

Need help finding food?

You're not alone. Your community is here to help everyone access the food and care they deserve.

Navigating local food resources can be tough – hours change and locations shift.

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.



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.

For more information,
call 1-877-211-8667 (toll-free),
visit <https://hsctc.org/211tompkins/>,
or scan the QR code above for food resources.

Other Local Resources

Friendship Donation Network

Visit <https://friendshipdonations.org/programs> for an ongoing updated list of food resources.

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

Thank You to Our Sponsors



FINDING FOOD

Community Meals

Find purpose in helping an organization by volunteering, donating food or giving financial support.

Loaves & Fishes of Tompkins County

- Location: 210 N. Cayuga St.
- Phone: (607) 272-5457
- Hours: Mon: 11:30-1 PM; Tues: 5-6:30 PM; Wed: 11:30-1PM; Thu: 5-6:30 PM; Fri: 11:30-1PM
- Email: Info@loaves.org
- Website: <https://loaves.org/services/free-meals/>

Foodnet Meals on Wheels

Anyone 60 or older eligible at no charge.

- Locations: The Shops at Ithaca Mall (Thu at former Sears location near food court), Ithaca Titus Towers (Mon -Fri), Slaterville Volunteer Fire Company (Tue)
- Hours: Doors open 11AM, Lunch Noon -12:30 PM
- Phone: (607) 266-9553. Reservation required by phone at least 24 hours prior.
- Email: info@foodnet.org
- Website: <https://tinyurl.com/vabhectr>

Salvation Army

- Location: 150 N. Albany St.
- Phone: (607) 273-2400
- Hours: Sat: Noon; Sun: 3PM
- Email: David.EKelly@USE.SalvationArmy.org
- Website: <https://tinyurl.com/4vjv2txt>

Ithaca Kitchen Cupboard

- Location: 150 N. Albany St. at Salvation Army
- Phone: (607) 273-2400
- Hours: Mon, Tue, Wed, Thu: 1:30-3PM
- Email: David.EKelly@USE.SalvationArmy.org
- Website: <https://tinyurl.com/4vjv2txt>

Food Not Bombs Ithaca

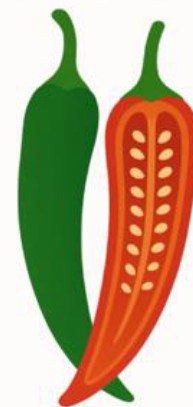
- Location: First Baptist Church, 309 N. Cayuga St., or Dewitt Park (weather dependent)
- Hours: Sun: 6-7PM serving vegan/vegetarian meal
- Email: fnbithaca@protonmail.com
- Website: <https://tinyurl.com/4rnfax3f>

Questions or Comments?

Please email Barbara Lang at barbaralang55@gmail.com

Brochure originally designed by Heather Kolakowski

Fall 2025 - Winter 2026



Tompkins County Food Resource Guide

Serving

The Town of Ithaca

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



View online with the QR code above or at:
<https://impactithaca.com>

FINDING FOOD

Community Pantries

Find purpose in helping an organization by volunteering, donating food or giving financial support

No Más Lágrimas/No More Tears

- Location: 301 S. Geneva St.
- Phone: (607) 793-8533
- Hours: Thu: 4-6PM
- Email: programscommunity3@gmail.com
- Website: <https://tinyurl.com/bdp4hrxb>

YMCA of Ithaca & Tompkins County Neighborhood Food Hub

- Location: 50 Graham Rd. West
- Phone: (607) 257-0101
- Hours: Mon, Fri: 11:30AM-5:30PM
- Email: eteeter@ithacaymca.com
- Website: <https://tinyurl.com/54dmkh2m>
- All are welcome – membership not required

Tompkins Community Action

- Location: 701 Spencer Rd.
- Phone: (607) 273-8816
- Hours: Scheduling required online. Visit website below for more information.
- Email: info@tcaction.org
- Website: <https://tcaction.org/supportive-services/food-pantry/>

Immaculate Conception Church Food

- Location: 113 N. Geneva St. Entrance (and parking lot) is off Geneva St.
- Phone: (607) 273-6121
- Hours: 10AM food ordering begins at the church. 1 PM pick up food begins at same site.
- Email: iimmacul@dor.org

Baptized Church of Jesus Christ

- Location: 412 First Street Ithaca
- Phone: (607) 793-3122
- Hours: Wed: 10:00AM - 12:00PM;
3rd Sat: 10:00AM - 12:30PM
- Email: rbenson4@twcny.rr.com

FINDING FOOD

Community Pantries

Southside Community Center Food Pantry

- Location: 305 S. Plain St.
- Hours: Tue and Thu: 3:30 – 5:30PM and first and last Sat: 12-2 PM
- Phone: (607) 273-4190
- Email: <https://www.sspride.org/contact-us>
- Website: <https://tinyurl.com/45hmzbfh>

Calvary Baptist Church Pantry

- Location: 507 North Albany St.
- Hours: Every 3rd Sat, 10 AM – Noon
- Phone: (607) 273-7291
- Email: cbcithaca@gmail.com

Schools

Community Market

Ithaca High School – Pantry

- 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
- Website: <http://bit.ly/IHSmkt1>

Prunty's Pantry, Ithaca College

- Location: Ithaca College, 201 Egbert Hall (Campus Center), 953 Danby Rd, Ithaca
- Hours: Mon 2-4 PM; Tue & Thu: 12:15-2 PM; Wed & Fri: 4-6:00 PM
- Phone: (607) 274-3011
- Email: sconrad@ithaca.edu
- Website: <https://tinyurl.com/bd68uubs>
- Open to IC community and nearby residents

Cornell University – Anabel's Grocery

Student-run store for Cornell Community

- Location: Anabel Taylor Hall, Rm 127
- Hours: Wed-Fri: 12-7PM; Sat: Noon-3PM
- Email: anabelgrocery@gmail.com
- Website: <https://www.anabelsgrocery.org>
- More resources at: <https://tinyurl.com/afmav3j4>

Need transportation? Call 2-1-1

FINDING FOOD

Sharing Cabinets

These light blue cabinets are regularly stocked with donated nonperishable food and are open to all. Visit <https://tinyurl.com/3454ttnd> for more info.

North:

- St. Catherine of Siena: 309 Siena Drive

Central:

- STAP 314 W State St
- 519 N Aurora St
- 520 Alice Miller Way
- Creative Hub: 516 W State St
- 530 W. Buffalo
- 330 S Cayuga St
- Ithaca Free Clinic: 521 W Seneca St
- Child Development Council: 609 W. Clinton
- Mental Health Clinic 201 E. Green St.

South:

- Southside Comm Ctr 305 S Plain St
- South Hill Elem: 520 Hudson St
- 411 S Plain St (fridge)
- Wood St Park: 402 Wood St

West:

- Bus stop @ Elm/West Village Pl
- West Village Apts.: Upper (under ramp)
- 1013 West State St (FDN)
- 806 W Buffalo (corner of Taughannock)
- Northeast Pediatrics: 1290 Trumansburg Rd

Home Delivery

Foodnet Meals on Wheels

- Home delivery of hot meals for residents age 60+
- Phone (607) 266-9554 to check eligibility
- Website: <https://www.foodnet.org>

Local Libraries

Your library can assist you in finding these services

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>