

Need help finding food?

Navigating local food resources can be challenging—hours change, locations vary, and information isn't always up to date.

If you need support, call 2-1-1 or visit your public library. Bring this brochure with you and ask a librarian to help you find the services that best meet your needs.

You are not alone. Your community is here to help ensure everyone has access to the food and care they deserve.

Need immediate assistance?



Interested in more options in TOMPKINS COUNTY?

211 Tompkins/Cortland Helpline

A program of the Human Services Coalition

For food and other needs, dial 2-1-1 in Tompkins and Cortland Counties (or 1-877-211-8667 toll-free from anywhere), or visit 211tompkins.org.

Thank You to Our Sponsor

Irene Weiser



FINDING PURPOSE

Support Others Locally

All the organizations listed in this guide welcome support—whether through food donations, financial contributions, or volunteering your time. Here are just a few examples:

Caroline Food Pantry

- Location: Old Fire Hall, 522 Valley Rd., Brooktondale
- Phone: (607) 539-6810
- Hours: 1st and 3rd Mon at 10 AM for volunteers
- Email: john@martinministries.org
- Website: <https://carolinefoodpantry.org/volunteers/>

Danby Community Food Pantry

- Location: 1859 Danby Rd., Ithaca: at the Danby Community Church
- Phone: (607) 272-1687
- Hours: 3rd Thu: 4–6 PM
- Email: office@danbychurch.org
- Website: <https://www.danbychurch.org/calendar.html>

Foodnet Meals on Wheels

- Phone: (607) 266-9553
- Website: <https://www.foodnet.org/volunteer>

Friendship Donations Network Food Rescue

- Phone: (607) 216-9522
- Donate food, donate money, volunteer
- Food Hubs - Area gardeners donate extra produce
- Visit: <https://friendshipdonations.org/volunteer/> or email info@friendshipdonations.org

Mutual Aid Tompkins - Sharing Cabinets

- Community members set up outdoor food cabinets (light blue) for anyone to stock with donated **non-perishable** food. Cabinets are open for all to use.
- Website: <https://mutualaidtompkins.com>

Item Suggestions for Cabinets

- | | |
|-------------------------|----------------------------|
| • cereal | • spaghetti sauce |
| • juice | • condiments |
| • peanut butter | • fruit bars |
| • jelly | • toilet paper (huge need) |
| • canned fruit | • paper towels |
| • soup | • toiletries |
| • microwaveable dinners | • menstrual supplies |

Questions or Comments?

Please email Barbara Lang at barbaralang55@gmail.com

Brochure designed by Heather Kolakowski

Fall 2025



Tompkins County Food Resource Guide

Serving

Danby, Caroline, Brooktondale, South Hill Ithaca

Find Food (pantries, meals)
Find Purpose (donate, volunteer)
All in one place



Access the digital version of this brochure

FINDING FOOD

Food Pantries & Meals

Danby Community Food Pantry

- Location: 1859 Danby Rd., Ithaca;
Danby Community Church
- Phone: (607) 272-1687
- Hours: 3rd Thu: 4–6 PM
- Email: office@danbychurch.org
- Website: <https://www.danbychurch.org/calendar.html>
- Open to Danby residents

Caroline Food Pantry

- Location: Old Fire Hall, 522 Valley Rd., Brooktondale
- Phone: (607) 539-6810
- Hours: 1st & 3rd Mon 5–7 PM
- Email: john@martinministries.org
- Website: <https://carolinefoodpantry.org>
- Anyone in the Township of Caroline is welcome
- Sign up for your designated arrival time at this link:
<https://carolinefoodpantry.org/arrival-times/>

Prunty's Pantry, Ithaca College

- Location: Ithaca College, 201 Egbert Hall (Campus Center), 953 Danby Rd., Ithaca
- Phone: (607) 274-3011
- Hours: Tue & Thu: 12:15–2 PM; Wed & Fri: 4–6:00 PM
- Email: sconrad@ithaca.edu, Dir. Campus Center
- Website: <https://tinyurl.com/bd68uuubs>
- Open to ICollege community and nearby residents

