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