

FOOD RESOURCES FOR CHILDREN & FAMILIES

Food Stamps: (SNAP) A federal program for income-eligible families to help purchase food in the form of a debit card called an EBT card. For a free, confidential pre-screening, contact the Food Bank of CNY, Nutrition Outreach & Education Program at 437-1899 x 224, 1-800-444-1562, <http://www.foodbankcny.org> or the Department of Social Services, Temporary Assistance, 421 Montgomery St., 2nd Floor (John H. Mulroy Civic Center), Syracuse, 435-2526. Visit <http://www.foodstampshelp.org> to learn more.

WIC (Women, Infants and Children): Offers supplemental foods and nutrition counseling to pregnant, and breastfeeding women, infants and children up to 5 years old. Contact the Onondaga County Health Department, 375 W. Onondaga Street, Room 12, Syracuse, 435-3304 or 1-800-522-5006

National School Breakfast/Lunch Program: Eligible children, attending participating schools, can receive free or reduced price meals. For more information, call your child's principal.

Summer Food Service Program: Offers free meals for children up to the age of 19 at community sites during summer school vacation. For a list of sites, contact the NYS Department of Health at 1-800-522-5006 or the Food Bank of CNY (for areas outside city) 437-1899, 1-800-444-1562, or the website <http://www.foodbankcny.org/>

Senior Nutrition Programs: Offers hot meals at 40 sites to people over the age of 60 and their spouses. Delivered meals are also available for the home-bound. No income restrictions. There is a suggested contribution, but no one is denied if he/she can not contribute. Contact Onondaga County Department of Aging & Youth, 435-2362.

FOOD \$ENSE: a cooperative food buying program-open to everyone without income or geographic restrictions. Customers register and pre-pay \$15.50, cash or food stamps early in the month and pick up their food the 3rd or 4th week. Customers receive 10 to 13 food items including frozen meat, fresh fruit and vegetables, and grocery staples. There are several sites in Onondaga County. Contact the Food Bank of CNY for current sites at 437-1899, 1-800-444-1562, <http://www.foodbankcny.org/>

Eat Smart New York!



Cornell University
Cooperative Extension
Onondaga County

Contact Cornell Cooperative Extension for more information about our "Eat Smart New York!" Nutrition education program. Call 315-424-9485 x237 or x239. (rev. 4/2014)

FOOD PANTRIES

HELPLINE: 435-8300 - 24 hour a day information and referral line for food pantries and hot meal sites.
(Also referrals for Health, Legal and Housing Services)

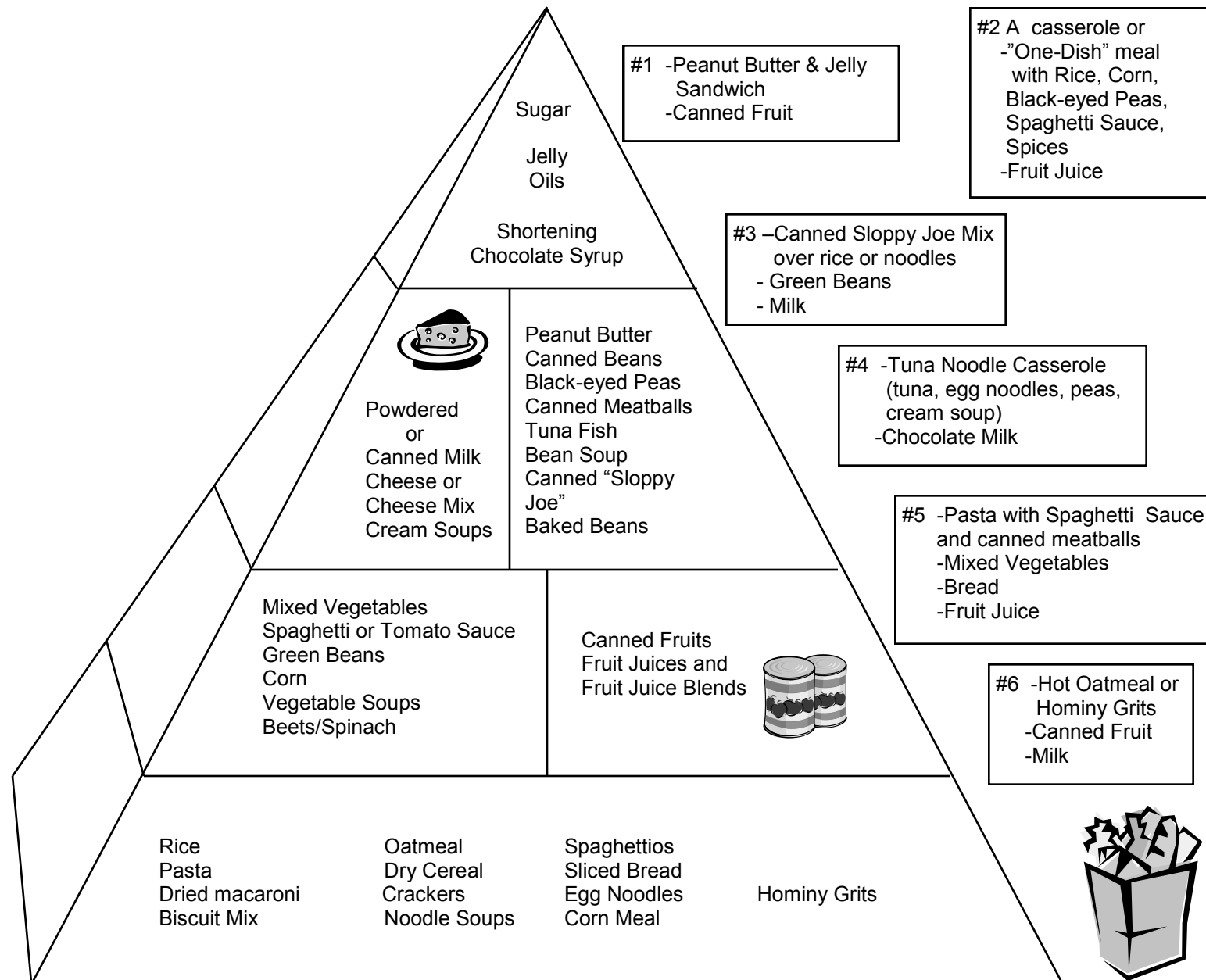
Interreligious Food Consortium: 474-8855 (Monday-Friday, 9:00 a.m.-3:00 p.m.). Makes referrals to food pantries. When the office is closed, an answering machine records requests to be answered the next business day.

