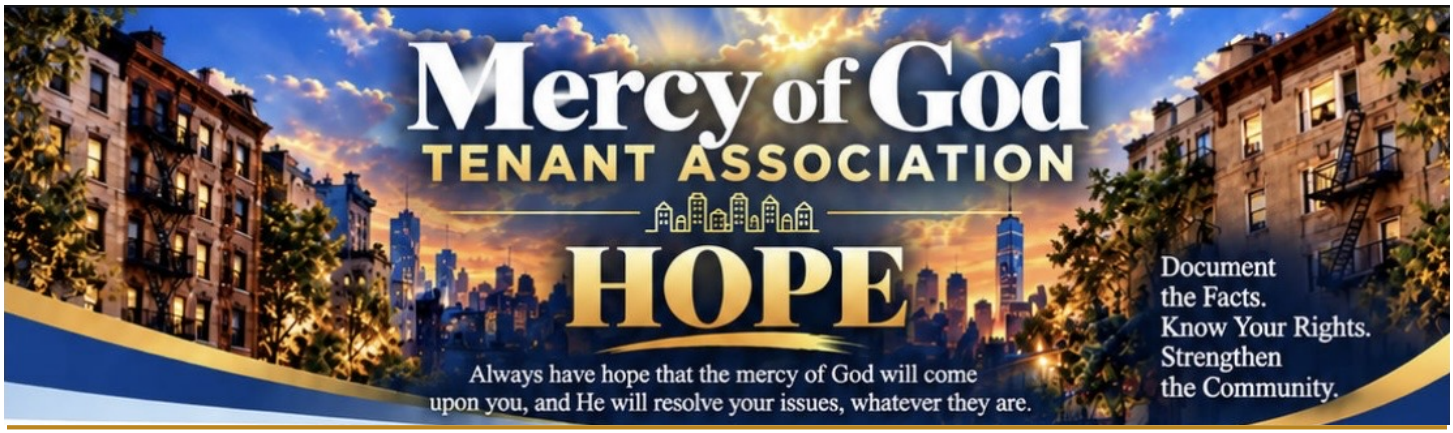


ON MEDICAID? FOOD HELP MAY BE AVAILABLE

¿TIENE MEDICAID? PODRÍA RECIBIR AYUDA CON ALIMENTOS

FROM ONE TENANT TO ANOTHER

Many of us living in rent-stabilized apartments know what it means to go from paycheck to paycheck - keeping up with rent, bills and groceries while facing everyday struggles.

Met Council has been helpful to me. The photograph at right shows a food box I received on October 26, 2026. I am sharing this resource because a little extra help may also make a difference for you or your family.

If you have Medicaid and need help getting food, you can ask Met Council whether you qualify for groceries, prepared meals or related support. Asking is entirely your choice.



Actual grocery box received, Oct. 26, 2026.
Personal photo; label details blurred.

UN MENSAJE PARA MIS VECINOS

Muchos vivimos de cheque en cheque, tratando de cubrir la renta, los servicios y la comida. Met Council me ha ayudado, y comparto esta información porque quizás también pueda ayudarle a usted. Si tiene Medicaid, pregunte si reúne los requisitos. La decisión de solicitar ayuda es suya.

