Guide to Tompkins County Food Assistance Services

Includes food stamps, free meal sites, food pantries, supplemental nutrition and pre-paid voucher programs.

- This symbol reflects programs within Tompkins County organizations that are funded by United Way of Tompkins County.

Baptized Church of Jesus Christ
412 First Street, Ithaca, NY 14850       277-6140
10:00 AM – 12:30 PM – Wednesday & 3rd Saturday

Candor – Bread of Life Food Pantry
1 Water Street, Candor, NY 13743     659-3343 (Sherry Haner)
3:00 PM – 5:30 PM – Wednesday     659-3949 (Dave Nichols)

Catholic Charities, Tompkins/Tioga Counties
324 West Buffalo Street, Ithaca, NY 14850      272-5062
9:00 AM – 5:00 PM – Monday through Friday

Caroline Food Pantry - Brooktondale Community Center
522 Valley Road, Brooktondale, NY 14817         539-9928 (Pat Brhel)
5:30 pm – 7:00 pm, 1st & 3rd Mondays            539-7930 (Cullie Mowers)

Cornell Cooperative Extension of Tompkins County – Community Supported Agriculture (CSA) Shares
615 Willow Avenue, Ithaca, NY 14850        272-2292 (Avi Miner)

Danby Food Pantry – Danby Community Council
Danby Federated Church
1859 Danby Road, Danby, NY 14883    273-7850 (Joan Barber)
3:00 PM – 6:00 PM, 3rd Thursday
1:00 PM – 2:00 PM, 4th Monday

Department of Social Services, Tompkins County, Supplemental Nutrition Assistance Program (SNAP)
320 West State Street, Ithaca, NY 14580      274-5201
8:30 AM – 4:30 PM – Monday through Friday

United Way of Tompkins County Funded       All phone numbers 607 area code
Dryden Kitchen Cupboard – Dryden Community Council
Dryden Presbyterian Church
6 North Street, Dryden, NY 13053  844-8321
11:00 AM – 12:00 PM, Monday and Friday
5:00 PM – 6:00 PM, Wednesday
11:00 AM – 12:00 PM, 4th Saturday

Enfield Food Distribution – Enfield Community Council
Enfield Community Building
17 S. Van Dorn Rd., Ithaca, NY 14850  277-0266
1:00 PM – 2:00 PM, 2nd Tuesday
3:00 PM – 5:00 PM, 2nd and 4th Monday

Freeville Food Pantry – Freeville Community Council
Freeville United Methodist Church
39 Main Street, Freeville, NY 13068  844-8760 (Church)
6:00 PM – 7:00 PM, 2nd and 4th Monday  844-5281 (Parsonage)

The Food Bank of the Southern Tier
Hunger Education
For more information, or to set up a time for an activity or workshop, contact Randi Lynn Quakenbush, Advocacy and Education Manager  796-6061 x4039

Just Say Yes to Fruits and Vegetables (JSY)
Just Say Yes to Fruits and Vegetables (JSY) is a SNAP-Ed Program, using nutrition education workshops and food demonstrations, to ensure that low-income eat nutritious food, make the most of their food budgets, and prepare foods in a safe manner contact Paddy Redihan, JSY Manager  796-6061

The Backpack Program
Provides children who are at risk of hunger with a bag of nutritious food each Friday throughout the school year. For more information, or to set up a time for an activity or workshop, contact Jennifer Edger, Director of Community Programs  796-6061 x4037

Foodnet Meals on Wheels (Nutrition Outreach Worker/ SNAP Application Assistance)
2422 North Triphammer Road, Ithaca, NY 14850  266-9533 (Betsy Spencer)

Groton Food Providers – Groton Community Council
Joyce Crouch Benevolence Building
102 McKinley Avenue, Groton, NY 13073  898-5263
10:00 AM – 11:30 AM, 2nd & 4th Saturday
1:00 PM – 2:00 PM, 1st Tuesday

Friendship Donation Network - Halsey Valley Pantry
Just Because Center
1013 West Martin Luther King, Jr. / State Street, Ithaca, NY 14850  216-9522
9:00 AM – 5:00PM, Monday – Friday
9:00 AM – 3:00 PM, Saturday and Sunday

Immaculate Conception Church
107 West Seneca Street, Ithaca, NY 14850  589-6139
1:00 PM – 1:45 PM – Tuesdays
Ithaca Kitchen Cupboard
Salvation Army, 150 North Albany Street, Ithaca, NY 14850 273-2400
1:30 PM – 3:00 PM, Monday through Friday

Interlaken Reformed Church
8315 Main Street, Interlaken, NY 14847 532-4321
3:00 PM – 6:00 PM - Fridays

Lansing Food Pantry – Lansing Community Council
Lansing Methodist Church
32 Brickyard Road, Lansing, NY 14882 592-4685
4:00 PM – 5:30 PM – 4th Monday (Jan.-Oct.)
4:00 PM – 5:30 PM – 3rd Monday (May, Nov.-Dec.), + emergencies

Living Wage Coalition – Tompkins County Workers’ Center
Linderman Creek, Community Room #1, 201 Cypress Court, Ithaca, NY 14850 269-1000
12:30 PM – 1:00 PM – 2nd Saturday

Loaves and Fishes
St. John’s Episcopal Church, 210 North Cayuga Street, Ithaca, NY 14850 272-5457
9:00 AM -2:00 PM – Monday & Wednesday
3:00 PM – 7:00 PM – Tuesday & Thursday

McLean Community Church – McLean Community Council
50 Church Street, McLean, NY 13073 838-8234
1:30 PM – 2:15 PM, 4th Saturday

Newfield Kitchen Cupboard – Newfield Community Council
Newfield United Methodist Church
227 Main Street, Newfield, NY 14867 564-3555 (Marge Strasinder)
6:00 PM – 7:00 PM, 1st & 3rd Wednesdays + emergencies 564-7823 (Church)

New York Coalition of Healthy School Food
Fresh Fruit & Vegetable Program at Beverly J. Martin School,
302 W. Buffalo St., Ithaca, NY 14850 272-1154

Odessa Pantry
Community Center/Fire House
Municipal Building, Main Street, Odessa, NY 14869 535-2625 (Rev. Wayne)
4:00 PM – 4:30 PM, please call for times
One Sunday it’s Odessa Pantry. The following Sunday it’s Erin, NY home deliveries

Rescue Mission Emergency Shelter, Friendship Center and Food Pantry
618 West State Street, Ithaca, NY 14850 273-6684

Southside Community Center
305 South Plain Street, Ithaca, NY 14850 273-5733
5:00 PM – 7:00 PM – 3rd Thursday
Tompkins Community Action
701 Spencer Road, Ithaca, NY 14850
1:00 PM – 3:30 PM – Monday, Tuesday, Wednesday + emergencies

Trumansburg Food Pantry
Trumansburg United Methodist Church
Corner of Main & South Streets, Trumansburg, NY 14886
1:00 PM – 2:00 PM – every other Monday, + emergencies

Ulysses Community Council
15 Halsey Street, Trumansburg, NY 14886

Women, Infants, Children Program (WIC) Health Department of Tompkins County, WIC Program
401 Harris B. Dates Drive, Ithaca, NY 14850

United Way of Tompkins County’s mission is to improve lives by mobilizing the caring power of our communities.

Strong People  Strong Families  Strong Communities

Give. Advocate. Volunteer.  LIVE UNITED.