



New York City Resource Guide to Health Before, During and After Pregnancy



Introduction

This guide provides information about resources and services to help support you before, during and after pregnancy, including resources related to:

- **Food education and assistance**
- **Physical activity**
- **Support during pregnancy and labor**
- **Access to health care before, during and after pregnancy**
- **Help with feeding your baby**
- **Advice and support after your baby is born**

These resources span across income levels, are open to all kinds of families and households, and welcome people of all genders and sexual identities.

New York City (NYC)'s Domestic Violence Hotline: Safe Horizon is a free hotline that is available 24/7 for anyone experiencing an abusive, unhealthy or dangerous situation at home. Call 800-621-HOPE (800-621-4673) for support in multiple languages. You can also call **311** and ask for the Safe Horizon hotline. If you are in immediate danger, call **911**.

NYC Well: NYC Well is a free mental health help line that is available in over 200 languages, 24/7. Call 888-NYC-WELL (888-692-9355), text "WELL" to 65173 or visit nyc.gov/nycwell. You can also call **311** and ask for the help line.



Food Education and Assistance



Words to Know

Food pantry: A place where you can go for free or low-cost grocery items. Usually, you get a pre-chosen box of food. Some food pantries let you choose your own items.

Soup kitchen: A place where you can go for free or low-cost meals.

Supplemental Nutrition Assistance Program (SNAP): A government program, formerly known as food stamps, that can give individuals and families with low incomes a monthly debit card (EBT) for purchasing healthy food. Visit ny.gov/services/apply-snap for more information.

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): A government program that gives eligible pregnant or nursing women certain nutrition and health care benefits. Visit access.nyc.gov and search for **WIC** for more information.

Do you need information about food choices?

Choose MyPlate is a website from the U.S. Department of Agriculture that has information about healthy eating and nutrition for all age groups, families, and expecting or breastfeeding parents. You can explore the different food groups or browse by life stage (such as pregnancy and breastfeeding, toddlers, teens and so on) and in multiple languages. Visit myplate.gov.

MyPlate Plan provides a targeted food group specifically for you, showing you what and how much to eat. The targets are based on your age, sex, height, weight, physical activity level and stage of pregnancy, or if you are breastfeeding. Visit myplate.gov/myplate-plan and click "Start."

Children's Aid has after-school programs for children and their families about healthy eating, cooking and food choices. You can search their programs by age group and neighborhood to find a program for you. Visit childrensaidnyc.org/programs/finder.

Eat Healthy, Be Active NYC is an NYC Department of Health and Mental Hygiene

(Health Department) Facebook page that provides tips and resources on healthy eating and active living. Visit facebook.com/pg/eatinghealthynyc.

Guide to Healthy Eating and Active Living in NYC has simple steps for creating healthy habits, including time- and money-saving tips. Visit nyc.gov/health and search for **Guide to Healthy Eating**.

My Healthy Pregnancy Plate Planner is a simple tool you can use to plan healthy meals for before, during and after pregnancy. Visit nyc.gov/health and search for **My Healthy Pregnancy Plate Planner**.

WIC programs often have classes to help you learn about healthy eating and physical activity. In NYC, one example is the Neighborhood WIC Centers run by Public Health Solutions. Visit healthsolutions.org and search for **WIC**.

To learn more and see if you may be eligible for other WIC programs, visit access.nyc.gov and search for **WIC**.

Are you looking to find fresh fruits and vegetables?

City Harvest Mobile Markets bring fresh fruits and vegetables, free of charge, to certain New York City housing communities and ZIP codes. Visit cityharvest.org/programs/mobile-markets to see if this mobile market comes to your area.

Corbin Hill Farm Share is a year-round, weekly subscription program for fresh fruits and vegetables for communities with low incomes. They have affordable prices and flexibility with sign-up and payment options (such as cash, check, credit, electronic benefit transfer (EBT), SNAP and Health Bucks).

Visit corbinhill-foodproject.org/farmshare to learn more and sign up.

GrowNYC's Fresh Food Box Program helps individuals with low incomes buy fresh, healthy and local produce at low prices. All Fresh Food Box sites accept SNAP, EBT and Health Bucks. Visit gownyc.org/freshfoodbox to find a Fresh Food Box site near you.

Health Bucks are \$2 coupons that can be used year-round to purchase fresh fruits and vegetables at all NYC Farmers Markets. Spend \$2 in SNAP benefits on an EBT card at farmers

markets, and get \$2 in Health Bucks up to \$10 per day. Visit nyc.gov/healthbucks for more information.

NYC Farmers Markets sell fresh, local food. There are more than 130 farmers markets in NYC and 20 of these are open year-round.

Do you need help getting meals every day?

Food Bank for NYC has a map on their website to help New Yorkers with low incomes find resources such as soup kitchens, food pantries, SNAP enrollment sites and free tax assistance sites. You can use this map to find what you need close to where you live. Each place on the map has its own hours and eligibility requirements. Visit foodbanknyc.org/get-help to find services near you.

Hunger Free NYC Benefits Access helps New Yorkers apply to SNAP and WIC. Support is available in multiple languages. Visit hungerfreeamerica.org/en-us/nyc.

