



Office of Assemblymember Zohran K. Mamdani

718-545-3889
ad36@nyassembly.gov

New York State Assembly
Albany, New York 12248

PRSRT STD.
U.S. POSTAGE
PAID
Albany, New York
Permit No. 75

FACING FOOD INSECURITY?

**HERE ARE SOME LOCAL FOOD PANTRIES
FOR FREE OR LOW-COST FOOD.**

FOOD ASSISTANCE

IN AND AROUND DISTRICT 36

1 in 4 children in New York City face food insecurity. See below or scan the QR codes to find information on food pantries and distribution networks that offer free or low-cost food as well as other resources to New Yorkers in need.

LOCAL FOOD PANTRIES AND DISTRIBUTION CENTERS

Free Food

Hour Children Food Pantry

36-11 12th St, Long Island City

Monday: 2:00 p.m.–4:00 p.m.

Tuesday: 10:30 a.m.–12:30 p.m.

Thursday: 2:00 p.m.–4:00 p.m.

St. Joseph Church Food Pantry

28-47 43rd St, Astoria

Every 1st and 3rd Thursday of the month from 8:00 a.m.–10:00 a.m.

Immaculate Conception

21-47 29th Street, Astoria

Every 2nd and 4th Saturday of the month from 9 a.m.–11 a.m.

Astoria Food Pantry

25-82 Steinway St, Astoria

Monday: 8:00 a.m.–10:30 a.m.

Saturday: 1:00 p.m.–1:30 pm.

Bread of Life Food Pantry

12-15A 40th Ave

Long Island City, NY 11101

Tuesdays 12 p.m.–3 p.m.,

Wednesdays 11 a.m.–2 p.m.,

Thursdays 12 p.m.–3p.m.

Evangel Christian Center

39-21 Crescent St

Long Island City, NY, 11101

Saturdays, 9 a.m.–10 a.m.

Low-cost food

Connected Chef

37-31 58th Street, Woodside

Connected Chef offers low-cost, local produce on a sliding scale.



FIND ADDITIONAL RESOURCES

Please call ahead to confirm hours of operation and the availability of food at each pantry.

Food Bank
for NYC:



Food Help
NYC:



For more information regarding this program or any community issue, please contact

ASSEMBLYMEMBER ZOHRAN K. MAMDANI

718.545.3889