

Locations

Our Benefits Counselors are trained to pre-screen your SNAP eligibility and help with your application and recertification.

Call **1-800-844-2758** or a site near you.

MANHATTAN

East Harlem Neighborhood Health Action Center

158 East 115 St
New York, NY 10029
646-584-1553
Monday – Friday:
9:00 am – 4:30 pm
Languages: Spanish & English

BROOKLYN

PHS Sheepshead Bay WIC

2555 Ocean Ave, 2nd Fl
Brooklyn, NY 11229
718-943-1479
Monday: 11:00 am – 6:30 pm
Tuesday, Wednesday, Thursday, &
Friday: 8:30 am – 4:00 pm
Languages: Arabic & English

MetroPlus Health Community Office

2221 Church Ave, 2nd Floor
Brooklyn, NY 11226
646-771-5620

Monday – Friday:
9:00 am – 5:00 pm
Languages: Haitian Creole &
English

QUEENS

PHS Ridgewood WIC

55-05 Myrtle Ave, 3rd Fl
Ridgewood, 11385
347-225-8831
Monday: 11:00 am – 6:30 pm
Tuesday, Wednesday, Thursday,
& Friday
8:30 am – 4:00 pm
Languages: Arabic & English

PHS Corona WIC

103-24 Roosevelt Ave, 3rd Fl
Corona, NY 11368
347-649-2814
Monday: 9:00 am – 4:30 pm
Tuesday, Wednesday, Thursday,
& Friday
8:30 am – 4:00 pm
Languages: Spanish & English

PHS Flushing WIC

42-60 Main St
Flushing, NY 11355
347-532-2935
Monday: 11:00 am – 6:30 pm
Tuesday, Wednesday, Thursday &
Friday
8:30 a.m. – 4:00 p.m. Languages:
Chinese & English

STATEN ISLAND

MetroPlus Health Community Office

238A Port Richmond Ave.,
Staten Island, NY 10302
929-270-2181
Every Monday & Friday
9:00 am – 4:30 pm
Languages: English



NEED SNAP?

We Are Here To Help!

- ✓ Complete Application
- ✓ Complete Recertification
- ✓ Help resolve your SNAP Problems

1-800-844-2758

OR SEE BACK FOR A SITE NEAR YOU



Due to COVID-19, we are offering on phone and limited in-person services. Please call us to confirm our office schedule before your visit.

Updated July 2022



40 Worth Street, 4th Floor
New York, NY 10013-2988
646-619-6400

healthsolutions.org



Sponsored by New York State Office of Temporary and Disability Assistance.
SNAP... Putting Healthy Food Within Reach. Visit www.mybenefits.ny.gov to check your eligibility.
Funded by USDA. This institution is an equal opportunity provider and employer.





We can help you complete your application, and/or recertify your SNAP benefit. Visit any of our locations or call us at:

1-800-844-2758

What to Bring

Even if you don't have all of these, come see us or call to find out more!

- ID (US passport, green card, US birth certificate, foreign passport, work permit, etc.)
- Social Security Card
- Current Employer and Income Information (Pay stubs, job letter, SSI, contribution letter, etc.)
- Banking Information (Bank statement, etc)
- Shelter and/or utility expenses (current lease, statement from landlord, utility bills, mortgage bill, etc.)
- Proof of address (primary care doctor's letter, verification of school attendance, etc.)

We keep your information confidential.

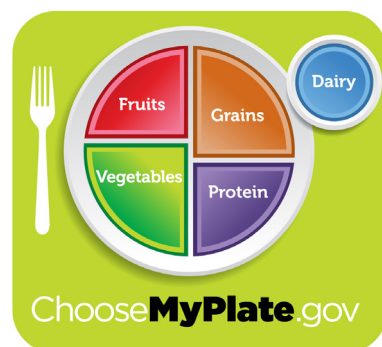
What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, helps low-income people buy the food they need for good health. SNAP benefits are not cash. SNAP benefits are provided on an electronic card that is used like an ATM or bank card to buy food at most grocery stores.

How Can My Family Eat Better?

Using SNAP benefits to purchase healthy food for your family can help everyone to stay well. Try these tips for better and healthier eating:

- Vary your vegetables: dark green, orange, peas and beans.
- Focus on fruits. Choose fresh, frozen, canned, or dried fruit.
- Eat at least 3 ounces of whole-grain cereal, breads, crackers, rice, or pasta every day.
- Choose lean meats and milk products that are lower in fat.
- Make physical activity a regular



Curious about portions? Use the ChooseMyPlate template above.