NeON Nutrition Kitchens are neighborhood food pantries that offer free, nutritious groceries, recipes and nutrition tips. NeON Nutrition Kitchens help people transitioning from the justice system, though they welcome all community members. There are NeON Nutrition Kitchens in all five boroughs. Visit nyc.gov and search for **NeON Nutrition Kitchens**.

New York Common Pantry has food programs where you can get healthy groceries or fresh, hot meals. Their Help 365 offices will help you check if you are eligible and register for these programs. Visit nycommonpantry.org for more information.

Nutrition Outreach and Education Program (NOEP) Coordinators can help

All NYC Farmers Markets accept Health Bucks. Most accept SNAP benefits on an EBT card. Visit nyc.gov/health/farmersmarkets to find a farmers market near you.

check your eligibility for SNAP food benefits and help you apply. NOEP Coordinators can also give you information on other programs that can help maximize your food budget. Their services are free and confidential. Visit hungersolutionsny.org/find-food-help to find help near you.

FoodHelp NYC Map is a map that helps you find food pantries and places that serve free meals in your neighborhood. The map also shows places where you can sign up for SNAP. Visit foodhelp.nyc.gov to locate resources near you.

Plentiful is a free reservation system for food pantries. You can download the application (app) on your phone or text "FOOD" to PANTRY (726-879) to check service times and reserve a spot in line. Visit plentifulapp.com for more information.

SNAP helps eligible individuals and families buy food at local grocery stores and farmers markets. Visit ny.gov/services/apply-snap.

WIC offers benefits and resources for eligible pregnant, nursing or postpartum women, infants, and children age 5 and younger. You can get healthy food and information about other support services for prenatal care, breastfeeding and nutrition. WIC also offers social services, such as domestic abuse counseling. Visit access.nyc.gov and search for **WIC** to learn more.



Tip

ACCESS NYC is an online tool that determines which City, State and federal benefits programs you may qualify for and helps you sign up. You may be eligible for more than 30 benefit programs regardless of your immigration or employment status, and even if you already receive benefits. These programs include SNAP, WIC, cash assistance and tax relief. Visit access.nyc.gov to learn more.

Do you want to help bring healthier food options to your neighborhood?

Food Bank Action Team works to end hunger and poverty through policy changes in NYC, New York State and the country. Visit foodbanknyc.org/advocate.

Hunger Free NYC Food Board Action Program helps you promote healthy and affordable food options for yourself and your neighborhood. They offer trainings and leadership development opportunities. Visit hungerfreeamerica.org/en-us/food-action-board-program.

Washington Heights/Inwood Food Council has free monthly community meetings and events about food options in Washington Heights and Inwood. They work with residents with food issues to find solutions. Visit whinfoodcouncil.org or facebook.com/whinfoodcouncil to learn more.



Tip

Visit video-sharing sites such as YouTube to find free workouts and healthy recipe ideas.



Physical Activity

Being active for at least 150 minutes per week (for example, 30 minutes per day at least five days per week) can help you stay healthy throughout your life. Talk to your health care provider to find out which activities are safe for you, and how to adjust your physical activity during pregnancy or after you have given birth.

Be Fit NYC lists free and low-cost fitness programs, courts, sports leagues and fields in NYC. You can search by age, location and skill level. Visit nycgovparks.org/befitnyc.

Citi Bike offers New Yorkers an affordable, convenient and fun transportation option. All New York City Housing Authority (NYCHA) residents can receive a discounted membership for only \$5 per month. Visit citibikenyc.com/pricing/reducedfare.

1. NYCHA provides decent and affordable housing in a safe and secure living environment for residents with low and moderate incomes throughout the five boroughs. Visit nyc.gov/nycha to check your eligibility.

NYC Department of Transportation (DOT) provides fittings and giveaways for official NYC bicycle helmets at free events throughout the City. Everyone should wear a helmet while riding a bicycle to stay safe. Visit nyc.gov/bikesmart or call **311** to find an event near you.

Eat Healthy, Be Active NYC is an NYC Health Department Facebook page that provides tips and resources for healthy eating and active living. To learn more, visit facebook.com/pg/eatinghealthynyc.

WIC programs often have classes to help you learn about healthy eating and physical activity. In NYC, one example is the Neighborhood WIC Centers run by Public Health Solutions. Visit healthsolutions.org/community-work/food-nutrition/neighborhood-wic for more information. Visit access.nyc.gov and search for **WIC** to learn more.

NYC DOT's Open Streets are multiblock, multiday events that promote the use of streets as a public space for events. Community-based organizations apply to close streets for an event and provide programming that highlights local businesses and NYC's unique neighborhoods. Visit nyc.gov/openstreets or call **311** for details.

NYC Department of Parks and Recreation (NYC Parks) hosts no- and low-cost family-friendly events and activities at their locations and facilities. Visit nycgovparks.org.

