

GUIDE TO FOOD, WELLNESS & OPPORTUNITIES

10 New Settlement Community Center

1501 Jerome Av (Corner of W 172 St)
 • Wellness and active arts programs open to all
 • Swimming instruction for all ages
 • Free adult fitness classes with ShapeUp NYC
 • Dance, prenatal and adult yoga, Step, Salsa and the Brazilian martial art Capoeira classes
 • Terrace garden and cooking classroom
For more information: 718-758-5901
[facebook.com/NewSettlementCommunityCtr](https://www.facebook.com/NewSettlementCommunityCtr)
[youtube.com/newsettlementctr](https://www.youtube.com/newsettlementctr)

11 Corbin Hill Farm Share

New Settlement Community Center
 1501 Jerome Av
 • Low pesticide or organic New York products
 • Weekly pickups June to November
 • Monthly pickups December to March
 • Order variety package one week in advance
 • Pay with cash, debit/credit, EBT, check
 • Reduced price with EBT
 • Cooking demos of healthy and delicious recipes
For payment and pick-up information, call 646-793-0032
corbinhillfoodproject.org

38 Urban Horizons Food Pantry & Commercial Kitchen

50 East 168th Street
 Affordable space for new food businesses. Make appointments at pantry for SNAP applications and other assistance.
Pantry hours: Wednesdays, 9:30 a.m. to 11 a.m.
Requirements: ID and proof of address if not on ID; No zip code limitations

14 Bronx Helpers

1484 Inwood Av
 Bronx Helpers is a youth development and community leadership program at New Settlement Apartments. Look out for the Bronx Helpers' Teen Battle Chefs cooking in the neighborhood!

36 Grand Concourse Community Services

1275 Grand Concourse
Pantry hours: Wednesdays, 1:30 to 4 p.m.
Requirements: New York state ID or food pantry ID
Weeks 1 & 3: Last names A-L
Weeks 2 and 4: Last names M-Z

2 Mt. Gilead Baptist Church

1682 Morris Avenue
Pantry Hours: 2nd & 4th Saturday of the month, 9:30 a.m. to 11:30 a.m.

7 Harvest Home Farmer's Market

Mt. Eden Ave & Morris Ave
 • Accepts cash, WIC and senior farmers market coupons, EBT, Debit/Credit, and Health Bucks
 • For every \$5 you spend in food stamps (EBT), get a \$2 health bucks coupon
 • Food tastings and education on nutrition
May to November: Tuesdays & Thursdays, 8 a.m. to 4 p.m.
harvesthomefm.org

8 Fredarlet Deli

1575 Walton Av
 • Fresh fruits and vegetables at great prices
 • Fredarlet makes eating healthy convenient for their customers
 • Products include refreshing snacks like grapes and brain food like broccoli
 • WIC and EBT accepted

GUIDE TO SYMBOLS

- SNAP: Accepted or Apply Here
- WIC: Accepted or Apply Here
- Garden
- Fresh Fruit or Vegetables
- Good for Kids
- Healthy Living Education
- School Breakfast/Lunch
- Emergency Food Provider
- School-based Health Center
- Free or Paid Fitness Classes
- Pool

- COMMUNITY ORGANIZATION
- EMERGENCY FOOD PROVIDER
- HEALTH PROVIDER
- SNAP OFFICE

SERVICE PROVIDERS & COMMUNITY ORGANIZATIONS

These groups are here to support you in more ways than you may realize.

- 2 MT. GILEAD BAPTIST CHURCH**
1682 Morris Av
- 4 BRONX LEBANON WIC CENTER**
21 E Mount Eden Av
- 6 BRONX LEBANON HOSPITAL**
1650 Grand Concourse
- 10 NEW SETTLEMENT COMMUNITY CENTER**
 1501 Jerome Av (Corner of W 172 St)
- 12 NEW SETTLEMENT APARTMENTS MAIN OFFICE**
1512 Townsend Av
- 14 BRONX HELPERS**
1484 Inwood Av
- 15 BRONXWORKS**
1477 Townsend Av
- 21 LATINO PASTORAL ACTION CENTER**
14 West 170th Street
- 26 CONCOURSE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM CENTER**
1375 Jerome Av
- 34 CHURCH OF CHRIST THE KING**
141 Marcy Pl
- 36 GRAND CONCOURSE COMMUNITY SERVICES**
1275 Grand Concourse
- 38 URBAN HORIZONS AT WHEDCO**
50 E 168 St
- 39 URBAN HORIZONS FAMILY HEALTH CENTER**
50 E 168 St
- 40 MORRISANIA DIAGNOSTIC & TREATMENT CENTER**
1225 Gerard Av

FARM FRESH FOOD

You can get farm fresh food here in the neighborhood. Local fruits and vegetables are more nutritious and taste better. Shoppers with EBT get more produce for their money!

- 7 HARVEST HOME FARMER'S MARKET**
Mt. Eden Av & Morris Av
- 11 CORBIN HILL FARM SHARE**
1501 Jerome Av/Community Center
- 37 THE BRONX CSA**
1275 Grand Concourse

SCHOOLS

You know our schools educate our kids, but they also play a key part in helping students and families live healthier lives.

- 1 P.S. 170**
1598 Townsend Av
- 9 NEW SETTLEMENT COMMUNITY CAMPUS**
1501 Jerome Av (Corner of Goble Pl)
- 16 WILLIAM HOWARD TAFT CAMPUS**
240 E 172 St
- 19 PS 64 CAMPUS**
1425 Walton Av
- 20 FAMILY LIFE ACADEMY CHARTER SCHOOL**
14 West 170th Street

GREEN CARTS

Green Carts are as convenient as it gets for picking up fresh fruits or vegetables, and some even take EBT.

- 22 JEROME AV & W 170 ST**
- 25 WYTHE PL & E 170 ST**
- 27 WALTON AV & E 170 ST**

- GARDEN
- BICYCLE SHOP
- PLAYGROUND
- BALL FIELD/COURT

ACTIVE OUTSIDE

Fun ways or peaceful places for adults and kids to be active outside.

- 13 NEW SETTLEMENT TOT-LOT**
Walton Av & Rockwood St
- 18 P.S. 64 COMMUNITY PLAY PARK**
Townsend Av between 170 & 171 St
- 24 CROSS TOWN BICYCLE**
33 E 170 St
- 32 SHERIDAN MANOR COMMUNITY GARDEN**
1340 Sheridan Av
- 35 DRED SCOTT BIRD SANCTUARY GARDEN & PARK**
Grant Av between E 169 and E 170 Sts

- SPECIALTY MARKET
- SUPERMARKET
- CORNER STORE

MARKETS

The healthiest food is what you and your family cook yourselves with fresh and real ingredients, not with packaged food.

- 3 TRIBERIAS FISH MARKET**
15 E Mt Eden Av
- 5 FINE FARE SUPERMARKET**
49 E Mt Eden Ave
- 8 FREDARLET DELI GROCERY**
1575 Walton Av
- 17 C-TOWN SUPERMARKET**
1434 Jerome Av
- 23 GREAT OCEAN FISH MARKET**
15 E 170 St
- 28 ADOLFO MEAT MARKET CARNICERIA**
116 E 170 St
- 29 ASSOCIATED MARKET**
148 E 170 St
- 30 YOUNG MARKET**
154 E 170 St
- 31 BRAVO SUPERMARKET**
210 E 170 St
- 33 ANTILLANA SUPERFOOD MARKETPLACE**
1339 Jerome Av