

**God's Love We Deliver
Community Food &
Health Resources**



MISSION IN ACTION

Food is Medicine

Food is Love

God's Love We Deliver (God's Love) provides nutrition therapy, and cooks and home-delivers medically tailored meals for people living with severe illness in the New York City metropolitan area. We are a non-sectarian organization. All of our services are provided free to clients and full of love.



Thank you for letting us serve you!

We have prepared this packet to offer you additional support and hope you find the information useful. Included are lists of local food, and social service resources, along with shopping, meal planning and cooking tips. There is also a section focused on food safety while cooking.

Below is our contact information. Please reach out if you need us.

Client Services Team:

212.294.8102 or email clientservices@glwd.org

Healthcare Partners Team:

212.294.8187 or email HealthcarePartners@glwd.org

Nutrition Services Team:

212.294.8103 or email nutrition@glwd.org



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Community Food Resources

Food Locations in NYC

To find free food locations near you or for Emergency Food Delivery, call the Emergency NYC Food line at 866.888.8777 or dial 311. You may also visit the Get Food NYC online information page at: nyc.gov/getFood

Visit NYC Emergency Management at nyc.gov/em or call 311 instead to find a variety of facilities including:

- Food Pantries/ Mobile Food Pantries
- Kitchens/Mobile Soup Kitchens
- Greenmarkets, Farm stands, and Fresh food boxes
- Grocery Stores
- Grab & Go meals at NYC schools

NYC is committed to making free daily meals available for all New Yorkers. To find out more about the City's Take-Out and Community meals at various times and locations throughout the five boroughs, visit: schools.nyc.gov/school-life/food/summer-meals

Kosher and Halal Community Meals:

Kosher and Halal certified meals are also available and sponsored by NYC schools. To find Kosher and Halal meal distribution sites, call 311 or visit: schools.nyc.gov/school-life/food/community-meals

NY Common Pantry

One of NYC's largest community based food pantries also offers the following programs:

Help365 where case management services are offered to assist with benefits such as SNAP and Social Security Supplemental Income and other resources. To learn more, visit: nycommonpantry.org/help-365

The Senior Nutrition Program offers supplemental food serving individuals 60 or older who meet financial eligibility requirements. Sites are located in Manhattan, the Bronx, Queens and Brooklyn. To learn more, visit: nycommonpantry.org/home/nourish-2/

You can find out more information by visiting <https://nycommonpantry.org/> or by calling 917.720.9700.

Health Bucks

The Health Bucks spend \$2, make \$2 program is available to SNAP recipients and offer savings on the purchase of fresh, locally grown produce at NYC farmers markets. To learn more, visit: nyc.gov/healthbucks

City Harvest

City Harvest, a non-profit organization, strives to end hunger in communities throughout NYC. They do this through food rescue, food distribution and education.

For general inquiries, dial 646.412.0600 or visit the map at: cityharvest.org/foodmap

This map shows locations that are currently distributing free food in NYC and includes:

- Soup kitchens
- Food pantries
- City Harvest Mobile Markets
- City Harvest Community Partner Mobile Markets
- Department of Education School Sites distributing grab-and-go meals.
- Restaurants offering free food distribution City Harvest Emergency Food Distribution Sites.

The City Harvest Plentiful Food Pantry Mobile App assists users in finding local food pantries. You may reserve pick up times and access information in multiple languages. To learn more or sign up, text “FOOD” to 726.879 or visit them at: plentifulapp.com

Greenmarkets and Farmstands

GrowNYC's network of Greenmarket farmers markets, Fresh Food Box pick-ups, and Youthmarkets provide access to fresh, healthy local food in all five boroughs. To find Greenmarket locations in your neighborhood, dial 212.788.7900 or visit the map at: gownyc.org/ourmarkets

The Fresh Food Box program offers a weekly box of locally grown produce at affordable prices while supporting local farmers. Customers can choose the cost of the box - \$14, \$17 or \$20 - for the same portion of food. Payment options include EBT/SNAP, Health Bucks, cash, or credit/debit card. To locate Fresh Food Box sites near you, visit: gownyc.org/freshfoodbox.

