



United Way
of Tompkins County

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

☀ **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, NY14882 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, NY14869 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 273-8816
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 279-4792
1:00 PM – 2:00 PM – every other Monday, + emergencies

☀️ **Ulysses Community Council**
15 Halsey Street, Trumansburg, NY 14886 387-4811

Women, Infants, Children Program (WIC) Health Department of Tompkins County, WIC Program
401 Harris B. Dates Drive, Ithaca, NY 14850 274-6630



**United Way
of Tompkins County**

313 North Aurora Street

Ithaca, NY 14850

Phone: 272-6286

Fax: 272-2736

www.uwtc.org

*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.