

Name	Days of Operation	Hours	Contact Number	Type of Assistance	Language Spoken	Borough Served
Food Bank for NYC	Monday- Friday	9 am - 4:30 pm	212-894-8060	Over the phone	English, Spanish	Citywide
LiveOn NY (Specialize in assisting older adults and people who are disabled)	Monday - Friday	9 am - 5pm	(212) 398-5045	Over the phone and virtual; in-person by appointment only; no walk-ins	English, Spanish	Citywide
Met Council	Monday - Thursday	9 am - 5pm	212-453-9532	Over the phone	English, Spanish	Citywide
Met Council	Friday	9 am - 2pm	917-280-5694	Over the phone	English, Bengali	Citywide