



Goods and Services Currently Available in ZIP Code 10032

This list can help you find services to meet basic needs during COVID-19 public health emergency. Some of the businesses listed here offer delivery, phone or remote options for service.

Health Services	Mutual Aid
<p>Pharmacies</p> <p>Rite Aid 4046 Broadway, 10032 Phone: 212-795-1240 Hours: 24 hours, daily Delivery: Yes, call store. Senior Hours: 9 a.m. to 10 a.m. Languages: Spanish</p> <p>For additional delivery options, visit medlypharmacy.com.</p>	<p>Primary Care</p> <p>Community League Health Center 511 W. 157th St., 10032 Phone: 212-781-7979 Website: chnnyc.org</p> <p>Visit hitesite.org or call 844-NYC-4NYC for NYC Health + Hospitals for primary care options and COVID-19 testing information.</p> <p>Coronavirus Community Response Network Email: WaHiMutualAid@gmail.com Phone: 929-444-7010 Website: bit.ly/COVIDCommunityResponse Services: Groceries, prescriptions, pet care, PPE, laundry, mental health care For additional mutual aid networks, call 646-437-8080 or visit mutualaid.nyc. Hours and language availability vary.</p>

Food		
<p>Grocery Store</p> <p>Super Foodtown 600 W. 160th St., 10032 Hours: 7 a.m. to 12 a.m., daily Delivery: Order online at foodtown.com (\$50 minimum, delivery hour 10 a.m. to 10 p.m.) EBT: In-Store only WIC: In-Store only</p>	<p>Food Pantry</p> <p>Community League of the Height's Pantry 508 W. 159th St., 10032 Phone: 212-795-4779 Hours: Tuesday, Saturday, 9 a.m. to 1 p.m.</p>	<p>Free Grab-and-Go Meals</p> <p>Community Health Academy of the Heights 504 W. 158th St., 10032 Hours: 3 to 5 p.m. on school days only. See the Department of Education (DOE) calendar to check for school holiday closures at schools.nyc.gov/about-us/news/2020-2021-school-year-calendar</p>

Visit nycfoodpolicy.org/coronavirus-nyc-food-reports to find your neighborhood guide.

Community Organizations	
<p>Financial Stability</p> <p>West Harlem Group Assistance 1652 Amsterdam Ave., 10031 Phone: 212-862-1399 Website: whgainc.org Services: Benefit enrollment, temporary cash assistance, housing search Languages: Spanish</p>	<p>Housing Assistance</p> <p>Services for the UnderServed (S:US)-Homebase 516 W. 181st St., 4th Floor, 10026 Phone: 917-492-1019 Email: sushomebase@sus.org Website: nyc.gov/homebase Services: Eviction and foreclosure prevention, rent and mortgage payment assistance, case management</p>

The NYC Health Department is providing this information to help New Yorkers find services and information, but does not make guarantees regarding service availability and quality. The information listed is subject to change. For the most up-to-date information, visit nyc.gov/health/covidresources. City-funded Homebase providers and Gotham Health sites were given priority for housing and primary care services, respectively. For all other service categories, establishments were selected based on location, operating hours and service offerings. Not all eligible establishments were reviewed. Information for community-based organizations, primary care sites and pharmacies were verified by NowPow.



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Health Services		Mutual Aid
<p>Pharmacies</p> <p>Heidi Pharmacy 522 W. 181st St., 10033 Phone: 212-740-3737 Hours: Monday to Friday, 10 a.m. to 7 p.m., Saturday, 10 a.m. to 5 p.m. Delivery: Yes, call store. Curbside pickup: Yes Languages: Spanish, Korean</p> <p>For additional delivery options, visit medlypharmacy.com.</p>	<p>Primary Care</p> <p>Community League Health Center 511 W. 157th St., 10032 Phone: 212-781-7979 Website: chnnyc.org/locations/washington-heights Visit hitesite.org or call 844-NYC-4NYC for NYC Health + Hospitals for primary care options and COVID-19 testing information.</p>	<p>Coronavirus Community Response Network Email: WaHiMutualAid@gmail.com Phone: 929-444-7010 Website: bit.ly/COVIDCommunityResponse Services: Groceries, prescriptions, pet care, PPE, laundry, mental health care For additional mutual aid networks, call 646-437-8080 or visit mutualaid.nyc. Hours and language availability vary.</p>

Food		
<p>Grocery Store</p> <p>Key Food 4365 Broadway, 10033 Hours: 8 a.m. to 8 p.m., daily Senior Hours: 8 to 9 a.m., daily Delivery: Order online at instacart.com EBT: In-Store only WIC: In-Store only</p>	<p>Food Pantry</p> <p>Alianza – La Plaza Beacon Food Pantry 515 W. 182nd St., 10033 Phone: 212-862-6401 ext. 419 Hours: Wednesday, 9:30 a.m. to 1:30 p.m. ID required</p>	<p>Free Grab-and-Go Meals</p> <p>I.S. 528 Bea Fuller Rodgers School 180 Wadsworth Ave., 10033 Hours: 3 to 5 p.m. on school days only. See the Department of Education (DOE) calendar to check for school holiday closures at schools.nyc.gov/about-us/news/2020-2021-school-year-calendar.</p>
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Community Organizations	
<p>Financial Stability</p> <p>Northern Manhattan Improvement Corporation 45 Wadsworth Ave., 10033 Phone: 212-822-8300 Website: nmic.org/ Services: Benefit enrollment, single stop Languages: Spanish</p>	<p>Housing Assistance</p> <p>Services for the UnderServed (S:US)-Homebase 516 W. 181st St., 4th Floor, 10026 Phone: 917-492-1019 Email: sushomebase@sus.org Website: nyc.gov/homebase Services: Eviction and foreclosure prevention, rent and mortgage payment assistance, case management</p>

