

## 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

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**Barbara Lang**  
**Pathways to Equity**  
**The Ithaca Times**

## 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](mailto: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](mailto: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](mailto: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](mailto:fnbithaca@protonmail.com)
- Website: <https://tinyurl.com/4rnfax3f>

### Community Pantries

#### Ithaca Kitchen Cupboard Food Pantry

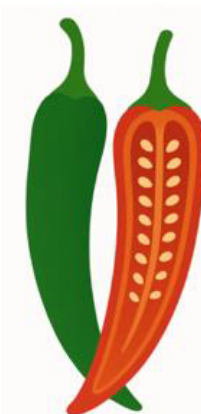
- Location: 150 N. Albany St. (at Salvation Army)
- Phone: (607) 273-2400
- Hours: Mon - Thu: 1:30–3PM; Fri: 1–2:30 PM
- Email: [tgo2@cornell.edu](mailto:tgo2@cornell.edu)
- Website: <http://www.ithacakitchencupboard.org>

### Questions or Comments?

Please email Ithaca Times at [roy@ithacatimes.com](mailto:roy@ithacatimes.com)

*Guides Created by Barbara Lang*

Fall 2025 - Winter 2026



# Tompkins County Food Resource Guide

**Serving**

The City and 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: [nomoretearfamilia@gmail.com](mailto:nomoretearfamilia@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](mailto: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@tcation.org](mailto:info@tcation.org)
- Website: <https://tcaction.org/supportive-services/food-pantry/>

### Immaculate Conception Church Food Pantry

- Location: 113 N. Geneva St. Entrance (and parking lot) is off Geneva St.
- Phone: (607) 273-6121
- Hours: Tues: 10AM food ordering begins at the church. 1 PM pick up food begins at same site.
- Email: [iimmacul@dor.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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
- Northeast Elementary School, 425 Winthrop Dr.

### 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

### Collegetown:

- St. Luke's: 109 Oak Avenue

## 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>