GRAND CENTRAL FOOD PROGRAM
The Grand Central Food Program distributes meals and other items 7 days a week at the following times and places:
• 5:30-7:00pm St. Bartholomew’s Church • 108 E 51st St

SCHEDULE OF DOWNTOWN FOOD VAN
• 7:30pm SW Corner of Randall Ave & Bryant Ave
• 7:40pm NW Corner of Lafayette Ave & Manida St
• 8:00pm Lincoln Hospital (Morris Ave & 148th St)

SCHEDULE OF UPTOWN FOOD VAN
• 8:25pm 164th St & Ogden
• 8:30pm 170th St & Jerome
• 8:45pm Fordham Rd & University Ave
• 9:00pm Fordham Rd & Webster Ave

SOUP KITCHENS
• POTS - Part of the Solution • 2759 Webster Ave • M-F: 12:30-3:30pm • D to Kingsbridge/Bedford, 4 to Bedford • ID required
• Manna of Life Ministry-Fellowship Chapel • 1101 Boston Rd. • Sat: 10am-12pm • B/D to 167th St
• No referral needed
• St. Ann’s Church of Morrisania• 295 St. Ann’s Ave • Mon-Fri 12:30-2pm •6 to Brook Ave • No referral needed

FREE MEALS & MENSTRUAL PRODUCTS AT PUBLIC SCHOOLS: MON– FRI 11:30am – 1:00pm

• P.S. 018 John Peter Zenger: 502 Morris Ave, 10451
• South Bronx Preparatory: 360 E 145 Street, 10454
• P.S./I.S. 218 Rafael Hernandez: 1220 Gerard Ave, 10452
• P.S. 011 Highbridge: 1257 Ogden Ave, 10452
• P.S. X114-Luis Llorens Torres: 1155 Cromwell Ave, 10452
• P.S. 199x-Shakespeare: 1449 Shakespeare Ave, 10452
• The Walton Ave. School: 1425 Walton Ave, 10452
• The Highbridge Green School: 200 W 167th St, 10452
• P.S. 126 Dr Marjorie H Dunbar: W 166 St, 10452
• P.S. X088 - Little Sparrow: 1340 Sheridan Ave, 10456
• P.S. 046 Edgar Allan Poe: 279 E 196 St, 10458
• Bronx Arena High School :1440 Story Ave, 10473
• P.S. 170 1598: Townsend Ave, 10452
• P.S. 207: 3030 Godwin Terr, 10463
• P.S. 033 Timothy Dwight: 2424 Jerome Ave,10468
• P.S. 008 Issac Varian 3010 Briggs Ave, 10458
• Grant Ave. Elem. School:250 E 164 St, 10456
• P.S. X140 The Eagle School : 916 Eagle Ave, 10456
• P.S. 5 Port Morris: 564 Jackson Ave, 10455
• P.S. 053 Basheer Quisim: 360 E 168 St, 10456
• P.S. 070 Max Schoenfeld: 1691 Weeks Ave, 10457
• New M. Business. Acad. MS 1000 Teller Ave, 10456

For a full list, call 311 or visit: https://www.schools.nyc.gov/freemeals

FOOD PANTRIES
• POTS - Part of the Solution • 2759 Webster Ave • Pantry: Mon-Fri: 9am-11:30am • D to Kingsbridge/Bedford, 4 to Bedford • ID required
• NY Common Pantry Bronx • 1290 Hoe Ave • Pantry Distribution for existing members: Thursday & Friday 10am-2pm
• New client intakes: Tuesday - Friday 10am-3pm • Need proof of address (No Saturday pantry)
• Community Food Pantry of Highbridge • 1363 Ogden Ave • Tues 10am-1pm; Thurs 12-3pm • 4 to 170th St
• No referral needed.
• Salvation Army Bronx Citadel • 425 E. 159th St • Tuesdays 12-1pm by appointment only• 5 to 3 Ave & 149th/Bx41 to 150th St
• ID required (proof of address)
**PUBLIC TOILETS/SHOWERS**

**SHOWERS**
- All Angels Church • 80th/Broadway • Tues & Thurs • 8am-2pm • First come first served
- 227 Bowery • Tues and Wed
- Salvation Army Harlem Temple • 62 W. 138th Street • Mon, Weds, Sat 1-5pm
- Salvation Army Midtown • 542 W. 46th St • Mon-Sat • 12:00pm-4pm

**TOILETS**
- 144th and Canal Pl
- Fordham and Webster by Rose Hill Park
Hand Sanitizer is available at these locations.

---

**LEGAL SERVICES**

- POTS - Part of the Solution Legal Clinic: 2759 Webster Ave, Bronx • Clients seeking assistance may contact the legal clinic directly to schedule a phone meeting at (718) 220-4892 ext: x111 or x117
- Legal Aid’s Access to Benefits (A2B) Helpline: 888-663-6880 • Mon-Fri • 10:00 a.m. to 3:00 p.m.

