

Food Resources

Food Pantries Food Connect map –
all NY counties (use Google Chrome to navigate)

<https://map.thefoodpantries.org/>

The Emergency Food Assistance Program (TEFAP) through the USDA. Members can apply online. Once approved, they will receive a month's worth of free food, distributed through a local food bank or pantry. The program does NOT compete with SNAP. When SNAP is restored, members won't need to drop the TEFAP assistance.

[Applicant/Recipient | Food and Nutrition Service](#)

Free Formula Exchange – nationwide mutual aid program for formula. Can go online to donate or request formula at zero cost.

[Welcome to the Free Formula Exchange](#)

Food Apps

Too Good to Go – surprise food bags available at stores and restaurants for minimal fee while helping the environment and reducing food waste

[Save Good Food From Going To Waste | Too Good To Go](#)

Flash Food – surplus food from grocery stores is discounted to prevent it from going to waste.

[Flashfood | The app for grocery's best kept deals](#)

Food Resources

Organization / Program	Description	Website / Contact
Food Bank For New York City	Network of nearly 800 pantries, soup kitchens, and mobile food distributions across NYC; searchable “Find Food” tool.	foodbanknyc.org/find-food
United Way of New York City – Food & Benefits Access	Connects families to food pantries, culturally responsive meal programs, and benefits-application help.	unitedwaynyc.org/programs/food-benefits-access
Hunger Solutions New York – Find Food-Help	Statewide food-help locator for pantries and soup kitchens; covers NYC and upstate areas.	hungersolutionsny.org/find-food-help
West Side Campaign Against Hunger (WSCAH)	Free groceries and fresh produce distribution site (UWS location); ID recommended. 📍 263 W 86th St, NY 10024 ☎ (212) 362-3662	wscah.org
NYC Department of Social Services – HRA Emergency Food Assistance Program (EFAP)	Lists HRA-funded food pantries and community kitchens citywide; also supports emergency food supplies.	nyc.gov/site/hra/help/food-assistance.page
City Harvest – Mobile Markets	Distributes fresh produce and pantry items at borough-based markets; no registration needed.	cityharvest.org/programs/mobile-markets
Food Pantries of New York (Statewide Directory)	Public directory listing hundreds of pantries and soup kitchens throughout NY State.	foodpantries.org/ci/ny-new_york
NYC Food Policy Center – SNAP Guide	Guidance for SNAP recipients on navigating appeals or delays in benefits.	nycfoodpolicy.org/navigating-snaps-new-rules-a-guide-for-recipients