Just Food CSA and Farmer's Market Map

Just Food's network includes Community Supported Agriculture groups and Community-Run Farmers Markets that provide access to fresh food from small to mid-sized farmers and producers. To find a CSA or Farmer's Market near you, dial 484.532.3037 or view the map at: justfood.org/value-chain-map

Food Bank NYC

This is another resource offering help in locating food pantries, soup kitchens, senior centers, and SNAP enrollment sites near you, call 212.566.7855 or visit the map at: foodbanknyc.org/get-help.

Hunger Free America Hotline

To speak with a representative in English or Spanish call 1.866.3.HUNGRY or 1.877.8.HAMBRE for assistance in finding food resources in your area including:

- Food pantries/food banks
- Soup kitchens/meal sites
- Local SNAP offices

Lemontree

Lemontree is a food helpline which houses a free food distribution database. Call 844.995.0989, text FOOD to 90847 or visit the website at: foodhelpline.org

Meals on Wheels America

To find a senior group site providing free, nutritious meals to seniors or to get home delivered meals, call 888.9986325 or visit: mealsonwheelsamerica.org/findmeals.

Benefits and Other Services

SNAP/WIC Benefits & Eligibility (Access HRA)

To find out if you are eligible for benefits such as SNAP and WIC, call the NYC SNAP HRA Infoline at 718.557.1399 or call 311. You may also visit the Access HRA site at a069-access.nyc.gov/accesshra/ for more information.

Assistance paying bills and finding food:

For help finding food, paying bills, and other free or reduced cost programs, visit [FindHelp.org](https://findhelp.org) (previously Aunt Bertha) and enter your zip code to find assistance near you.

NYC.gov Resources for New Yorkers

For resources serving people with disabilities, older New Yorkers, veterans, or people with other special needs visit: nyc.gov. Click on the “Benefits and Support” tab for the full list of resources.

NYC also offers the following lists of health resources (only accessible via the link):

- Physical activity resources:
<https://drive.google.com/file/d/1u01rJQWFAQa7LeTKwI5YRS6OTQBnt-o/view>
- Digital access and literary resources:
<https://drive.google.com/file/d/1i5tvUZ77oG06HOpTAX4rRlp2bxKIG7IM/view>

If you need a health care provider, care is available for all New Yorkers

Call 844.NYC.4NYC | 844.692.4692 or 311. To find community health centers accepting new patients, visit the website at: <https://www1.nyc.gov/site/doh/covid/covid-19-communities.page>.

Mental Health and Emotional Support Services

For free and confidential support, call 1 844.863.9314. You can also find resources on anxiety management and coping with grief by visiting the NY Project Hope website at: nyprojecthope.org

Addiction Services

To access information on addiction treatment and recovery services, visit: oasas.ny.gov/covid19

Managed Long-Term Care (MLTC) & Medicaid Information

For information about Medicaid, available managed long-term care options, choosing a plan, covered services and enrollee rights, call 888.401.6582 or visit: https://www.health.ny.gov/health_care/medicaid/redesign/docs/mltc_guide_e.pdf

New York State Services

New York State also offers a variety of resources for residents in need, such as:

- Unemployment Assistance:
Call: 888.209.8124 or visit:
[ny.gov/services/get-unemployment-assistance](https://www.ny.gov/services/get-unemployment-assistance)
- New York State's official marketplace for health plans call:
855.355.5777 or visit: nystateofhealth.ny.gov/individual
- Applying for Medicare:
Call: 800.722.1213 or visit:
health.ny.gov/health_care/medicaid/ohip-0112/
- Applying for Medicaid:
Call: 800.541.2831 or visit: health.ny.gov/health_care/medicaid
- Applying for a disability benefits claim:
Call: 888.875.5790 or visit:
<https://ww3.nysif.com/Home/Claimant/DBClaimant/AboutYourClaim>
- NYS Domestic Violence and Sexual Violence Hotline provides private and secure communication. You may text 844.997.2121 or call 800.942.6906 to chat. For more information, visit: opdv.ny.gov.

