

Emergency Food Resources - Tioga County, NY

APALACHIN

Park Terrace Food Pantry <i>Park Terrace Methodist Church</i>	30 Glann Rd Apalachin	Sat 11am-1pm	607-625-4134
Our Lady of Sorrows	Vestal/Apalachin Residents 801 Main St Vestal	Tue Noon-2pm, Thu 4pm-7pm, Sat 9am-Noon	607-785-3214 Call ahead

BERKSHIRE - RICHFORD - SPEEDSVILLE

Helping Hands Food Pantry	11 Jewett Hill Rd Berkshire	Mon 6:30pm-7:30pm, Thu 2pm-4pm <i>Also Senior Pantry once a month</i>	607-657-8158
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CANDOR

Bread of Life <i>Candor School District only</i>	1 Water St Candor across from Post Office	Wed 3pm-5:30pm <i>Photo ID and proof of address</i>	607-972-6964 Linda 607-659-3949 Dave
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LOUNSBERRY - NICHOLS

Lounsberry Food Pantry <i>Lounsberry United Methodist Church</i>	3586 E. River Rd Nichols	2nd Mon and 3rd Sat Noon-3pm <i>Once a month (unless emergency)</i>	607-687-0442 Ellie
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NEWARK VALLEY (Zip 13811 only)

Project Neighbor Pantry <i>Newark Valley Residents Only</i>	79 Whig St Newark Valley <i>with proof of address</i>	Tue, Thu 3pm-4pm, Wed 6pm-7pm <i>Once a month</i>	607-642-3339
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OWEGO

Tioga County Open Door Mission <i>Owego Village Residents only</i>	425 Upper North Ave Owego	Mon-Wed 10am-4pm <i>ID, pay stub, proof of address</i>	607-687-1121 X 308
Tioga County Rural Ministry <i>Owego Village Residents only</i>	143 North Ave Owego	Mon-Thu 10am-4pm, Fri 10am-1pm Closed 12:30pm-1pm <i>Photo ID and proof of address</i>	607-687-3021

SPENCER-VAN ETEN (School District Only)

Community Food Cupboard <i>Spencer Federated Church</i>	70 N Main St Spencer	2nd and 4th Thu 9am-11am <i>Proof of address</i> <i>Emergency-Sandy 607-589-6690 before 5pm</i>	607-589-6059 607-589-4412
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TIOGA COUNTY - All Tioga residents

Catholic Charities Outreach <i>All Tioga County Residents</i>	139 Roki Blvd Nichols	Tue, Thu, Fri 9am-11:45am and 1pm-2:45pm, Wed 1pm-5:45pm <i>Once a month</i>	607-414-1023 x 307
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WAVERLY, LOCKWOOD & TOWN OF BARTON

Lockwood Food Pantry <i>Lockwood United Methodist Church</i>	95 Church St Lockwood	Fri 10am-2pm <i>Photo ID and proof of address</i>	607-687-1121 x 308
Red Door Senior Pantry <i>Tioga County Open Door Mission</i>	359 Broad St Waverly	Thu 10am- 4pm 60+ yrs Waverly residents <i>ID, proof of address (Birth certificate 1st time)</i>	607-249-6062
Salvation Army - Sayre/Athens <i>Waverly School District</i>	314 S. Elmer Ave Sayre	Tue-Fri 9am-Noon <i>ID, proof of address (Birth certificate 1st time)</i>	570-888-2153
Valley Food Pantry <i>Waverly/Sayre/Athens</i>	418 Waverly St Waverly <i>Use rear entrance</i>	Mon, Fri 10am-Noon, Wed 2pm-4pm <i>Once a month, proof of address</i>	607-565-8718

COMMUNITY MEALS - TIOGA COUNTY

APALACHIN/CAMPVILLE/ENDICOTT

Our Lady of Good Counsel	<i>701 W Main St, Endicott</i>	Fri 5:30pm
Shepherd's Supper <i>Central United Methodist Church</i>	<i>17 Nanticoke Ave, Endicott</i>	Thu 4:30-6pm

CANDOR

Open Hearts Dinner <i>McKendree United Methodist Church</i>	<i>224 Owego St, Candor</i>	Wed 4pm-5:30pm Drive Thru
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NEWARK VALLEY

Kindness Counts Kitchen <i>Blessed Trinity & St Patrick Parish</i>	<i>St John Evangelist, 28 Rock St, Newark Valley</i>	3rd Wed @ 6 pm
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NICHOLS

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

ACT Weekly Dinner <i>Owego United Methodist Church</i>	<i>261 Main St, Owego</i>	Thu 5pm-6pm
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WAVERLY/SAYRE VALLEY

Salvation Army - Sayre	<i>351 Fulton St, Sayre, PA</i>	PANTRY: Tue, Thu, Fri 9am-noon Hot Meals: Tue and Fri
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Valley Free Fellowship Meals			
<i>1st Thu of month (Nov – Mar)</i>	<i>4:30pm-6pm</i>	<i>Waverly Methodist Church, 158 Chemung St, Waverly</i>	<i>607-565-8650</i>
<i>2nd Thu of month</i>	<i>4:30pm-6:30pm</i>	<i>Athens United Methodist Church, 118 S Main St, Sayre</i>	<i>570-888-2241</i>
<i>3rd Thu of month</i>	<i>4:30pm-5:30pm</i>	<i>St. James, 503 Clark St, Waverly</i>	<i>607-565-2014</i>
<i>4th Thu when 5 Thu in month</i>	<i>4pm-6:30pm</i>	<i>First Presbyterian Church, 459 Pennsylvania Ave, Waverly</i>	<i>607-565-9469</i>
<i>Last Thu of month</i>	<i>4pm-6pm</i>	<i>Church of the Redeemer, 201 S Wilbur Ave, Sayre</i>	<i>570-888-2270</i>

SENIOR MEALS - TIOGA OPPORTUNITIES

Countryside Community Center	<i>9 Sheldon Guile Blvd, Owego</i>	607-687-4120
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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: 607-687-8300 1-866-326-1373 Catholic Charities: 607-414-1023
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.	607-687-3147
Farmers Market Coupons	Available to senior citizens (607-687-4120 x 314) and WIC recipients (607-687-3147)	
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

Tioga Opportunities	Offers nutrition counseling for seniors.	607-687-4120 x 314
Cornell Cooperative Extension	Provides nutrition education and materials.	607-687-4020