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Goods and Services Currently Available in ZIP Code 10034

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Health Services		Mutual Aid
<p>Pharmacies</p> <p>Rite Aid 4910 Broadway, 10034 Phone: 212-569-2512 Hours: Monday to Friday, 8 a.m. to 9 p.m., Saturday, 9 a.m. to 6 p.m., Sunday, 10 a.m. to 5 p.m. Delivery: Yes, call store. Senior Hours: Monday to Friday, 9 a.m. to 1 a.m. Languages: Spanish For additional delivery options, visit medlypharmacy.com.</p>	<p>Primary Care</p> <p>Bronx Medical and Wellness Center 227 Edward L Grant Hwy., 10452 Phone: 718-716-4400 Website: mhhc.org/Locations/Bronx-Medical-and-Wellness-Center.aspx Visit hitesite.org or call 844-NYC-4NYC for NYC Health + Hospitals for primary care options and COVID-19 testing information.</p>	<p>Coronavirus Community Response Network Email: WaHiMutualAid@gmail.com Phone: 929-444-7010 Website: bit.ly/COVIDCommunityResponse Services: Groceries, prescriptions, pet care, PPE, laundry, mental health care</p> <p>For additional mutual aid networks, call 646-437-8080 or visit mutualaid.nyc. Hours and language availability vary.</p>

Food		
<p>Grocery Store</p> <p>CTown Supermarkets 4918 Broadway, 10034 Hours: 8 a.m. to 8 p.m., daily Senior Hours: 7 a.m. to 12 p.m., daily Delivery: Call 212-567-4881 (\$30 min, \$4 fee) EBT: Yes WIC: Yes</p>	<p>Food Pantry</p> <p>City Harvest Mobile Market - Dyckman 175 Nagle Ave., 10034 Hours: Wednesday, Saturday, 9:30 a.m. to 11:30 a.m. 2nd Wednesday and 4th Saturday of the month</p>	<p>Free Grab-and-Go Meals</p> <p>J.H.S. 052 Inwood 650 Academy St., 10034 Hours: 3 to 5 p.m. on school days only. See the Department of Education (DOE) calendar to check for school holiday closures at schools.nyc.gov/about-us/news/2020-2021-school-year-calendar.</p>

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Community Organizations	
<p>Financial Stability</p> <p>Northern Manhattan Improvement Corporation 45 Wadsworth Ave., 10033 Phone: 212-822-8300 Website: nmic.org/ Services: Benefit enrollment, single stop Languages: Spanish</p>	<p>Housing Assistance</p> <p>Services for the UnderServed (S:US)-Homebase 516 W. 181st St., 4th Floor, 10026 Phone: 917-492-1049 Email: sushomebase@sus.org Website: nyc.gov/homebase Services: Eviction and foreclosure prevention, rent and mortgage payment assistance, case management</p>

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Goods and Services Currently Available in ZIP Code 10040

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Health Services	Mutual Aid	
<p>Pharmacies</p> <p>Friendly Pharmacy 1654 St. Nicholas Ave., 10040 Phone: 212-568-4000 Hours: Monday to Friday, 10 a.m. to 8 p.m., Saturday, 10 a.m. to 7 p.m. Delivery: Yes, call store or visit friendly.nyc Languages: Spanish, Urdu</p> <p>For additional delivery options, visit medlypharmacy.com.</p>	<p>Primary Care</p> <p>Morris Heights Health Center – Burnside 85 Burnside Ave., 10453 Phone: 718-716-4400 Website: mhhc.org</p> <p>Visit hitesite.org or call 844-NYC-4NYC for NYC Health + Hospitals for primary care options and COVID-19 testing information.</p>	<p>Coronavirus Community Response Network Email: WaHiMutualAid@gmail.com Phone: 929-444-7010 Website: bit.ly/COVIDCommunityResponse Services: Groceries, prescriptions, pet care, PPE, laundry, mental health care</p> <p>For additional mutual aid networks, call 646-437-8080 or visit mutualaid.nyc. Hours and language availability vary.</p>

Food		
<p>Grocery Store</p> <p>Food Universe Marketplace 72 Nagle Ave., 10040 Phone: 212-304-1300 Hours: 7 a.m. to 10 p.m., daily Delivery: Call or order online at instacart.com EBT: In-Store only WIC: In-Store only</p>	<p>Food Pantry</p> <p>City Harvest Mobile Market - Dyckman 175 Nagle Ave., 10034 Hours: Wednesday, Saturday, 9:30 a.m. to 11:30 a.m. 2nd Wednesday and 4th Saturday of the month</p>	<p>Free Grab-and-Go Meals</p> <p>P.S. 152 Dyckman Valley 93 Nagle Ave., 10040 Hours: 3 to 5 p.m. on school days only. See the Department of Education (DOE) calendar to check for school holiday closures at schools.nyc.gov/about-us/news/2020-2021-school-year-calendar.</p>

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Community Organizations	
<p>Financial Stability</p> <p>Jewish Community Council (JCC) of Washington Heights and Inwood 121 Bennett Ave., 10033 Phone: 212-568-5450 Website: jccwashingtonheights.org Services: Multi- Service</p>	<p>Housing Assistance</p> <p>Services for the UnderServed (S:US)-Homebase 516 W. 181st St., 4th Floor, 10026 Phone: 917-492-1049 Email: sushomebase@sus.org Website: nyc.gov/homebase Services: Eviction and foreclosure prevention, rent and mortgage payment assistance, case management</p>

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