



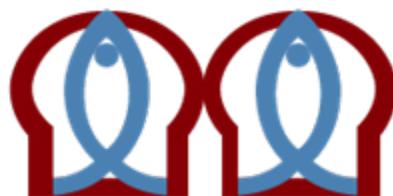
Dear Neighbors and Community,

As we all hunker down in snowmaggedon I wanted to share this newsletter focused exclusively on resources and information on how to access food assistance, heating support and financial relief. There is a particular focus on food resources this week to make sure, as we get closer to the date when federal cuts to SNAP assistance eligibility will take effect, that everyone in our communities is set up with access to all the resources they need. For help navigating this information or with any other questions, please don't hesitate to reach out to my office.



# Community Resources

## Loaves & Fishes



**Loaves & Fishes**  
of Tompkins County

The Loaves and Fishes of Tompkins County is located at 210 N Cayuga Street, Ithaca and offers warm cooked meals for everyone. Everyone is welcome at Loaves and Fishes, there are no eligibility requirements and free meals are served every weekday. Meals are served on all holidays except Thanksgiving. Lunch is served every Monday, Wednesday, and Friday from 11:30am to 1pm. Dinner is served Tuesday and Thursdays from 5pm to 6:30pm. Doors open one-half hour before hot meal service for salad and beverages.

The Loaves and Fishes of Tompkins County also serves as a food service and hospitality training site for individuals of all ages who are seeking employment in the food industry. This is to try and give individuals the opportunity to develop a variety of skills related to food service and hospitality. The training opportunity is tailored to address the particular needs of each person. They offer training in basic work and custodial skills, meal preparation, meal service, dishwashing and customer services. In many cases, the supervised training experience gained at Loaves and Fishes contributes to the success of the participants' future job applications and interviews.

If you are interested in Loaves and Fishes services contact them by phone at 607-272-5457 or email at [info@loaves.org](mailto:info@loaves.org).

### Ithaca Kitchen Cupboard



The Ithaca Kitchen Cupboard is a food pantry located in the Salvation Army at 150 N. Albany St. Anyone is welcome to visit and pick up food via the back door of the Salvation Army, found in the parking lot. Hours of operation are Monday through Thursday from 1:30pm to 3pm and Fridays 1pm to 2:30pm. Visitors can take food from the Kitchen Cupboard tables of fresh food everyday and order from their menu of pantry staples once every 20 days. The Kitchen Cupboard is an all-volunteer organization supported solely through its donations and grants. Last year they served over 8,000 households in the county. To get involved or if you are interested in being a customer, email [tgo@cornell.edu](mailto:tgo@cornell.edu) or call 607-273-2400.

### Tompkins Community Action



# Tompkins Community Action

The Tompkins Community Action Pantry is located at 701 Spencer Road, Ithaca. To access pantry service call 607-273-8816 to make an appointment or fill out the [online appointment form](#). The pantry has an online system where customers choose foods that

best serve their household's dietary needs and preferences, using [the online form](#). After the customer's order is received they will be contacted by Tompkins Community Action to schedule a pickup time that is most convenient to the customer. Pickups are located at their loading dock areas. It is recommended to bring reusable bags or boxes for your food order, as the pantry does not have enough bags to give to everyone. The Tompkins Community Action Pantry offers households about three days' worth of food that is available every two weeks, totaling 6 days of food over two visits in a month. The amount of food a customer receives is based on household size. The pantry offers fresh vegetables, fruits, and bread whenever possible.

#### FoodNet Meals on Wheels



FoodNet Meals on Wheels plays a vital role in Tompkins County, providing meals and nutrition services to older adults. It is the only local agency in Tompkins County that delivers hot meals directly to clients' doors, and they go above and beyond by including nutrition support from a registered dietitian. For many home-delivery clients, the FoodNet driver may be the only person they see all day. That means the program provides not only food, but also a safety check, a caring presence, and a connection to the wider community. FoodNet designed the Community Dining program to combat social isolation among older adults. These meals are more than an opportunity for socialization. They help improve mental and physical health through true community building.