NYC Parks recreation centers offer indoor pools, weight rooms, basketball courts, dance and art studios, game rooms and libraries, and access to sports programs. Memberships are no- or low-cost. People ages 25 to 61 can get a 10% discount on membership with an IDNYC (an NYC identification (ID) card). Visit nyc.gov/IDNYC to learn how to sign up for this free ID. For information on memberships, visit nycgovparks.org and click on **Programs**, then **Membership Information**.

NYC Parks outdoor pools are free and open to everyone during the summer season. Free swimming lessons are also offered to NYC Parks recreation center members at select locations. Visit nycgovparks.org and search for **outdoor pools**.

Shape Up NYC offers free, drop-in fitness programs with locations across the five boroughs. Simply show up to take fitness classes like aerobics, yoga, Pilates, Zumba and much more. Visit nycgovparks.org and search for **Shape Up**.



Resources for During and After Pregnancy

Everyone deserves to have a healthy pregnancy. These resources can support people who may get pregnant, offering them support with family planning, education and birth services. Resources in this section provide general pregnancy information for all. Resources with an asterisk (*) have experience serving NYC's LGBTQ+ communities.



Words To Know

Doula: Doulas provide nonmedical support to pregnant people and their families during pregnancy, labor and childbirth, and after giving birth. Their support helps families through physical, emotional and practical issues about pregnancy and childbirth, including help with carrying out childbirth plans and support for breastfeeding.

Healthy Start Brooklyn has different support programs and classes for expectant and new parents who live in Brooklyn. Their programs include information on pregnancy, childbirth, parenting, breastfeeding, fatherhood and healthy living. Visit nyc.gov/health and search for **Healthy Start**.

NYC Doula Care lists programs offering free doula care in all five boroughs. The NYC Health Department's Doula Care webpage explains the different types of doulas so you can find the best fit for you. Visit nyc.gov/health/doula.

NYC Nurse-Family Partnership (NFP) connects you with your own personal nurse if you are pregnant with your first baby. Your nurse will answer your questions and provide valuable information and guidance so you can have a healthy pregnancy and baby. NYC NFP is free and available to all eligible first-time parents, regardless of age, immigration status or gender identity. Visit nyc.gov/health/nfp, or email nycnfp@health.nyc.gov.

***Planned Parenthood of Greater New York** provides affordable reproductive health care. They also provide education on topics such as healthy sex and relationships. Visit plannedparenthood.org/planned-parenthood-greater-new-york.

***The Callen-Lorde Community Health Center**, located in Manhattan, Brooklyn and the Bronx, offers affirming and judgement-free

comprehensive primary care, women's health care, transgender health care, behavioral health care, and more, regardless of ability to pay. Visit callen-lorde.org.

LGBTQ+-specific resources

***GLMA Provider Directory** helps you find LGBTQ+ welcoming providers in your area. Visit glma.org and click **Find a Provider**.

***NYC Health Map** is the City's online locator for finding LGBTQ-knowledgeable providers who can offer you services in primary, sexual health and gender-affirming care. Visit nyc.gov/health/map and then click LGBTQ Health Services.

***Outcare Health** helps you find LGBTQ+ competent health care providers in your area. Search for a provider by entering your location and choosing a specialty. For pregnancy-related care, choose OB/GYN as the specialty. Visit outcarehealth.org/outlist.

***The Lesbian, Gay, Bisexual and Transgender Community Center** supports people in leading healthy, successful lives. They have many different LGBTQ+ resources, including family planning and pregnancy resources, such as for fertility and adoption. Visit gaycenter.org/resources.



Breastfeeding and Formula

Breast milk has vitamins and nutrients that babies need to strengthen their immune system and help brain development. When possible, choose breastfeeding (sometimes also referred to as chestfeeding, which is a nongendered term to refer to anyone lactating, including transgender men, transgender women and nonbinary individuals). For support with breastfeeding or getting formula, see the following resources.

The NYC Health Department offers a list of breastfeeding resources and links to breastfeeding support centers. Visit nyc.gov/health and search for **breastfeeding**.

La Leche League offers support, encouragement, information and education to parents who want to breastfeed. Visit [llnny.org](https://www.llnny.org).

WIC programs often have breastfeeding counselors who can help parents with breastfeeding challenges. WIC also provides formula. Visit access.nyc.gov and search for **WIC** to learn more.

Safe Formula Feeding Guide is a resource that guides you through the steps of preparing formula and is available in multiple languages. Visit nyc.gov/health and search for **breastfeeding**, and look for “Safe Formula Preparation Guides.”

Infant Formula Feeding is a Centers for Disease Control and Prevention webpage with resources to help you choose, prepare and store infant formula, as well as information on how much and how often to feed. Visit [cdc.gov](https://www.cdc.gov) and search for **Infant Formula Feeding**.

SNAP benefits can be used to buy formula. Visit ny.gov/services/apply-snap.



Tip

Many hospitals provide local resources and sometimes free breastfeeding support for new and expecting parents. Check if your hospital offers these services or referrals, or call **311** and ask for information about the City's By My Side birth support program or Newborn Home Visiting program.

Disclaimer: This list is neither exclusive nor exhaustive. The NYC Health Department is providing this information to assist New Yorkers in locating services and general information but does not make any representation or warranty concerning the quality or accuracy of the services provided by these identified establishments.