

Need help finding food?



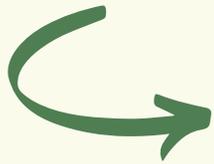
Navigating local food resources can be challenging—hours change, locations vary, and information isn't always up to date.

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?

Call 2-1-1 anytime of day or night.
Or scan the QR code here to access 2-1-1 Tompkins.



Interested in more options in Tompkins County?

Visit <https://hsctc.org/211food/> or call 2-1-1. This is a great resource for finding free food and prepared meals in Tompkins County.

Thank You to Our Sponsors
Barbara Lang
Pathways to Equity
The Ithaca Times

FINDING PURPOSE

Support Others Locally (volunteer opportunities)

Dryden Kitchen Cupboard

- Phone: 607-844 -8321
- Donate money or volunteer

Friendship Donations

Network Food Rescue

- Phone: 607-216 -9522
- Donate food, donate money, volunteer
- Food Hubs- Area gardeners donate extra produce for their neighbors and communities.
- Find gleaning opportunities for harvesting excess produce on participating farms.
- For all volunteer opportunities visit <https://friendshipdonations.org/volunteer/> or email info@friendshipdonations.org

Mutual Aid Tompkins - Sharing Cabinets

- Phone: 607-288-3252
- Community members have set up outdoor (light blue) food cabinets across the county. These cabinets are regularly stocked with donated **non-perishable** food and are open to anyone. Consider donating! Find a cabinet near you - Visit: <https://mutualaidtompkins.com/food-sharing/locations>

Donations Welcome!

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

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

Dryden, Freeville, Etna, Varna, McLean

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

Dryden Kitchen Cupboard

Dryden Presbyterian Church, 6 N. Street
Phone: 607-844 -8321

Hours : Monday & Friday 11AM – noon; Wednesday
5PM - 6PM; Last Saturday 11AM – noon

Dryden Residents only, once a month

Freeville Pantry

Freeville United Methodist Church, 38 Main Street
Phone: (607) 844-8760

Hours: 2nd and 4th Monday, 6:00pm - 7:00pm

Freeville Residents Only

Thrive Church Pantry

Thrive Church, 318 Johnson Road, Freeville

Hours: Sunday 12-1:15pm, unless food runs out earlier

Please text “food” 607.224.8822 to check for food
availability.

Thrive Church Mobile Food Pantry

First Tuesday of the month

Registration required day prior from 8:30am-1pm or
until full

Register by phone: dial 2-1-1 or 1-877-211-8667

Register online at <http://www.foodbankst.org/CFD>

TC3 – Panther Pantry

170 North Street, Dryden

Phones: 607-844 -8222- use ext. 4487

Hours: Call ahead

Open to everyone in the community

Dryden High School Lion’s Den Food Center

Open to middle school and high school students
during the school year (Sept – June)

Questions? Email - ngunn1@Dryden.K12.NY.US

FINDING FOOD

Food Pantries

McLean Community Church Pantry

McLean Community Church, 50 Church St, McLean
Hours: 4th Saturday, must be signed in by 1:30pm.
1:30-2:15pm

Sharing Cabinets - Mutual Aid Tompkins

These light blue cabinets are regularly
stocked with donated non-perishable
food and are open to anyone.

Below are Sharing Cabinets in this
area. For other Sharing Cabinets in
Tompkins County, visit:
[https://mutualaidtompkins.com/food-
sharing/locations](https://mutualaidtompkins.com/food-sharing/locations)

Dryden

- Varna Community Center: 943 Dryden Road,
Ithaca, NY - cooler with perishables and heated
cabinet as well!
- Clark’s Food Mart: 53 North St. Dryden, NY -
cooler & accessible cabinet
- TC3 Entrance

Etna

- Etna Fire Department: 26 Wood Rd Freeville, NY

Freeville

- Freeville Village Hall: 5 Factory St, Freeville, NY
- Lehigh Crossing Apartments: 15 Cook St
- Congers Mobile Home Park: 87 Kirk Rd

McLean

- Elm Tree Inn: 2 McLean Rd

Need transportation? Call 2-1-1

FINDING FOOD

More Resources

Dryden Southworth Library

Free kids' lunches. Lunches will be available for all
school-aged kids Monday through Saturday from July
14 – August 16. Pick up your lunch at the front desk,
and check out their Kids Farmer’s Market this
summer!

Freeville Farmers Market

43 Main St, Freeville, NY

Email: Markbaxendell@yahoo.com

Hours: Sunday 11:30 – 2:30 (Early May to late
October)

Note: Visit the **SNAP** sign up tent!

Foodnet Meals on Wheels

(for 60+) <https://www.foodnet.org>

Finding Food Resources in Tompkins County

Cornell Cooperative Extension Tompkins County

Visit: [https://cctompkins.org/food/food-assistance-
programs](https://cctompkins.org/food/food-assistance-programs)

Human Services Coalition

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

Phone: 607-272-5062

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