

**NASSAU COUNTY**

**Section 1**

Baldwin  
Cedarhurst  
Hewlett  
Inwood  
Lawrence  
Long Beach  
Lynbrook  
Oceanside  
Rockville Centre  
Valley Stream  
Woodmere

**Section 2**

Hempstead  
West Hempstead

**Section 3**

Bethpage  
East Meadow  
Elmont  
Farmingdale  
Uniondale  
Levittown  
Mineola  
Garden City  
New Hyde Park

**SUFFOLK COUNTY**

**Section 4**

Freeport  
Bellmore  
Massapequa  
Merrick  
North Massapequa  
Roosevelt  
Seaford

**Section 5**

Bayville  
Glen Cove  
Great Neck  
Manhasset  
Oyster Bay  
Port Washington  
Syosset  
Westbury  
Hicksville  
Plainview  
Roslyn Heights

**Section 6**

Amityville  
Babylon  
Bay Shore  
Brentwood  
Copiague  
Deer Park  
Islip  
Lindenhurst  
North Babylon  
North Bay Shore  
West Babylon  
West Islip  
Wyandanch

**Section 7**

Bellport  
Blue Point  
Bohemia  
Central Islip  
East Patchogue  
East Islip  
Holbrook  
Holtsville  
Islip Terrace  
Medford  
Oakdale  
Patchogue  
Sayville  
Islandia

**Section 8**

Bridgehampton  
Center Moriches  
East Hampton  
East Moriches  
Hampton Bays  
Mastic  
Mastic Beach  
Montauk  
Sag Harbor  
Shirley  
Southampton  
Wainscott

**SUFFOLK COUNTY (CONTINUED)**

**Section 9**

Commack  
Dix Hills  
East Northport  
Hauppauge  
Huntington  
Huntington Station  
Kings Park  
Lake Grove  
Lake Ronkonkoma  
Melville  
Nesconset  
Northport  
Ronkonkoma  
St. James  
Smithtown

**Section 10**

Centereach  
Coram  
East Setauket  
Farmingville  
Middle Island  
Mount Sinai  
Port Jefferson  
Port Jefferson Station  
Ridge  
Rocky Point  
Selden  
Setauket  
Sound Beach  
Stony Brook

**Section 11**

Aquebogue  
Calverton  
Cutchoke  
Greenport  
Manorville  
Mattituck  
Wading River  
Southold  
Flanders  
Riverhead  
Yaphank

**Long Island Cares – The Harry Chapin Food Bank**  
**Delivery Calendar**

**AUGUST 2023**

SUN	MON	TUE	WED	THU	FRI	SAT
		1 SECTION 7	2 SECTION 8	3 SECTION 9	4 SECTION 10	5
6	7 SECTION 11	8 SECTION 1	9 SECTION 2	10 SECTION 3	11 SECTION 4	12
13	14 SECTION 5	15 SECTION 6	16 SECTION 7	17 SECTION 8	18 SECTION 9	19
20	21 SECTION 10	22 SECTION 11	23 SECTION 1	24 SECTION 2	25 SECTION 3	26
27	28 SECTION 4	29 SECTION 5	30 SECTION 6	31 SECTION 7		

NOTE: SUBJECT TO CHANGE!  
CHECK ON-LINE FOR LATEST UPDATES.  
[www.licares.org](http://www.licares.org)