

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>

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

Montefiore
Inspired Medicine

More Resources on Next Page...

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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