Resources in Your Fordham Neighborhood

**Grocery Stores**

**C-Town**
264 East 204th Street, 718-295-2433

**Met Foods**
277 East 198th Street, 718-329-0416

**Compare Foods**
82 West Kingsbridge Road, 718-364-5318
312 E 194 Street, 718-450-3405

**Morton Williams Supermarkets**
15 East Kingsbridge Road, 718-933-5910
2467 Jerome Avenue, 718-584-3410

**Fine Fare Supermarkets**
2645 Webster Ave, 718-220-6036

**Food Pantries**

**Part of the Solution**
2763 Webster Avenue, 718-220-5603

**Creston Avenue Baptist Church**
114 East 188th Street, 718-367-1754
Contact: Rosa Brown Morrison
Pantry Bag Distribution: Mondays, Wednesdays and Fridays noon–2:00 pm

**BronxWorks: Morris Senior Center**
80 East 181st Street, 718-933-5300
Contact: Zulma Rodriguez
Website: [http://www.bronxworks.org/programs/benefits-a-other-assistance/food-pantry](http://www.bronxworks.org/programs/benefits-a-other-assistance/food-pantry)

BronxWorks operates a food pantry at the Morris Senior Center twice a month, once for senior citizens and once for the general community:

- On the second Friday of every month, food is distributed to the first 125 seniors.
- On the fourth Friday of every month, food is distributed to the first 125 people in the community. Tickets are passed out around 9:30 am at the Morris Avenue side entrance to the building. People can then leave and return at 1:30 pm. Everyone with a ticket is guaranteed a pantry bag.

**Bronx AIDS Services**
540 Fordham Road, 2nd Floor
Food Pantry Mondays through Fridays 9:00 am–5:00 pm (serves individuals with HIV/AIDS).

**Church of Pentecost**
621 East 216th Street, 718-405-5381
Food Pantry Thursdays 1:00–2:00 pm

**New St. John Baptist Church**
2409 Lorillard Place, 347-231-3087
Contact: Dorothy Rhodd
Pantry Bag Distribution: Fridays and Saturdays 8:00–10:00 am

**Tolentine Zeiser Community Life Center**
2345 University Avenue, 718-220-2824
Contact: Sr. Irene Freely
Pantry Bag Distribution: Wednesdays 9:00–11:00 am

**Davidson Community Center**
2038 Davidson Avenue, 718-731-8580
Open Mondays and Wednesdays 10 am–noon

**Astor Family Services**
750 Tilden Street, 718-655-3503
Food Pantry Thursdays 2:00–4:00 pm

**City of Faith Church of God Food Pantry**
3443 White Plains Road, 718-654-4452
Food Pantry Tuesdays 2:00–3:00 pm and Saturdays 9:00–10:00 am

**Heavenly Vision Christian Center**
2868 Jerome Avenue, 718-220-8124
Food Pantry Thursdays and Saturdays 10:00 am–noon
For more information on local food pantries, contact the Food Bank for New York City at 212-566-7855 or visit [www.foodbanknyc.org](http://www.foodbanknyc.org)

More Resources on Next Page...
Resources in Your Fordham Neighborhood

CSAs

CSAs (community supported agriculture) are food-buying clubs. They partner with local farms to sell fresh vegetables, fruits and other food at affordable prices. You buy a share in the farm and from June through November receive fresh fruits and vegetables each week.

Van Cortlandt CSA
Gale Place and Orloff Avenue
Call 718-514-3305 for information.

Weight Watchers Meetings

There are local meetings for members on different days and at different times. For more information, call 1-800-651-6000.

Internet Resources

Free Weight Loss Plans
www.sparkpeople.com

Heart Healthy Home Cooking African American Style
www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm

Heart Healthy Latino Recipes
www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm

Better U: A Free Makeover That Could Change Your Life
www.goredforwomen.org/BetterU