Health Organizations

Below is a list of organizations that offer health resources for people with specific conditions.

American Cancer Society:

800.227.2345

cancer.org

American Diabetes Association:

800.342.2383

diabetes.org

American Heart Association:

800.242.8721

heart.org

American Lung Association:

800.586.4872

lung.org

Caring Kind:

646.744.2900

caringkindnyc.org

Red Door Community (Support Groups available)

Formerly known as Gilda's Club NYC:

212.647.9700

reddoorcommunity.org

National Kidney Foundation:

855.653.2273

kidney.org

Pulmonary Hypertension Association:

301.565.3004

phassociation.org

Tips for the Home Cook

The next few sections contain helpful information which can guide you while preparing meals.

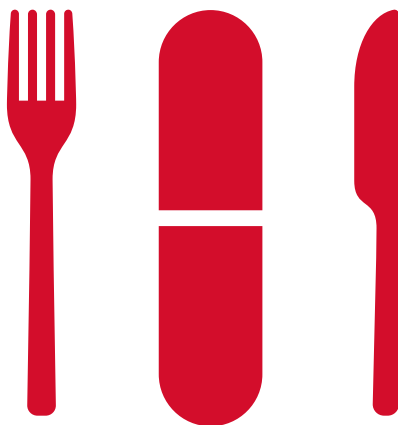
Food Shopping

With a little planning, you can stretch your finances to make room for healthy choices. What you eat affects your health. Starting with nutrient-rich choices, like those found in the meals from God's Love, can really make an impact. We prepared the following tips to help you while shopping:

- **Know your budget and stick with it:**
 - » Know your available monthly budget for food. Be sure to include any government supported benefits, such as SNAP and Health Bucks.
 - » Save receipts to track spending. Organize them for easy review from time to time. You may notice unnecessary purchases that can be cut out to make room for healthy choices.
 - » Keep in mind that weekly store circulars run sales and offer coupons. Plan meals around your favorite sale items, if possible.
 - » Be sure to check the refrigerator for foods that you have on hand. Include these items in meal planning so you buy only what you need.
 - » Plan a weeks-worth of meals in advance and bring the list of ingredients with when you go shopping. Stick to your lists!

- **Choose healthy and affordable options:**

- » Consider organic choices which fit your budget. Visit the “Dirty Dozen” and “Clean Fifteen” lists online at: <https://www.ewg.org/foodnews/summary.php>. Here you will find produce ranked by how much pesticide they hold on to.
- » Buy seasonal produce. They are fresher, tastier, more affordable and have more nutrients than those not in season.
- » Frozen or low-sodium canned vegetables last longer than fresh and can be a cost-effective way to buy items that are not in season.
- » Consider fruit canned in 100% fruit juice. They are still nutritious and often less costly.
- » Buy less expensive protein options, such as eggs, canned fish or chicken, and plant-based protein. Consider tofu, beans, peas, peanuts, and nuts.
- » Buy low-cost, nutritious whole grains, such as brown rice, whole wheat pasta, oats, barley, and quinoa.



- **Save more money while shopping:**

- » View meat as a taste enhancer while cooking. Only use small cuts as meat can be very pricey. Using it as a side ingredient rather than the main protein will help you to save more.
- » Choose store brand over name brand products.
- » Buy in bulk. Stock up on staples by purchasing big packs when possible. These items have a less expensive price per unit.
- » Stock up on your favorite non-perishable items when they are on sale.
- » Remember: if you are a SNAP recipient, use Health Bucks coupons at farmers markets and save \$2 when you spend \$2 on fresh fruits and vegetables.

- **Practice the FIFO method: First In, First Out**

This will help you reduce waste and stretch your money!