---

**DROP-IN CENTERS**

**ADULTS**
- Living Room • 800 Barretto St • Open 24 hours • 6 to Hunts Point, BX6 to Lafayette • Men & Women, 21 & older • Still open, limited beds

**YOUTH**
- Cardinal McCloskey Community Services 333 E. 149th St • (718) 993-5495 • Daily: 8pm-8am; Overnights only; Call for over the phone support • 5 train to 3rd Ave-149th St

---

**SHELTERS**

**SINGLE ADULT MEN**
- 30th Street Men’s Shelter • 400-430 E 30th St • (212) 481-0771 • Intake open 24 hours • 6 to 28th St • Men Only

**SINGLE ADULT WOMEN**
- Brooklyn Women's Shelter (BWS) • 116 Williams Ave • (718) 483-7700 • Intake open 24 hours • C to Liberty Ave

**ADULT COUPLES / FAMILIES WITHOUT MINOR CHILDREN**
- Adult Family Intake Center (AFIC) • 400-430 E 30th St (at 29th St & 1st Ave) • (212) 481-4704 • Open 24 hours • 6 to 28th St • Application office for adult couples WITHOUT minor children

**FAMILIES WITH CHILDREN**
- PATH • 151 E 151st (Bronx) • (917) 521-3900 • Open 24 hours • 2/4 to 149th St/Grand Concourse • Must be a family with children under 21 years old or a pregnant family

---

**HEALTH CENTERS**

- Living Room Health Center • 800 Barretto Street, Bronx • 347-269-4572 • Open Mon-Thurs
- Part of the Solution (POTS) Health Center • 2759 Webster Avenue, Bronx • 347-269-4706 • Call for hours
- Telemedicine available
- Susan’s Place Health Center • 1911-21 Jerome Avenue, Bronx • 718-943-1341 • Open Mon-Fri

---

**EMERGENCY NUMBERS**

- NYC Well (888) NYC-WELL
- Suicide Hotline (800) 273-8255
- SAMHSA’s Disaster Distress Helpline (800) 985-5990
- Alcoholics Anonymous (212) 647-1680
- Safe Horizon Crime Victim Hotline (212) 577-7777
- Domestic Violence Hotline (800) 621-4673
COVID-19 GUIDANCE

• If you are experiencing a cough, shortness of breath, and fever-like symptoms, you should call your healthcare provider or dial 311 to reach an outreach team. Let them know you're experiencing symptoms of Coronavirus.

• Please practice social distancing guidelines and keep 6 feet away from others whenever possible.

• Always wear a face mask covering mouth and nose when in public.

• Wash your hands for at least 30 seconds whenever possible, and avoid touching your eyes, nose, and mouth.

• If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol

COVID-19 Testing Centers

• CityMD- E. 86th St: 336 E. 86th St. • Manhattan • 212-933-1364 • Mon – Fri, 7am-10:45pm, Sat-Sun, 9am-9pm

• CityMD- East 96th Street: 1500 Lexington Ave. • 212-710-1065 • Mon – Fri, 8am-8pm, Sat - Sun 9am-5pm

• CityMD- Fulton St: 138 Fulton St. • 212-271-4896 • Mon - Fri, 8am-8pm, Sat - Sun 9am-5pm

• CityMD- Lower East Side: 138 Delancey St • 212-609-2541 • Mon - Fri, 8am-8pm, Sat - Sun 9am-5pm

• CityMD- West 125th St: 80 West 125th St. • 212-913-0820 • Mon - Fri, 8am-8pm, Sat - Sun 9am-5pm

• NYC Health + Hospitals/Bellevue: 462 First Ave. • 212-562-5555 • Mon – Sat, 7:30am-3:30pm (Hospital)

• NYC Health + Hospitals/Gotham Health Dyckman-Clinica de Las Americas: 175 Nagle Ave. • 212-544-2001 • Mon – Fri, 9am-3:30pm (Community Health Center)

• East 111th St: 141 East 111th St • 844-692-4695 • Mon- Sun, 9am-7pm (Community Based Setting)

• NYC Health + Hospitals/Gotham Health, Gouverneur: 227 Madison St • 212-238-7897 • Mon – Fri, 9am-4pm; Sabado, 9am-2pm (Hospital)

• Housing WorksNYC Health + Hospitals/Harlem: 506 Lenox Ave, • 212-939-1000 • Mon – Fri, 8:30am-4 pm (Hospital)

• Highbridge Pool: 2301 Amsterdam Ave • Mon – Sun, 9am-7pm (Community Based Setting)

• NYC Health + Hospitals/Metropolitan: 1901 First Ave • 212-423-6262 • Mon – Sat, 9am-3:30pm (Hospital)

• NYC Health + Hospitals/Gotham Health, Sydenham: 264 West 118th St. • 212-932-6500 • Mon – Fri, 9am-3:30pm (Hospital)

• Saint Nicholas Houses: 281 West 127th St. • Mon – Fri, 9 am-3:30pm (Community-Based Setting)