

WEST HARLEM FOOD RESOURCES

UPDATED MARCH 2026

<p>COALITION FOR THE HOMELESS / NYC HUNGER HOTLINE/ USDA NATIONAL</p>	<p>(866) 888- 8777 OR 311 IMMEDIATE HELP</p>
<p>WHYHUNGER/ NATIONAL HUNGER HOTLINE</p>	<p>1 (800) 548 - 6479</p>
<p>PALANTE HARLEM 1411 AMSTERDAM AVE NY 10027</p>	<p>212 491 2541 FOOD PANTRY: FRIDAYS 2PM, ID REQ</p>
<p>FOOD BANK FOR NEW YORK CITY 252 W 116TH St NY 10026</p>	<p>(212) 566- 7855 HOT MEALS: MON-FRI 12-2PM & MON, WED-FRI 4-6PM</p>
<p>UPPER MANHATTAN MENTAL H.C. INC. 1727 AMSTERDAM AVE NY 10031</p>	<p>(212) 694- 9200 PANTRY BAG DISTRIBUTION: TUE/WED/THURS 2pm-4pm</p>
<p>ST JOSEPH OF THE HOLY FAMILY 405 W 125TH St NY 10027</p>	<p>(646) 398- 9151 PANTRY BAG DISTRIBUTION: ALTERNATING SATURDAYS 8AM- 12PM (3.21 / 4.04 / 4.18)</p>
<p>ADVENT LUTHERAN CHURCH 2504 BROADWAY NY 10025</p>	<p>212-665-2504 PANTRY: SAT (1,3) 10AM-12PM SOUP KITCHEN: SAT (2,4) 12-1PM</p>

<p>AFRICAN SERVICES COMMITTEE 429 W 127th St, 10027</p>	<p>212-222-3882 (107) PANTRY: MON-THUR 10AM-4PM</p>
<p>ANTIOCH OUTREACH MINISTRIES 41 WEST 124TH STREET NY 10027</p>	<p>212-534-5715 PANTRY: SAT 7:30-11AM</p>
<p>BROADWAY COMMUNITY 601 WEST 114TH STREET NY 10027</p>	<p>212-864-6100 SOUP KITCHEN: M,TUE,W, F 10-11:30A & 12:30-1:30P PANTRY: THUR 2-5PM</p>
<p>CATHEDRAL COMMUNITY CARES 1047 AMSTERDAM AVENUE NY 10025</p>	<p>347-376-2848 PANTRY: THUR 12-6PM</p>
<p>CATHEDRAL OF ST. JOHN THE DIVINE 1047 AMSTERDAM AVENUE @ W. 112TH ST NY 10025</p>	<p>212-316-7579 SOUP KITCHEN: SUN 10AM-3PM</p>
<p>CHURCH OF THE ANNUNCIATION 88 CONVENT AVE. NEAR 132ND ST NY 10027</p>	<p>(212) 234-1919 PANTRY: TUE 2-5PM</p>
<p>COMMUNITY IMPACT 616 WEST 114TH STREET NY 10025</p>	<p>919-259-8315 PANTRY: MON,WED,THUR 11AM-2PM</p>

<p>FAMILY INTEGRATION MINISTRY FOOD PANTRY 425 WEST 144TH STREET @ CONVENT AVE NY 10031</p>	<p>646-698-5102 PANTRY: MON (1,3) 9AM-12PM</p>
<p>HARLEM DOWLING WEST SIDE CENTER/SPECIALIZED SERVICES 2139 ADAM CLAYTON POWELL JR. BLVD @ 127TH St NY 10027</p>	<p>212-749-3656 PANTRY: FRI 12-2PM</p>
<p>IRIS HOUSE 2348 ADAM CLAYTON POWELL JR. BLVD NY 10030</p>	<p>646-548-0100 SOUP KITCHEN: TUE-FRI 12-1:30PM PANTRY: THUR 10AM-3PM</p>
<p>LOVE WINS NYC (HARLEM) 521 WEST 126TH STREET NY 10027</p>	<p>PANTRY: WED(4) 1-3PM</p>
<p>MT. OLIVET BAPTIST CHURCH COMMUNITY MEAL PROGRAM 201 LENOX AVE NY 10027</p>	<p>(212) 864-1155 PANTRY: TUE & WED 10AM-12PM</p>
<p>RIVERSIDE CHURCH FOOD PANTRY 91 CLAREMONT AVE @ 120TH STREET NY 10027</p>	<p>212-870-6733 PANTRY: TUE-FRI 9AM-1PM</p>
<p>SALEM UNITED METHODIST CHURCH 2190 ADAM CLAYTON POWELL JR. BLVD NY 10027</p>	<p>212-678-2700 PANTRY: TUE 10AM-12PM</p>

ST. CHARLES BORROMEO CHURCH 211 WEST 141ST STREET NY 10030	(212) 281-2100 PANTRY: SAT 9-11:30AM
ST. MICHAEL'S CHURCH 225 WEST 99TH STREET NY 10025	212-222-2700 SOUP KITCHEN: SAT 10-11:30AM
THE SALVATION ARMY MANHATTAN CITADEL 175 EAST 125TH STREET NY 10035	(212) 860-3200 PANTRY: MON-FRI 9AM-3PM
WEST HARLEM GROUP ASSISTANCE, INC 625 LENOX AVE NY 10030	212-832-1399 PANTRY: MON-THUR 10AM-2PM

HOW TO USE THIS LIST:

- BRING PHOTO ID IF REQUIRED
- ARRIVE EARLY; MANY PANTRIES OPERATE ON A FIRST COME - FIRST SERVE BASIS
- CALL AND VERIFY IF REGISTRATION OR PLENTIFUL APP IS NEEDED
- DIAL (212) 639 -9675 IF OUTSIDE NYC