

Emergency Food Resources - Tioga County, NY

APALACHIN

Park Terrace Food Pantry <i>Park Terrace Methodist Church</i>	30 Glann Rd Apalachin	Sat 11 AM-1 PM	725-0017 760-0684 625-4134
Our Lady of Sorrows	Vestal/Apalachin residents 801 Main St Vestal	Tue Noon-2:00 PM; Thurs 4:00-7:00PM; Sat 9:00-Noon	785-3214 Call 1 day ahead

BERKSHIRE - RICHFORD - SPEEDSVILLE

Helping Hands Food Pantry	11 Jewett Hill Rd Berkshire	Mon 6:30 PM-7:30 PM; Thu 2 PM-4 PM <i>Also Senior Pantry once/month</i>	657-8158 657-2501 (after 6 PM)
----------------------------------	--------------------------------	--	---

CANDOR

Bread of Life Candor School District only	@ 1 Water St, Candor across from Post Office	Wed 3 PM-6 PM <i>Photo ID and proof of address (mail 30 days)</i>	972-6964 Linda 659-3949 Dave
---	---	--	---

LOUNSBERRY - NICHOLS

Lounsberry Food Pantry <i>Lounsberry United Methodist Church</i>	3586 E. River Rd Nichols	2nd Mon and 3rd Sat Noon-3 PM <i>1X/mo (unless emergency)</i>	687-0442 Ellie
--	-----------------------------	--	-----------------------

NEWARK VALLEY (Zip 13811 only)

Project Neighbor Pantry <i>Newark Valley First United Methodist Church</i>	Back door of church 59-63 Main St, Newark Valley (Only 13811 zip) <i>with proof of address</i>	Tue/Thu 3-4 PM <i>May be served 1x/mo</i> Also Senior Pantry 2nd Wed 10 AM-11 AM (None Nov/Dec)	642-8811 642-8287 642-8102
--	---	--	---

OWEGO

Tioga County Open Door Mission <i>Owego Village Residents only</i>	425 Upper North Ave Owego	Mon-Wed 10 AM-4:30 PM (Closed Noon-1pm) <i>ID, pay stub, proof of address</i>	687-1121 ext 308 687-1473
Tioga County Rural Ministry <i>Owego Village Residents only</i>	143 North Ave Owego	Mon-Thu 10 AM-Noon and 12:30-4 PM Fri 10AM - 1PM <i>Photo ID and proof of residence</i>	687-3021

SPENCER-VAN ETTEN (School District Only)

Community Food Cupboard <i>Spencer Federated Church</i>	70 N Main St Spencer	2nd Thu : 4 - 5 & Last Thu: 9:30 - 10:30 <i>Photo ID and proof of residence</i>	589-6059 589-6690
---	-------------------------	--	------------------------------------

TIOGA COUNTY - All Tioga residents

Catholic Charities Outreach <i>All Tioga County Residents</i>	139 Roki Blvd, Nichols	Tue-Fri 9 AM-Noon and 1 PM-3 PM <i>May be served once/month</i>	414-1023
---	------------------------	--	-----------------

WAVERLY, LOCKWOOD & TOWN OF BARTON

Lockwood Food Pantry <i>Lockwood United Methodist Church</i>	95 Church St Lockwood	10 AM - 2 PM Fri <i>Photo ID and proof of residence</i>	687-1121 ext 308
Red Door Senior Pantry <i>Tioga County Open Door Mission</i>	359 Broad St, Waverly	10 AM - 4 PM Thu 60+ yrs Waverly residents <i>ID, proof of address (Birth certificate 1st time)</i>	249-6062
Salvation Army - Sayre/Athens <i>Residents of Waverly School District</i>	314 S. Elmer Ave, Sayre	Tue/Wed/Thu/Fri 9 AM-Noon (evenings by appointment) <i>ID, proof of address (Birth certificate 1st time)</i>	570-888-2153
Valley Food Pantry <i>Waverly/Sayre/Athens residents only</i>	418 Waverly St, Waverly <i>Use rear entrance</i>	Mon-Thu 10 AM-Noon; 2 PM-4 PM Fri 10 AM-Noon (every 30 days w/proof of address)	565-8718



www.helpme211.org
Dial: 2-1-1 or 1-800-901-2180

1/9/19

COMMUNITY MEALS - TIOGA COUNTY

APALACHIN/CAMPVILLE/ENDICOTT

Our Lady of Good Counsel	<i>701 W Main St, Endicott</i>	Fri 5:30 PM
---------------------------------	--------------------------------	-------------

