

SNAP Retailers Serving Local Food

- Anabel's Grocery, Cornell Campus
- Brooktondale Market
- Eddydale Farm Market
- Greenstar Coop Market
- Main St. Market, Trumansburg
- P&C Fresh Market

Subsidized CSA Shares

Some local farms provide low-cost CSA shares through subsidized pricing or Healthy Food for All. Visit cctetompkins.org/agriculture/buy-local/csa-directory for more information

Farm to Pantry

Local farm food freshly harvested available at these pantries:

No Mas Lagrimas
Calvinist Baptist Pantry
Enfield Pantry
Cayuga Medical Center Pantries

Find more options for
U-pick and bulk
ordering at
buylocalfoodny.org



For more information:

SNAP Enrollment Support

607-272-5062 ext 21
(Julie at Catholic Charities)

WIC Enrollment & Market Coupons

607-274-6630
www.wicstrong.com

Senior Market Coupons

607-274-5482 (Office of the
Aging)

Questions about Produce Rx vouchers

Rural Health Network of South
Central NY
607-692-7669

Transportation options

Dial 2-1-1 or 877-211-8667 or text
your zip code to 898211
24 hours before traveling

Find food pantries

Dial 2-1-1
hsctc.org/211food/



Cornell Cooperative Extension
Tompkins County



Cornell Cooperative Extensions of Tompkins County provides equal
program and employment opportunities.

2025 Guide to Affordable Local Food in Tompkins

Farmers Market
Coupons, SNAP, Fresh
Connect, and more!



2025 Farmers Market Guide

Market	SNAP/EBT	FMNP	Produce Rx	Location	Season	Market Hours
Freeville Farmers Market	✓ *	✓	✓	43 Main Street - Elementary School	May 4 - Oct 26	Sun 11:30am-2:30pm
Ithaca Farmers Market East Hill	✓ *	✓	✓	East Hill next to Walgreens Drug Store	May 1 - Oct 30	Wed 3-6
Ithaca Farmers Market Steamboat Landing	✓ *	✓	✓	545 Third St. at Steamboat Landing (off Rt. 13, turn at Aldi's)	Apr 5- Oct 25	Sat 9-3 Sun 10-3
					Nov 1 - Dec 21	Sat/Sun 10-2 Dec Sat only
Trumansburg Farmers Market	✓ *	✓	✓	Village Park, Routes 277 & 96	May 7 - Oct 29	Wed 4-7

Ask the information booth at your farmers market about how to use your benefits!

- ***Also participates in Fresh Connect, which doubles your SNAP spending power on qualifying foods! Recieve a \$2 check for every \$2 of SNAP benefits spent. Visit the information booth at the farmers market for more information.**
- **Use SNAP benefits to buy fresh vegetables, fruit, meat, honey, cheese, maple syrup, dairy, eggs, baked goods, jams and jellies, mushrooms, juice, cooking herbs, and pickled foods, as well as seeds and plants!**
- **Find Farmer's Market Nutrition Program (FMNP) coupons at WIC offices and Office of the Aging from July- Nov**
- **Indian Creek and Jasper Meadows Farm Stand also accept FMNP**
- **All Greenstar Food Coop locations participate in Double Up Food Bucks for SNAP recipients. See doubleupnys.com for more information.**