The program welcomes any Tompkins County resident aged 60 or older, as well as their family members or caregivers. There are no financial requirements to participate. Presently, FoodNet operates two dining sites: Titus Towers located at 800 S. Plain St, and Slaterville Volunteer Fire Company located at 2681 Slaterville Rd. Meal service for both sites is from 11:30am to 1:30pm, and meals are typically served at the events between 12-12:30pm. To ensure everyone has a place at the table, advanced registration is required. Interested participants can call 607-266-9553 to register. For those who want to support this essential community resource, FoodNet also welcomes donations and volunteers.

## Food Bank of the Southern Tier



The Food Bank of the Southern Tier has a variety of programs that bring food and resources to communities across the Southern Tier of New York. They are located in Elmira at 388 Upper Oakwood Ave and are open Monday through Thursday 8am to 4pm, and Fridays 1am to 1pm. If you are an individual or organization looking for resources or a way to get involved with their work call 607-796-6061.

**Mobile Food Pantry:** Is a truck used to deliver fresh produce, dairy products, and other food and grocery products directly to distribution sites where people need food. Then the truck arrives at a site, volunteers place the food on tables surrounding the truck. The clients are able to shop choosing items that they need.

**Backpack Program:** Many children who receive free and reduced priced school meals are left without the nutrition they need on weekends and holiday breaks when school is not in session. The Food Bank of the Southern Tier, provide children who are at risk of hunger with a bag of nutritious food each Friday throughout the school year, the BackPack program attempts to reduce this gap and help children return to school on Monday

**Kid's Farmers Market:** The Kid's Farmers Market is a program that is a zero cost market with a variety of fresh fruits and vegetables for children. The purpose is to increase children's exposure to fresh fruits and vegetables, creating an awareness of the importance of eating these foods, and encouraging long term nutritious eating patterns. This program also creates new and fun learning opportunities about fruits and vegetables, giving children the confidence to try unfamiliar foods. It also promotes a better understanding of how gardening and agriculture produces healthy foods we eat. The goal is to educate kids and in

turn provide an opportunity for children to take fruits and vegetables home to share with their families.

**School Food Center Program:** School Food Centers are spaces where food and other grocery items can be distributed at no cost within a school, offering a variety of choices and items for students and families to pick and choose what suits their needs. School Food Center partners are onboarded like a pantry with the Food Bank, receive an orientation, and then order their own food.

**Just Say Yes to Fruits and Vegetables:** Eating vegetables and fruits everyday can reduce the risk of chronic disease and illness, yet many low income households have a difficult time obtaining and using these foods. Through nutrition workshops and cooking classes, the JSY program serves to empower low-income families in the Food Bank's six county service area to choose nutritious foods and create healthy meals for their families. Each workshop provides practical information using USDA approved lesson plans, recipes, and cooking demonstrations featuring vegetables and fruits.

**Healthy Harvest Program:** In 2014 the Healthy Harvest program was launched to provide locally grown fresh fruit and vegetables to neighborhoods in need during the harvest season here in the northeast.

[\*\*Catholic Charities Tompkins/Tioga\*\*](#)



Catholic Charities of Tompkins/Tioga provides a coordinated network of human services dedicated to supporting low-income and vulnerable individuals and families in our community. With offices in both Tompkins and Tioga counties, the organization offers direct assistance, referrals, and support to help people meet basic needs and navigate challenging circumstances.