- » Identify the shelf life of foods. Organize your refrigerator and cupboards by placing items with a longer shelf life or expiration date in the back. By doing this, you will use the items upfront with the shorter shelf lives first.
- » Place a box in your fridge to separate fruits and vegetables that have been stored the longest. This will remind you to use those items first before they spoil.
- » Cook and freeze produce before they go bad and to extend their life.

Nutrition and Meal Planning

Eating home cooked food is healthier and cheaper than eating out. Convenience foods and fast-food options are high in fat, sodium and added sugar. They also are more costly for both your budget and health long term.

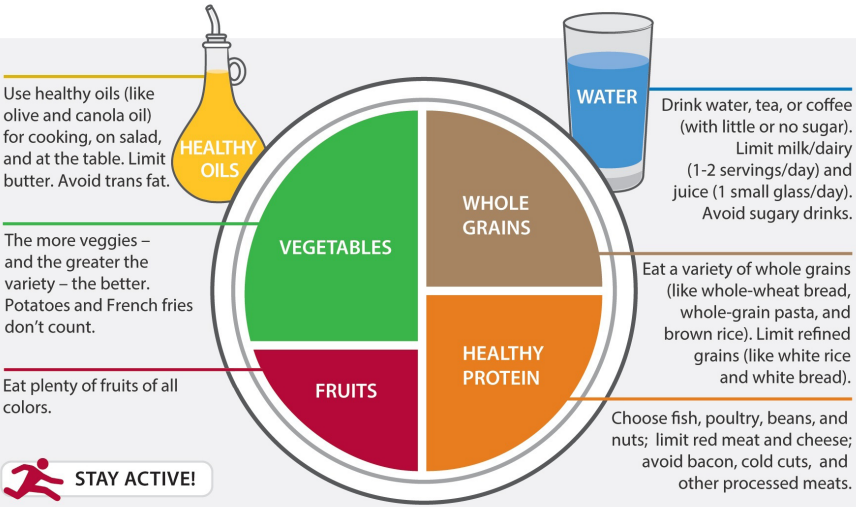
Remember: Planning your meals and snacks for the week in advance help to save time and money, while maximizing your health. Below are some tips to help you with meal planning and cooking at home:


- **Eat in a balanced way:**

The visual on the next page, designed by the Harvard School of Public Health, shows what a balanced plate looks like. Similarly, the meals sent by God's Love We Deliver are also good examples of well-balanced meals. In addition to the many health benefits, eating the right amounts and kinds of food can also result in monetary savings and less food waste. For more information, visit:


<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate-vs-usda-myplate/>.


HEALTHY EATING PLATE



 **STAY ACTIVE!**

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 Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu 

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To get started at home, see the tips below:

- » Fill $\frac{1}{2}$ your plate with fruits and vegetables (or just vegetables). You may eat the fruit as a snack in between meals. Fruits and vegetables offer vitamins and minerals, antioxidants, and fiber. Fiber helps you to feel less hungry while eating more in volume.
- » One $\frac{1}{4}$ of your plate should be filled with whole grains such as quinoa or brown rice. Whole grains are also high in fiber. They have more nutrients than refined grains like white rice and French fries and they aid in digestion and satiety.
- » Fill the last $\frac{1}{4}$ with lean protein. Proteins build and repair muscles and bone. Amino acids, the building blocks of protein aid in many bodily functions. Choose lean meats, poultry, fish, and eggs. Plant-based options such as beans, peas, nuts, seeds, and tofu provide fiber, vitamins, and minerals and healthy fats.
- » When planning your meals and snacks choose healthy fats. Dietary fats help us build nerve tissue and hormones and aid in the absorption of some vitamins. Choose a variety of plant oils, nuts, seeds, avocado, olive oil, canola oil and nut butters. This variety will provide omega 3 and 6 fatty acids which we can only be found in certain foods.
- » Choose low-fat dairy options, made from skim or 1% milk. Calcium-fortified non-dairy drinks are an option, as well.
- » Limit or reduce foods that are high in sodium and sugar and avoid sugary drinks. Choose water as your go-to beverage as it does not have any empty calories. Limit soda intake and enjoy baked desserts in small quantities.

