

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 Sponsors

Barbara Lang
Pathways to Equity
The Ithaca Times



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:

Plant a Row (PAR)

- Newfield Food Hub Joins PAR in encouraging people to plant a row of vegetables and donate the harvest to the Newfield Food Pantry.
- Website: <https://newfieldny.org/residents/newfield-food-hub/>

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 for more volunteer opportunities

Mutual Aid Tompkins - Sharing Cabinets

- Community members set up outdoor food cabinets (painted light blue) 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 need) |
| • canned fruit | • paper towels |
| • soup | • toiletries |
| • microwaveable dinners | • menstrual supplies |
| (like Compleats) | |

Questions or Comments?

Please email Ithaca Times at roy@ithacatimes.com

Guides Created by Barbara Lang

Summer/Fall 2025



Tompkins County Food Resource Guide

Serving

TRUMANSBURG,
JACKSONVILLE, ENFIELD,
NEWFIELD

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

Food Pantries

Trumansburg Food Pantry

- Location: 80 E Main St., Trumansburg
- Phone: (607) 387-8260, for emergencies
- Hours: Alternating Mondays: 3:30 - 6 PM
- Email: trumansburgfoodpantry@gmail.com
- Website: <https://www.trumansburgfoodpantry.com>

Harvest Table

- Location: Ulysses Philomathic Library, 74 E Main St., Trumansburg
- Phone: (607) 387-5623
- Hours for Trumansburg Harvest Table: Tue: 4 - 6 PM, June - October. Though not an official pantry, the Harvest Table is free and open to all.
- Email: upl@trumansburglibrary.org
- Website: <https://www.trumansburglibrary.org>

Enfield Food Distribution

- Location: 182 Enfield Main Rd., Ithaca
- Phone: (607) 882-9958
- Hours: Sat, Sun 9 - 11 AM, Mon 10 AM - Noon
- Email: jowens11@aol.com
- Website: <https://enfieldfooddistribution.com>

Newfield Community Good Neighbor

- Newfield Kitchen Cupboard
- Location: 227 Main St., Newfield, at the Newfield United Methodist Church
- Hours: Summer - 1st and 3rd Wed, every month, from 5 - 6 PM. Fall (starting in November) - 1st and 3rd Wed every month, from 4:30 - 6 PM
- Website: <https://newfieldcgnf.com/food-pantry>

People's Baptist Church

- Location: 364 Main St., Newfield
- Phone: (607) 564-7716
- Similar but not connected with the Sharing Cabinets
- Email: info@pbcnewfield.com
- Website: <https://pbcnewfield.com>

FINDING FOOD

Food Pantries

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

Trumansburg

- Location 1: 1110 Parkside Drive, Trumansburg, NY (at County Estates Leasing Office)
- Location 2: 16 E Main St., Trumansburg, NY (at Central Laundromat)

Jacksonville

- Location: 1869 Trumansburg Rd., Jacksonville (at Community United Methodist Church)

Newfield

- Location 1: 2 Douglas Rd., Newfield
- Location 2: 768 Millard Rd., Newfield

Local Libraries

Your local library can assist you in finding
the services you need in your county

Ulysses Philomathic Library

- Location: 74 E Main St., Trumansburg
- Hours: Mon, Thu, Fri, 10 AM - 5 PM;
Tue, Wed, 10 AM - 7PM; Sat, 10AM - 2PM
- Phone: (607) 387-5623
- Hours for weekly Trumansburg Harvest Table on Tuesdays, from 4 - 6 PM, from June - October
- Email: upl@trumansburglibrary.org
- Website: <https://www.trumansburglibrary.org>

Need transportation? Call 2-1-1

FINDING FOOD

Local Libraries

Enfield Community Library

- Location: 162 Enfield Main Rd., Ithaca
- Phone: (607) 277-6301
- Hours: Tue, Thu, from 3:30 - 6 PM; Sat, from 9 AM - Noon; Sun, from 1 - 4 PM
- Email: enfield.community.library@gmail.com
- Website: <https://www.enfieldcommunitycouncil.com/library.html>

Newfield Public Library

- Location: 198 Main St., Newfield, NY
- Phone: (607) 564-3594
- Hours: Mon, 2 - 5 PM; Tue, Wed, Thu, 10 AM - 6:30 PM; Fri, from 2 - 6:30 PM; Sat, 10 AM - 2 PM
- Email: newfieldlibrary@gmail.com
- Website: <https://newfieldpubliclibrary.org>

Finding Food Resources in Tompkins County

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

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

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