The Tompkins County office, located at 324 West Buffalo Street in Ithaca, is home to the [Samaritan Center](#), which offers [emergency financial assistance](#), [free clothing and personal care items](#), and guidance and referrals. For financial assistance programs, call ahead to make an appointment. Types of assistance the Samaritan Center include security deposits for housing, utility payments, transportation assistance, and emergency prescriptions. Community members are encouraged to call ahead to schedule an appointment if they need specific assistance. However, no appointment is needed to visit the free clothing closet. The clothing closet is open Tuesday through Thursday from 1pm to 3:30pm. After signing up, each household member can receive a set number of items each month like clothing, shoes, and coats. Sheets, towels, blankets, and kitchenware are sometimes available. Every two months 1 bag per household of personal care products is distributed. These bags contain dishwashing liquid, shampoo, laundry detergent, toilet paper and soap. 1 bag of diapers per child is given every two months. To sign up for the diaper distribution birth certification or DSS budget sheet must be provided. Office hours for walk-in services are Tuesday through Friday from 9:00–11:45 a.m. and 1:00–4:00 p.m. The office is closed Sundays and Saturdays, and Mondays are reserved for appointments only. Phone: 607-272-5062.

The [Tioga County office](#), located at 932 West River Road in Nichols, provides similar services and is open Tuesday through Friday from 9:00 a.m.–12:15 p.m. and 1:00–3:15 p.m. The Tioga Outreach Center provides [emergency financial assistance](#), a [food pantry](#), and personal care items to families and individuals in need. The emergency financial assistance program is available for Tioga County residents based on income eligibility and determined on a case by case basis. Financial assistance that may be available includes utility assistance to avoid shut off, help with rental arrears, or help with security deposits to find appropriate housing. If individuals need specific help or assistance make an appointment or call ahead. The food pantry is available to all area residents in need of food. Visits are limited once per month unless referred by a school or community agency. The pantry offers fresh produce, canned goods, breads, dairy products, and meats. No appointment is necessary for the food pantry. Mondays are closed to the public but open for emergencies and scheduled appointments; the office is closed on Saturdays and Sundays.

## YMCA of Ithaca and Tompkins County - Neighborhood Food Hub



Since 2020, the YMCA of Ithaca and Tompkins County has sponsored a Neighborhood Food Hub. On Mondays and Fridays from 11:30 am to 5:30 pm, everyone is welcome to stop by and take a variety of food, including fresh produce, dairy, bread, and frozen goods (based on available supply). Sign-in for participants starts at 9am in the main lobby, outside the Food Hub.

To visit the Neighborhood Food Hub, walk to the YMCA's Racquetball Courts. Limitations will be announced before the Food Hub opens. If you are an individual with a disability or need assistance, please inform the staff upon entry. The YMCA asks that everyone is respectful to all staff members, volunteers, and other participants. If you have questions email Edward Teeter the Food Hub's coordinator at [eteeter@ithacaymca.com](mailto:eteeter@ithacaymca.com).

## Southside Food Pantry



The Southside Food Pantry, located at 305 South Plain Street in Ithaca inside the Southside Community Center, provides nutritious food to individuals and families in the community who need extra support. The pantry currently serves approximately 75 families each month and operates through the generosity of community donations and partnerships with GreenStar, Wegmans, local farmers, and the Food Bank of the Southern Tier. Available items vary depending on donations, but the pantry strives to keep a balanced selection of foods across all major food groups so households can prepare complete and healthy meals. The pantry is open Tuesdays and Thursdays from 3:30–5:30 p.m., as well as on the first and last Saturdays of each month from 12:00–2:00 p.m.

For those facing an urgent situation and cannot wait until regular hours, emergency access can be arranged by calling 607-273-4190. The Southside Food Pantry is rooted in community care and mutual aid, ensuring that neighbors have reliable access to food in a welcoming and respectful environment.

