

# FOOD AND NUTRITION SERVICES

## MEALS

We have breakfast and lunch available at CASA Washington Heights and Midtown Central.

Monday through Friday for Alliance clients.  
9:00am–10:00am and 12:00pm–1:00pm.

## PANTRY

We have pantry available for clients at Midtown Central , CASA Washington Heights, and Keith Haring.  
Every third Wednesday of the month.  
10:00am–3:00pm

## NUTRITION GROUPS

We provide nutrition education groups at Midtown Central with schedules pending for groups at additional sites.  
Every Wednesday for Alliance clients.  
9:30am–10:30am and 11:00am–12:00pm.

## COUNSELING

In person and phone/virtual counseling is available for all Alliance clients with our RD, Melissa Gallanter. For scheduling appointments, Alliance clients can reach out to any of their direct care providers (Case managers, group facilitators, peers) or reach out directly to Melissa by email or phone.  
Counseling in-person is offered at CASA Washington Heights, Midtown Central, and LESHRC at this time.

## LOCATIONS:

Midtown Central  
64 W 35th Street, 3rd Floor

Keith Haring Harlem Center  
315 E 104th Street, Suite 1

CASA Washington Heights  
2036 Amsterdam Avenue

LES Harm Reduction Center  
35 E Broadway, 2nd Floor

Questions? Contact Melissa Gallanter, Director of Food and Nutrition Services  
[melissa3@alliance.nyc](mailto:melissa3@alliance.nyc) | (212) 645-0875 x444