School Food Center, Ithaca High School

- Location: 1401 North Cayuga St, Ithaca
- Hours: During the school year, Tues & Fri. Students order before end of Universal Lunch (12:12 PM) and pick up at 3:40 dismissal
- Email: rachel.mcdonald@icsd.k12.ny.us,
Teacher Librarian
- Website: bit.ly/IHSmkt1

Home Delivered Meals

- Hot meals delivered to eligible older adults Mon - Fri.
- Contact Foodnet Meals on Wheels at (607) 266-9553

FINDING FOOD

Food Pantries & Meals

Senior Community Dining Program by Foodnet Meals on Wheels (Meals)

- Locations: Slaterville Volunteer Fire Company, 2681 Slaterville Rd., Slaterville Springs (Tue); Titus Towers, 798 S. Plain St., Ithaca (Mon–Fri)
- Phone: (607) 266-9553 (Foodnet Meals on Wheels)
- Hours: 11 AM–1:30 PM with lunch served at 12 PM
- Must register ahead. Call (607) 266-9553
- Email: info@foodnet.org
- Website: <https://tinyurl.com/vabhectr>

Senior Farmers Market Nutrition Program

- Location: 214 W. Martin Luther King Jr./State St., Ithaca
- Phone: (607) 274-5482
- Hours: July 1– September 30
- Email: mnelson@tompkins-co.org
- Website: <https://tinyurl.com/4rft4eyZ>
- Coupons given out on first-come basis –
available for pick up at the above location.

Caroline Seniors – Monthly Dish to Pass

- Location: Old Fire Hall, 522 Valley Rd., Brooktondale
- Phone: (607) 277-2706
- Hours: 2nd Mon at Noon–bring a dish to pass
- Email to join listserv: emilyfinnadams@gmail.com
- Website: <https://carolineseniors.weebly.com>
- New members welcomed

Sharing Cabinets Mutual Aid - Tompkins County

These light blue cabinets are regularly stocked with donated nonperishable food and are open to anyone.

For other Sharing Cabinets in Tompkins County
visit: <https://tinyurl.com/3454ttnd>

- **Danby:** Danby Fire Station, 1780 Danby Rd.
- **South Hill Elementary School:** 520 Hudson St., Ithaca
- **Southside Community Center:** 305 S. Plain St., Ithaca
- **South end of Ithaca:** (Two Locations)
411 S. Plain St., and Wood St. Park, 402 Wood St.

Need transportation? Call 2-1-1

FINDING FOOD

Local Libraries

Caroline Community Reading Room

- Location: Caroline Town Hall Annex, 2668 Slaterville Rd., Slaterville Springs
- Phone: (607) 539-6400 ext. 5
- Hours: Sun: 1–3 PM, Mon, Tue, Wed, Thu: 6:30–8 PM, Fri: 2–6 PM, Sat: 1–3 PM
- Email: clerk@townofcaroline.org
- Website: townofcaroline.org/community-reading-room

Danby Community Library

- Location: Danby Town Hall, Danby
- Phone: (607) 277-4788
- Hours: Tue: 1–3PM, Thu: 10 AM–12 PM,
Sat: 10 AM–12 PM
- Website: https://danby.ny.gov/ova_dep/library/

Tompkins County Public Library

- Location: 101 East Green St., Ithaca
- Phone: (607) 272-4557
- Hours: Mon–Thu: 9 AM–8 PM, Fri: 9 AM–6 PM,
Sat: 10 AM–5 PM
- Website: <https://www.tcpl.org>

Finding Food Resources in Tompkins County

Foodnet Meals on Wheels

Hot meals delivered to eligible older adults.
Contact Foodnet Meals on Wheels for eligibility.

- Phone: (607) 266-9553
- Visit: foodnet.org

Cornell Cooperative Extension Tompkins County

2025 Guide to Affordable Local Food

https://impactithaca.com/2025_guide_tompkins_foods/

Human Services Coalition

They offer a calendar as to what free food or meals are available on that day.

- Website: <https://hsctc.org/211food/>

Food Bank of the Southern Tier

They offer a terrific chart of food pantries and meal sites

- Website: <https://www.foodbankst.org/find-food/>

Catholic Charities

Serving everyone, no matter their situation, in accessing the resources they need.

- Phone: (607) 272-5062
- Hours: Tue–Fri: 9 AM–12:15 PM, 1–3:15 PM