

## 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](http://211tompkins.org).

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## FINDING PURPOSE

### Support Others Locally (volunteer opportunities)

#### Lansing Lunchbox

- Interested in volunteering?
- Email: [LansingLunchbox@LansingLunchbox.org](mailto:LansingLunchbox@LansingLunchbox.org)
- Website: <https://www.lansinglunchbox.org>

#### Lansing Pantry at the Rink

- Phone: (607) 379-7245

#### Foodnet Meals on Wheels

- Phone: (607) 226-9553

#### Groton Community Cupboard

- Phone: (607) 427-4273
- Email: [grotoncommunitycupboard@gmail.com](mailto:grotoncommunitycupboard@gmail.com)

#### Groton Public Library

- Phone: (607) 898-5055

#### The YMCA of Ithaca and Tompkins County

- If you would like to donate food you have purchased, bring it to the YMCA during the 11:30 - 5:30 PM Monday & Friday times.

#### 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](mailto:info@friendshipdonations.org) for more volunteer opportunities

#### Mutual Aid Tompkins - Sharing Cabinets

- Community members set up outdoor (light blue) food cabinets for anyone to stock with donated **non-perishable** food. Cabinets are open for all to use.
- Visit: <https://mutualaidtompkins.com/food-sharing/locations> and donate to a nearby cabinet!

#### Item Suggestions for Cabinets

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

#### Questions or Comments?

Please email Barbara Lang at [barbaralang55@gmail.com](mailto:barbaralang55@gmail.com)

*Brochure designed by Heather Kolakowski*

Summer/Fall 2025



# Tompkins County Food Resource Guide

**Serving**

**GROTON, LANSING,  
LUDLOWVILLE**

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



Access the digital version of this brochure

# FINDING FOOD

## Food Pantries

### Groton Public Library

- Healthy Tuesdays
- Location: 112 E. Cortland St.
- Phone: (607) 898-5055
- Hours: Tuesdays starting at 12:30 PM

### Groton Community Cupboard

- Location: 122 Spring St.
- Phone: (607) 427-4273
- Email: [grotoncommunitycupboard@gmail.com](mailto:grotoncommunitycupboard@gmail.com)
- Hours: Mon. 12 - 3 PM; Thu. 5 - 6 PM; Sun 10:30 - Noon

### Groton Central School

- Location: 400 Peru Road, Groton
  - Phone: (607) 898-5853 x3437
  - Dates: July 8 - August 16
  - Days: Monday thru Friday
  - Hours: Breakfast 7:30-9 AM, ; Lunch 10:45 -12:30 PM
- Open to all kids and teens under the age of 19  
*All meals must be eaten on site.*

### Lansing Pantry at the Rink

- Location: 1767 East Shore Drive, Ithaca
- Phone: (607) 379-7245
- We still provide pantry service on the 2nd & 4th Monday of the month.
- Hours are from 10 AM to Noon on each pantry day.
- Special pantry on the 2nd Monday; Lansing Residents on the 4th Monday.

### The Lansing Lunchbox

- Fighting food insecurity by serving kids and families in the Lansing Central School District
- Website: [www.lansinglunchbox.org](http://www.lansinglunchbox.org)
- Email: [LansingLunchbox@LansingLunchbox.org](mailto:LansingLunchbox@LansingLunchbox.org)
- Mailing Address: PO Box 243, Lansing, NY 14882

# FINDING FOOD

## Food Pantries

### New Testament Church of Peruville

- Location: 1380 State Route 34B, Groton
- Phone: (607) 898-5287
- Hours: Sunday, Noon

### The YMCA of Ithaca and Tompkins County

- Neighborhood Food Hub
- Location: 50 Graham Road West
- Phone: (607) 257-0101
- Hours: Mondays and Fridays from 11:30 AM - 5:30 PM
- Everyone is welcome to take 2 regular-sized grocery bags worth of free food including bread, fruit, vegetables, dairy, pre-made meals, canned goods, meat, baked goods.
- Sign-in starts at 9 AM in the lobby, outside the Food Hub.
- You do not need to be a member of the YMCA to use the Food Hub.
- Website: <https://www.ithacaymca.com/ourfacilities/neighborhood-food-hub/>

### Sharing Cabinets Mutual Aid - Tompkins County

#### GROTON

- [White Bird Studio](#) -111 Main St. Groton. Hours: 24/7

#### LANSING

- All Saints Roman Catholic Church - 347 Ridge Rd.
- Lansing Bus Stop - 29 Auburn Rd (near library)
- The Meadows at Ithaca - 100 Graham Rd.
- Dewitt Middle School - 560 Warren Rd.

#### For Other Sharing Cabinets in Tompkins County

visit:

<https://mutualaidtompkins.com/food-sharing/locations>

**Need transportation? Call 2-1-1**

# FINDING FOOD

## More Resources

### Foodnet Meals on Wheels

They deliver delicious, nutritious, fresh-cooked hot meals to Tompkins County residents who are 60 years old or older. Call today to see if you are eligible!

- Phone: (607) 266-9553
- Visit: [foodnet.org](http://foodnet.org)

### Dryden Kids' Farmers Market

The Kids' Farmers Market is a distribution that provides fresh fruits and vegetables to children

Location: Montgomery Park, Dryden

- Hours: Wednesdays from 12:30-2 PM between July 21 - Aug 18.
- The Southworth Library will be offering the Children's Wednesday Wildlife series during this time.

### Groton Public Library

Your local library can help you find local resources

- Location: 112 E. Cortland St., Groton
- Phone: (607) 898-5055

### Lansing Community Library

Your local library can help you find local resources

- Location: 27 Auburn Rd., Lansing
- Phone: (607) 533-4939

### Friendship Donations Network

- Visit: <https://friendshipdonations.org/programs/>  
(this is updated regularly)

## Finding Food Resources in Tompkins County

### Cornell Cooperative Extension Tompkins County

[2025 Guide to Affordable Local Food](#)

### Human Services Coalition

2-1-1 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](http://211tompkins.org)

### Food Bank of the Southern Tier

Visit: <https://www.foodbankst.org/find-food/>. They offer a terrific chart of food pantries and meal sites

### Catholic Charities

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

- Phone: (607) 272-5062