### Caroline Food Pantry



The Caroline Food Pantry is located at 522 Valley Road, Brooktondale, at the Old Fire Hall, provides groceries to Town of Caroline residents who may need extra support. There are no income requirements, the only eligibility is residency in the Town of Caroline. If you live in Caroline, you are welcome. Regular food distribution takes place on the first and third Mondays of every month between 5pm and 7pm. To help reduce crowding and make the process fair and efficient for everyone, the pantry uses designated arrival times for households. To find your designated arrival time [click the link](#). If you are in urgent need and cannot wait until a scheduled distribution day, the pantry can also provide emergency food supply. Please call 607-539-6810 to arrange to meet a staff member at the Old Fire Hall in Brooktondale. The Caroline Food Pantry is run entirely for the benefit of local residents and is committed to ensuring everyone in the community has access to healthy food in a respectful, neighborly environment.

### Catholic Charities of Cortland County



The Catholic Charities of Cortland County hosts the Community Food Pantry that provides food to families and individuals experiencing hunger or food security. The service is available once per month to any Cortland County resident that needs food. Clients are served on a walk-in basis, it is not necessary to call ahead or make an appointment. Clients can call ahead if they have any questions or concerns at 607-756-5992 ext. 134. Household and personal hygiene necessities, such as toilet paper, soap, shampoo, razors, and dental products. Items also supplied are hygiene or household products that cannot be

purchased by SNAP benefits. The pantry is located at 37 Central Avenue in Cortland. The pantry is open Monday, Wednesday, and Friday from 1pm to 4pm. A referral is not required to use the Community Food Pantry. There is no cost or payment for use of the pantry and anyone who is a resident is eligible to use the pantry. It is asked to bring verification of residency with you when you come in. For more information contact Colin Moore, Program Manager by phone at 607-756-5992.

#### [The Cortland County Nutrition Program for the Office for Aging](#)



Cortland's Office for Aging is home to the Cortland County Nutrition Program. The Nutrition Program offers a variety of initiatives to encourage older adults to have access to both food and a community. The initiation such as the "Home Delivered Meals Program (Meals on Wheels)" delivers meals and food to older adults in the community. The center also hosts a congregate meal service at the [Age Well Center](#) where members of the community 60 years and older can come join volunteers and staff to warm meals. The Age Well Center is located at 165 Main Street in Cortland, the site hosts programming and events to enrich the lives of older adults in Cortland County. Parking is available in the back of the building, off of Huntington Street. The center is open weekdays, closed only for inclement weather or a County Holiday. Meals are available starting at 11:00 a.m. Reservations are required, please call 607-218-6284 to order a meal the day before it will be served. To view their month menu visit their [website](#). Along with this initiative, the Office of Aging also provides additional opportunities for food in three different pantries in Truxton and Willet for all ages,

and a 60 and older pantry at the County Office Building in Cortland. They offer Nutrition Education and culinary demonstrations at the Age Well Center that are provided by a registered dietitian. Who provides nutrition counseling for Cortland County residents ages 60 and older, by phone, office, or convenience of your own home. For more information about any of the resources and services call 607-753-5060

**Cortland Loaves and Fishes**



At [Cortland Loaves and Fishes](#), everyone is welcome in the dining room regardless of circumstance. Free meals are served Mondays, Tuesdays, and Thursdays from 10:30am to 12:30pm. Wednesday and Fridays from 3:30-5:30pm, and Saturdays from 11:40am to 12pm. Along with their meals, Loaves and Fishes plays a role in addressing child food insecurity through its school backpack program. Nearly half of students in surrounding districts qualify for free or reduced-price lunch, meaning many families struggle with consistent access to food at home. To bridge this gap, Loaves and Fishes funds and delivers food for weekend meals to students in eight local school districts, including Cortland, Homer, Dryden, Moravia, McGraw, Cincinnatus, and Tully. School social workers, teachers, and student volunteers help discreetly pack food into backpacks so children can take meals home for themselves and their siblings. These backpack programs are now the organization's second largest budget item and this year alone will provide approximately 40,000 meals to more than 1,500 students.

