<b>Google:</b> "NYC Free Meals"	Any New Yorker can get 3 free "Grab and Go" meals a day at more than 400 Meal Hubs across the city. <b>Monday - Friday</b> <b>Families:</b> 7:30am-11:30am   <b>Adults:</b> 11:30am-1:30pm
<b>FOOD PANTRIES &amp; COMMUNITY KITCHENS</b>	<b>National Hunger Hotline</b> English: 1-866-348-6479 Spanish: 1-877-842-6273	<b>Food Bank:</b> foodbanknyc.org/get-help <b>Multiple languages:</b> maps.nyc.gov/foodhelp	The sites listed in the Food Bank map have switched to "grab and go" meals and pantry bags to minimize the risk of exposure.
<b>SNAP ENROLLMENT, CASH ASSISTANCE, &amp; MEDICAID</b>	<b>HRA info-line:</b> 718-557-1399 or 311	<b>App:</b> Access HRA a069-access.nyc.gov/accesshra <b>Google:</b> "Access HRA"	Apply online or via the Access HRA app or call the phone number provided to have an application sent in the mail.
<b>WIC</b> (WOMEN, INFANTS, CHILDREN)	<b>Growing Up Healthy Hotline:</b> 1-800-522-5006	www.health.ny.gov/prevention/nutrition/wic <b>Google:</b> "WIC New York"	Many NYS WIC offices are available to provide services by phone for appointments.
<b>SENIOR MEALS/SERVICES</b>	<b>Dept for the Aging:</b> 212-244-6469 or 311	www1.nyc.gov/site/dfta/index.page <b>Google:</b> "Department for the Aging NYC"	Senior centers are currently closed for congregate programming and meals are being provided through a centralized meal delivery system.
<b>FOOD DELIVERY ASSISTANCE</b>	<b>Call:</b> 311	NYC.gov/getFood <b>Google:</b> "NYC Food Delivery Assistance"	<b>Last resort when:</b> <ul style="list-style-type: none"> <li>No members of the household can go out and get food because they are at increased medical risk or homebound</li> <li>No neighbors or family members can go out and get food for you</li> <li>Do not receive meal assistance from other providers</li> <li>You are unable to afford meal delivery or grocery delivery</li> </ul>

**\*\*\* If you are in need of emergency food assistance, call the NYC Emergency Food Line at 1-866-888-8777 \*\*\***