- **A colorful plate is the best plate:**

Choose a variety of antioxidant and phytochemical- rich fruits and vegetables and vary the colors of them. Fruits and vegetables contain vitamins and minerals needed for various body functions. Building a colorful plate helps your body get the nutrients needed for a strong immune system. See the details below:

- » Dark green color vegetables are high in vitamins A, K and C, and minerals such as magnesium, iron, potassium, and calcium, which aid in bone health and blood pressure control.
- » Orange and yellow fruits and vegetables supply beta-carotene, which forms vitamin A, a nutrient supporting eye health.
- » The red color in produce offers lycopene, an antioxidant that has been linked to cancer prevention.
- » White and light green vegetables have flavonoids, a group of antioxidants that support your immune system.

- **Limit your sodium intake:**

Limiting salt will help you keep your blood pressure under control. See the tips below:

- » Reuse scraps of organic and “clean” vegetables to make broth. Along with flavorful herbs and spices, the broth can be used to add flavor in cooking. You may freeze carrot peels, onion skins and herb stems to preserve and have on hand for broth preparations.
- » Avoid eating processed foods and adding salt at the table.
- » Rinse canned foods with water to reduce the amount of sodium.
- » Choose low sodium, sodium free or unsalted products when possible.



Safe Food Handling in Four Easy Steps

Handling food safely in your home is critical to reduce the risk of food borne illness. The keys to basic food safety are keeping foods clean and separate, cooking to the right temperature, and storing foods properly. Follow the simple steps below to reduce the risk of food borne illness.



1. WASH

Your hands...with soap for 20 seconds before and after touching food, or if you sneeze or cough.

Your kitchen...often with hot, soapy water. Wash all surfaces that touch food.

Your food...with cool water, not soap. Rinse all fruits and vegetables, peels included. Dry with a clean towel.



2. SEPARATE

Raw foods...such as meat, poultry, seafood, and eggs. Keep these away from ready-to-eat foods.

Cooking tools...such as knives, cutting boards, and utensils. Wash thoroughly with hot, soapy water between uses.

Plates...that touch raw foods. Wash plates that touched raw foods right after use.



3. COOK

Meat, poultry, and seafood to safe temperatures...use a food thermometer! See the chart on the next page for proper cooking temperatures.

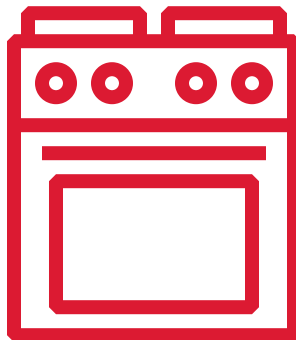


4. STORE

Fresh leftovers in the freezer or refrigerator...within 2 hours of cooking completion, 1 hour in the summer. Set your refrigerator at or below 40°F and your freezer at 0°F.

COOKING TEMPERATURE CHART

FOOD ITEM	INTERNAL TEMPERATURE
Beef, pork, lamb	145°F
Ground meats	160°F
Seafood	145°F
Poultry	165°F
Microwaved or reheated foods	165°F



A FEW EXTRA TIPS

- Refrigerate or freeze perishable foods within 2 hours of shopping; 1 hour in the summer heat.
- Thaw frozen foods on the bottom shelf of the refrigerator or in the microwave on defrost mode. Never thaw at room temperature.
- Avoid raw eggs, seafood, shellfish, and poultry to avoid foodborne illness, especially if you are immuno-compromised.
- Change cloths and sponges often.
- If you run out of dish soap, you can use white vinegar and warm water to clean.

HELPFUL RESOURCES

For more details and information on food safety, please visit the CDC or FDA websites below:

- [cdc.gov/foodsafety](https://www.cdc.gov/foodsafety)
- [fda.gov/food/buy-store-serve-safe-food/safe-food-handling](https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling)





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Meals that heal, delivered with love.

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