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

Food-Related Classes

- Cornell University Cooperative Extensions:
  432 East 149th Street
  718-993-5360
  This free nutrition and health program has hands-on workshops for parents and caregivers of children, for seniors who are receiving food stamps and for youth. You will learn how to select, prepare and cook healthy food for your family, and how to buy healthy food on a budget.

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 receive fresh fruits and vegetables each week from June through November.

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

Food Pantries

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Food Pantries

Days and times may change each season; please contact the food pantries before visits.

**Mid-Bronx Food Pantry**
1125 Grand Concourse
718-410-6735
Contact: Dolores Moon
Open once per month. Contact the pantry for information on monthly dates.

**Hope Line**
421 East 155th Street
718-402-1212
Contact: Kiana Clark
Pantry Bag Distribution:
For working families: Wednesdays 3:00 – 5:00 pm
For non-working families (the first 75 people): Wednesdays and Thursdays 9:00 – 11:00 am

**Momentum Project Inc. @ COGOP**
85 East 165th Street
212-691-8100
Contact: Shawn Thorne
Pantry Bag Distribution: Wednesdays 11:00 am – 1:00 pm
First come, first serve

**Morrisonia Revitalization Corp., Inc.**
576 East 165th Street
718-589-7858
Contact: Carolina Martin
Pantry Bag Distribution: Fridays 10:00 am – noon
First come, first serve

**Missionaries of Charity**
344 East 146th Street
718-292-0019
To receive a ticket to the food pantry, you must visit the location first to speak with a representative.

**Vineyard Food Pantry**
1140 Teller Avenue
718-685-4011
Contact: Felicia Omeokwe
Pantry Bag Distribution: Saturdays 6:30 – 7:00 am

**Abundant Life Tabernacle, Inc.**
2692 Third Avenue
718-292-8734
Contact: Barbara Rolle
Pantry Bag Distribution: Tuesdays and Thursdays 1:00 – 2:00 pm
First come, first serve

**Every Day Is a Miracle**
477 Brook Avenue
646-671-4360
Contact: Maria E. Estrada
Pantry Bag Distribution: Fridays 11:00 am
First come, first serve; must have proof of address and ID

**Evangelical Garifuna Church**
344 Brook Avenue
718-585-6818
Contact: Juana Ramos
Pantry Bag Distribution:
Wednesdays 9:00 – 11:00 am

**Ruth Fernandez Family Residence**
760-762 Fox Street
718-328-8180
Contact: Sandra Garcia
Pantry Bag Distribution:
The last Thursday of each month 10:00 am – noon.
Please call the day before your visit to the pantry.

**Gospel Hill Baptist Church**
3265 Third Avenue
718-325-5624
Contact: Rev. Henry Mack Junior
Pantry Bag Distribution: Tuesdays 10:00 am
First come, first serve

**The Salvation Army Bronx Citadel**
425 East 159th Street
718-665-8472
Contact: Captain Elias Goiz
Pantry Bag Distribution:
Tuesdays 10:00 am
First 120 people

**Saint Ann’s Church of Morrisania**
295 Saint Ann’s Avenue
718-585-5632
Contact: Rev. Martha Overall
Pantry Bag Distribution:
Wednesdays and Fridays 10:30 am – 2:00 pm
Must have proof of Medicaid or ID

**Transfiguration Lutheran Church**
763 Prospect Avenue
718-378-3588
http://tlcbronx.com
Contact: Charles Simmons
Pantry Bag Distribution: Mondays 3:30 – 5:30 pm

**United Bronx Parents, Inc.**
966 Prospect Avenue
718-991-7100
Contact: Christian Estrada
Pantry Bag Distribution: Saturdays 8:00 am
First come, first serve

**Way Out Church Ministries, Inc.**
518 East 148th Street
718-665-8069
Contact: Eddy Ramos
Pantry Bag Distribution:
Tuesdays 8:00 am

**Word of Life Christian Fellowship International FP**
914 Prospect Avenue
718-861-5678
Contact: Felicia Udo-Okon
Pantry Bag Distribution: Fridays 1:00 pm
First come, first serve

**Give Them To Eat Pantry at La Iglesia Evangelica Espanol Del Bronx (The Bronx Spanish Evangelical Church)**
800 East 156th Street
718-993-8961
Contact: Danilo LaChapel
Pantry Bag Distribution: Fridays 1:00 pm
For guaranteed entry, arrive at noon. Open to everyone (optional: bring proof of ID).

For more information on local food pantries, contact the Food Bank for New York City at 212-566-7855 or visit www.foodbanknyc.org.