P.E.A.C.E. Inc.: 470-3300 (Monday-Friday, 8:30 a.m.-5:00 p.m.) - 217 South Salina St., 2nd Floor, Syracuse, NY 13202 . This agency has food pantries at three Family Resource centers in Onondaga County.

FREE MEAL SITES: SYRACUSE (You may go to a meal site as often as needed)

SITE AND ADDRESS	MEALS	HOURS
Assumption Church ...473-9101 810 North Salina Street <i>Bagged Meals only</i>	Lunch Dinner	Monday - Sunday: Lunch: 11:00 a.m. - 1 p.m. Mon - Fri: Dinner: 4:00 - 5:00 p.m.
Rescue Mission Alliance Soup Kitchen ...472-6251 148 Gifford Street <i>Get Tickets at the New Life Center before meal</i>	Breakfast Lunch Dinner	Everyday B'fast: 7:00-7:45 a.m., Lunch: 11:00-11:45 a.m. & Dinner 4:00-4:45 p.m.
Samaritan Center, St. Paul's Cathedral ...472-8156 310 Montgomery Street <i>Eat In - Hot Meals</i>	Breakfast Dinner	Dinner: Monday-Thursday: 3:45 - 4:45 p.m. Friday - Sunday: 1:30 - 2:30 p.m. Breakfast: Mon./Tues./Thurs./Friday: 7:30-8:30 a.m.
Mount Carmel Seventh Day Adventist ...422-3899 140 Furman Street	Lunch	Every other Sunday: 12:00 - 1:30 p.m.
Hopps Memorial CME Church ...478-0191 1110 South State Street <i>Bag or Hot Meal</i>	Dinner	Wednesday - Friday: 3:00 - 4:00 p.m.
Bread of Life - Lunch St Lucy's	Lunch	Wednesday: 11:00 a.m. - 1:00 p.m.
Bellgrove Missionary Baptist Church ...476-7391 219 West Castle Street	Lunch	Wednesday: 12:30 -1:30 p.m.
Payton Temple Soup Kitchen ...no phone available 1816 Midland Avenue	Lunch	Wednesday: 12:00 - 1:00 p.m.

SOME IDEAS FOR MAKING A QUICK MEAL FROM PANTRY FOODS



"In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. The Food Stamp Program provides nutrition assistance to people with low income. It can help to buy nutritious foods for a better diet. To find out more, contact the Food Stamp Office at (315) 435-2526 or 1-800-344-3009 or Nutrition Outreach Food Bank of CNY at (315) 437-1899. Funding for this material was provided by FNS/USDA and Cornell Cooperative Extension of Onondaga County." "Cornell University Cooperative Extension Association of Onondaga County provides equal program and employment opportunities. Please contact the Association office if you have any special needs." September 2008

ONONDAGA COUNTY GUIDE TO FOOD RESOURCES*



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For Additional Food Related Resources,
Please Contact
**Cornell Cooperative Extension
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Tel: 424-9485



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