Loaves and Fishes also recognizes that dignity includes more than food access. They operate a hygiene cart and assemble personal hygiene kits for guests who may not be able to afford everyday essentials. Items such as toothbrushes, toothpaste, shampoo, deodorant, shaving razors, and feminine hygiene products are distributed regularly to help individuals maintain personal care and health. If you or someone you know could benefit from their services, or you would like to support their work, they are located at 13 Court Street, Cortland. They can be reached by phone at 607-756-6195 or 607-345-8775, or by email at [cortlandloavesandfishes@yahoo.com](mailto:cortlandloavesandfishes@yahoo.com).

## Cortland Salvation Army



DOING  
THE MOST  
GOOD®

The [Cortland Salvation Army](#) provides food assistance and community support for individuals and families experiencing food insecurity in Cortland County. Their programs are open and welcoming to anyone in need, helping ensure that neighbors do not have to choose between paying bills and putting food on the table. The food pantry is available Mondays, Tuesdays, and Thursdays from 10 am to 1:30 pm, offering groceries and household staples that families can take home and prepare. The pantry helps supplement tight budgets and provides a consistent source of nutrition during difficult times.

The Salvation Army operates a [Soup Kitchen](#) every Wednesday from 12 pm to 1pm, serving freshly prepared hot meals in a communal, supportive setting. This program offers both nourishment and connection, creating a safe place for people to gather and be cared for. Anyone seeing assistance, or wishing to volunteer or support, can visit the Cortland Salvation Army at 138 South Main Street, Cortland. They can also be reached by phone at 607-753-9363 or by email at [corinne.hayes@use.salvationarmy.org](mailto:corinne.hayes@use.salvationarmy.org).

## **NYS Utility Savings**

# NYS Utility Savings are Open!

## Apply Now for EEAP!



Are you struggling with high energy costs? Do you earn too much to qualify for traditional EAP program?

Moderate income households in New York State may now qualify for monthly discounts on their utility bills through the **Expanded Energy Affordability Program (EEAP)**.

To learn more, visit: <https://nyeeap.com/program>  
or call 877-400-2501



Phone: 877-669-2572 Email: [info@utilityproject.org](mailto:info@utilityproject.org)

The [New York Enhanced Energy Affordability Program \(EEAP\)](#) provides monthly bill discounts for income qualified households across New York State. Eligible customers can receive assistance based on their household size, income level, and utility provider. The EEAP application is available to customers of Central Hudson Gas & Electric, Con Edison, National Fuel, National Grid, NYSEG, Orange & Rockland and RG&E.

To qualify, you must have an active residential electric or natural gas account with a participating New York utility. You must have a household income below the program maximum, which varies by location and household size. You also must provide complete documentation of your entire household's income for the last month. Customers can not

be enrolled in both the [Energy Affordability Program \(EAP\)](#) and EEAP. If you are currently enrolled in EAP, you do not need to apply for EEAP. The household size and income maximum is listed below:

| <b>Household Size</b> | <b>ConEd &amp; National Grid NYC</b> | <b>National Grid Long Island</b> | <b>National Grid Upstate New York and All other NY utilities</b> |
|-----------------------|--------------------------------------|----------------------------------|--|
| 1                     | \$113,400                            | \$115,450                        | \$69,477   |
| 2                     | \$129,600                            | \$131,950                        | \$90,854   |
| 3                     | \$145,800                            | \$148,450                        | \$112,232  |
| 4                     | \$162,000                            | \$164,900                        | \$133,609  |
| 5                     | \$175,000                            | \$178,100                        | \$154,986  |
| 6                     | \$188,000                            | \$191,300                        | \$176,364  |
| 7                     | \$200,900                            | \$204,500                        | \$180,372  |
| 8                     | \$213,900                            | \$217,700                        | \$184,380  |

In good health,



Anna Kelles, Ph.D.

Assemblymember, 125th A.D.

**ALBANY OFFICE   CORTLAND OFFICE   ITHACA OFFICE**

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