

HARLEM & WEST HARLEM — FOOD PANTRIES, SOUP KITCHENS & MEAL PROGRAMS

(Verified & Updated Draft – October 2025)

EMERGENCY / HOTLINES

NYC 311	Call 311 or (212) 639-9675 (outside NYC)
Coalition for the Homeless / NYC Hunger Hotline	866-888-8777
WhyHunger / National Hunger Hotline	1-800-5-HUNGRY (1-800-548-6479)
HRA SNAP Infoline (NYC)	718-557-1399

New York Common Pantry — Choice Pantry

8 E 109th St

Phone: 917-720-9700

Hours: Wed–Sat 10:00 AM–2:00 PM

Source: nycommonpantry.org

Little Sisters of the Assumption Family Health Service — Food Pantry

333 E 115th St

Phone: 646-672-5200

Hours: Wed mornings

Emma L. Bowen Community Service Center — Food Pantry

1727 Amsterdam Ave

Phone: 212-694-9200

Hours: Tue–Thu 11:00 AM–2:00 PM

Source: nycfoodpolicy.org

PA'LANTE Harlem — Food Pantry

1411 Amsterdam Ave

Phone: 212-491-2541

Hours: Friday only; ID required

Metropolitan Baptist Church Food Pantry

151 W 128th St

Phone: see local listings

Hours: Tue/Wed mornings

Catholic Charities — Central Harlem pantry

34 W 134th St

Phone: 212-862-6401 x425

Hours: Wed 9:30–11:30 AM; ID & proof of address required

Food Bank For New York City — Community Kitchen & Food Pantry

252 W 116th St

Phone: 212-566-7855

Hours: Pantry Tue/Wed/Thu; provides hot meals

Source: foodbanknyc.org

Refettorio Harlem (Fresh Pantry + Hospitality Dinners)

37 W 119th St

Phone: 510-689-6384

Hours: Tues 12–2 PM; Wed & Fri 5:15–6:45 PM

Source: refettorioharlem.org

Emanuel AME Church / Refettorio partner pantry

37 W 119th St

Phone: 510-689-6384

Hours: Tues 12–2 PM; Wed & Fri 5:15–6:45 PM

Source: foodhelpline.org

West Harlem Group Assistance / Communities for Healthy Food

625 Malcolm X Blvd

Phone: 212-690-7900

Hours: Mon–Thu 10 AM–2 PM

Source: nycfoodpolicy.org

Iris House West Side Food Pantry

2348 ACP Blvd

Phone: see local listings

Hours: Wed & Thu 10 AM–3 PM

Harlem United — Meal Programs & Food Support

123–125 W 124th St

Phone: 212-531-1300

Hours: Breakfast & lunch service

Source: *local directories*

Harlem Dowling West Side Center (food services)

2139 Adam Clayton Powell Jr Blvd

Phone: 212-749-3656

Hours: Partnered services & occasional distributions

Riverside Church — Riverside Food Pantry

91 Claremont Ave

Phone: see local listings

Hours: Tue–Fri 9 AM–1 PM; serves W 96–179th St; ID & proof of address required

Source: trcnyc.org

Church of Saint Joseph of the Holy Family — Food Pantry

405 W 125th St

Phone: 646-398-9151

Hours: Twice monthly distributions

Source: stjosephsharlem.com

Salvation Army — Harlem Temple Corps Pantry

540 Lenox Ave

Phone: 212-862-3900

Hours: Mon/Tues/Thurs/Fri 9:30–12:30 PM, appointment & ID required

NY Common Pantry mobile & partner pop-ups

Various

Phone: 917-720-9700

Hours: Schedule varies, must request mobile pantry

Source: nycommonpantry.org

Food Bank NYC Mobile Pantries & Pop-Ups

Various

Phone: 212-566-7855

Hours: Schedule changes weekly

Source: foodbanknyc.org

Coalition for the Homeless / Soup Kitchen listings

Call hotline

Phone: 866-888-8777

Hours: For food resources & soup kitchens

Antioch Church of God in Christ outreach

41 W 124th St

Phone: 917-974-8261

Hours: Sat 7:30 AM–11:00 AM

Harlem YMCA partner events & mobile pantries

Partner site

Phone: see local listings

Hours: Check schedule

Local housing authority partner distributions

Partner site

Phone: see local listings

Hours: Check schedule

HOW TO USE THIS LIST:

Bring photo ID and proof of residency if requested.

Arrive early; many pantries operate first-come-first-served.

Ask if registration or Plentiful app is needed.

Call 311 or Coalition Hunger Hotline (866-888-8777) if immediate help is needed.

SOURCES:

foodbanknyc.org, refettorioharlem.org, nycommonpantry.org, nycfoodpolicy.org, foodhelpline.org, maps.nyc.gov/foodhelp, coalitionforthehomeless.org