Shepherd's Supper <i>Central United Methodist Church</i>	<i>17 Nanticoke Ave, Endicott</i>	Thu 5 PM
--	-----------------------------------	----------

CANDOR

Open Hearts Dinner <i>McKendree United Methodist Church</i>	<i>224 Owego St, Candor</i>	Wed 5:30-7 PM Meal Doors open 5PM
---	-----------------------------	--------------------------------------

NEWARK VALLEY

Kindness Counts Kitchen <i>Blessed Trinity & St Patrick Parish</i>	<i>@ St John Evangelist, 28 Rock St, Newark Valley</i>	3rd Wed All served at 6 PM
--	--	-------------------------------

NICHOLS

Supper Among Friends <i>Nichols United Methodist Church</i>	<i>54 Main St, Nichols</i>	3rd Thu 4:30-6 PM
---	----------------------------	-------------------

OWEGO

ACT Weekly Dinner <i>Owego United Methodist Church</i>	<i>261 Main St, Owego</i>	Thu 6 PM
---	---------------------------	----------

WAVERLY/SAYRE VALLEY

Salvation Army - Sayre Breakfast & Dinner Soup Kitchen	<i>314 S. Elmer Ave, Sayre</i>	Breakfast Tue/Fri 9:15 AM Bread Line after breakfast Dinner 1st & 3rd Mon 4-6 PM
--	--------------------------------	--

Valley Free Fellowship Meals

1st Thu of month (November—March ONLY): 4:00-6 PM Waverly Methodist Church, 158 Chemung St, Waverly 607-565-8650
 2nd Thu of month: 4:30-6 PM Athens United Methodist Church, 118 S. Main St, Sayre 570-888-2241
 3rd Thu of month: 4:30-6 PM St. James, 503 Clark St, Waverly 607-565-2014
 Last Thu (4th or 5th Thu) of month: 4-6 PM Church of the Redeemer, 201 S. Wilbur Ave, Sayre 570-888-2270
 4th Thu when 5 Thursdays in month: 4-6 PM Waverly First Presbyterian Church, 461 Pennsylvania Ave, Waverly 607-565-9469

SENIOR MEALS - TIOGA OPPORTUNITIES "DINNER BELL"

Owego Countryside Community Center , 9 Sheldon Guile Blvd (4:30-6PM 2nd & 4th Thu)	607-687-4120
Waverly Presbyterian Church , 459 Park Ave, Waverly (4:30-6PM 1st & 3rd Fri)	607-565-4034

FOOD ASSISTANCE PROGRAMS

SNAP <i>Tioga County Social Svcs or Catholic Charities Tioga Outreach</i>	Government program provides food subsidy program (no paper products, toiletries). Income guidelines.	DSS: 687-8300 1-866-326-1373 Catholic Charities: 414-1023
WIC <i>(Women Infants & Children) Tioga Opportunities Inc</i>	Government program offers coupons redeemable for specific foods only (e.g. cheese, milk, eggs, peanut butter). Pregnant women, new mothers, children (birth-5 yrs) may qualify. Eligibility based on "nutritional risk" and income.	687-3147
Farmers Market Coupons	Available to senior citizens (687-4120 ext 314) and WIC recipients (687-3147)	
School Breakfast, Lunch & Free Summer Feeding	Many school districts offer students breakfasts and lunches. Prices vary (regular, reduced or free) based on income.	Contact school district

NUTRITION/BUDGET COUNSELING

Dept of Aging (TOI)	Offers nutrition counseling for seniors.	687-4120 ext 314
Cornell Cooperative Extension	Provides nutrition education and materials.	687-4020