CONTACT MET COUNCIL DIRECTLY / CONTACTE A MET COUNCIL

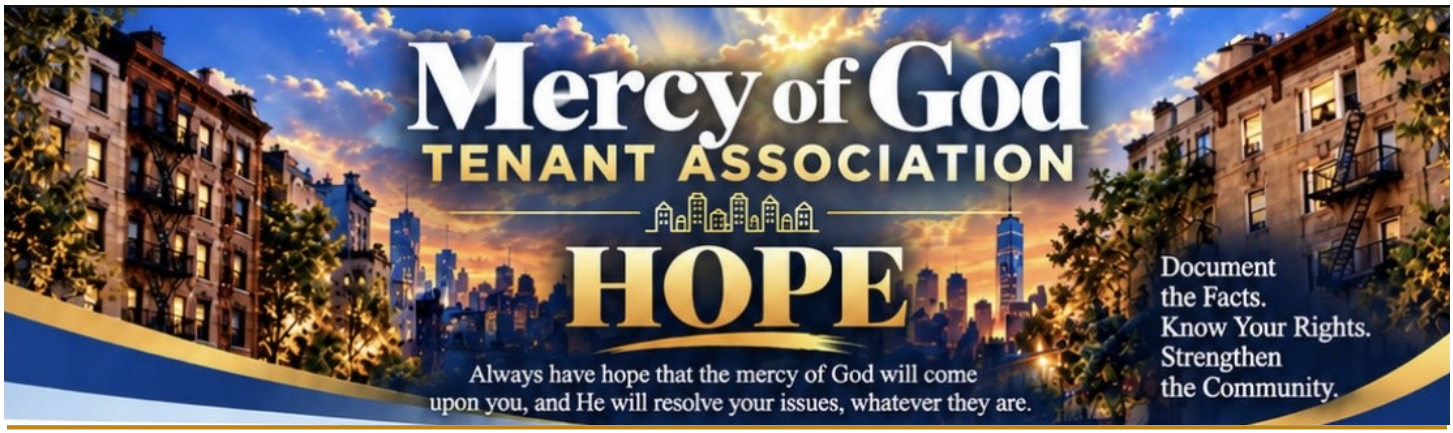
1-833-633-4450

scnsupport@metcouncil.org

scn.metcouncil.org/contact

Help is free for eligible members. Eligibility requires screening.

Met Council determines eligibility and services; Medicaid enrollment by itself does not guarantee grocery boxes. This independently shared information is not an official Met Council notice.



IF YOU'RE AN ILLEGAL IMMIGRANT:

YOU HAVE HOUSING RIGHTS / USTED TIENE DERECHOS

ENGLISH | YOU ARE NOT ALONE

If you are an illegal immigrant living in New York City, you still have housing rights. You should not have to live with dangerous conditions, ignored repairs or intimidation because you are afraid to speak up.

A landlord cannot discriminate against you or refuse repairs because of your actual or perceived immigration status, threaten to call ICE to intimidate you, or unlawfully retaliate because you made a good-faith housing complaint. Rent-stabilized housing protections apply regardless of immigration status.

Mercy of God Tenant Association can help you understand housing protections, document problems and identify agencies or legal resources. You choose whether to contact us or report a problem. We do not need to know your immigration status to discuss apartment conditions.

ESPAÑOL | USTED NO ESTÁ SOLO

Si usted es un inmigrante ilegal que vive en la ciudad de Nueva York, también tiene derechos como inquilino. No tiene que aceptar condiciones peligrosas, reparaciones ignoradas o intimidación por temor a presentar una queja.

El propietario no puede discriminar ni negarse a reparar su vivienda por su estatus migratorio real o supuesto, amenazar con llamar a ICE para intimidarlo, ni tomar represalias ilegales por presentar una queja de buena fe. Las protecciones de renta estabilizada se aplican sin importar su estatus migratorio.

Mercy of God Tenant Association puede ayudarle a conocer sus derechos de vivienda, documentar problemas y encontrar agencias o recursos legales. Usted decide si desea comunicarse o presentar una queja. No necesitamos conocer su estatus migratorio para hablar sobre las condiciones de su apartamento.

CONTACT US / COMUNÍQUESE CON NOSOTROS

MercyOfGodTenantAssociation.org

mercyofgodtenantrecords@gmail.com

FREE TENANT OUTREACH • NO FEES / ASISTENCIA GRATUITA

City housing repairs / Reparaciones: NYC 311 (HPD). Immigration-status housing discrimination / Discriminación: NYC Commission on Human Rights, 212-416-0197.

Note / Aviso: Independent association; not lawyers or a government agency. No guaranteed outcomes or legal representation. For legal advice, consult an attorney. / Asociación independiente; no somos abogados ni agencia pública.