



## Food Access for Undocumented Immigrants in NYC & NY STATE

**Can I receive FREE Groceries, Access to Food Pantries or FREE Hot Food if I don't have a Legal Immigration Status in the City and State of NY?**

- **YES.**
- You and your family can get **FREE** meals in New York City and State if you are Low-Income. There are [Food Banks](#) located throughout the City and parts of the State that assist Low-Income families and individuals. There are also [Soup Kitchens](#) and Ready-Made hot meals that Low-Income individuals and families can access if you do not have a location to cook your meals or the financial resources to buy food.

**Can I apply for Food Stamps or an EBT card in New York State and will I be Approved?**

- **MAYBE.** It will depend on the questions answered during the interview process!
- It depends on your Immigration Status of you and your family. If you do **NOT** have a Social Security number, you may **NOT** qualify for the federal [Food Stamps](#) program.

However, if you have children who were born in the United States, they may qualify for the federal food stamp program, which will issue you and your family an EBT card to buy food. You will need your children's Social Security numbers in order to apply.

- In addition, there is an immigration related status called [PRUCOL](#) (**Permanently Residing Under Color of Law**), that allows people without a legal immigration status to apply for City and State public services.

PRUCOL immigrants are people living in the United States and Government authorities know they are here, but are not taking steps to deport them. Examples of people who may have PRUCOL status include: **Victims of certain crimes who are U-Visa holders, Immigrants paroled into the U.S. for less than One-Year, Immigrants with deferred action status, and other types of Visa holders.** Like the "qualified alien" category, [PRUCOL](#) is **NOT** an immigration status; It is just a category used to qualify for public benefits.

- You can [Call-311](#), ask to speak to someone who speaks your language, and ask that person if you qualify for any specific public benefits under PRUCOL.

**How can I find a Food Bank or Soup Kitchen Located near me? How can I order Ready-Made Food in New York City?**



- There is an online map of physical locations of [Food Banks](#) in New York City. On this map, you can also find [Soup Kitchens](#).

To use the map, enter the **ZIP Code** where you live, and it will show you the Food Banks and Soup Kitchens nearest you. To request Ready-Made hot food, you can [Call-311](#), and ask to speak to an operator who speaks your language. That person will help you navigate to the closest Ready-Made hot food locations near you.