

Agency Use Only

Nutrition Collaboration
of Oswego County
Resource Directory



A number of human services agencies and organizations have come together to create a Nutrition Collaboration of Oswego County. Comprised of human service agencies that have nutrition focus, school districts, food pantries, United Way, the Rural Health Network, Office For The Aging (OFA), Oswego County Health Department, and concerned community members, the Nutrition Collaboration has begun its mission of working together to:

“Collaborate to positively affect nutrition, wellness and hunger in Oswego County”

The Nutrition Collaboration has compiled this comprehensive resource guide for those who are in need of food subsidy and nutrition. This guide includes information for food pantries, food giveaways, meal and food sense programs, nutrition education and nutrition assistance. The resource guide is filled with pertinent information regarding the hours, locations and contacts and the easiest way to access them for each program in Oswego County.

Contact Info: Oswego County Opportunities, Inc.
239 Oneida Street
Fulton, NY 13069
598-4712
E-mail – aroland@oco.org

Be sure to check out our [Nutrition Collaboration in Oswego County](#) page on Facebook



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There are three important steps to take when using this resource directory for a patient, guest or program participant in need of food assistance.

- 1) Ask if the individual is receiving food stamps. If the individual is not receiving food stamps use page 4 of this guide to connect them to a community resource to help them apply for assistance.

- 2) It takes 30 days for food stamp eligibility to be determined, if the individual requires food while their food stamp eligibility is being determined connect them to the food pantry and/or soup kitchen closest to their home address. The list of food pantries begins on page 4.

- 3) Lastly, use this guide to connect households you serve with additional programs specific to their personal situation including: WIC, Head Start, Meals on Wheels, Office for the Aging, Food \$en\$, Fresh Food distributions, Summer Food Service Program, After School Food Program or Rural Health Network.



Food Bank of Central New York
7066 Interstate Island Road
Syracuse, New York 13209
p: 315-437-1899 x222
f: 315-434-9629
rneal@foodbankcny.org

www.foodbankcny.org

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OFFICE FOR THE AGING:

County Office Complex
70 Bunner Street
TEL: 349-3484 FAX: 349-8413
HOURS: Monday – Friday 8:30 AM – 4:00 PM

SERVICES: Sponsors home-delivered & congregate meals, recreation and senior nutrition Centers for seniors over 60 years of age.

CORNELL COOPERATIVE EXTENSION OF OSWEGO COUNTY

3288 Main Street
Mexico, NY 13114
963-7286 FAX: 963-0968
E-mail: oswego@cornell.edu
Contact: Cynthia Walsh, Team Coordinator

Nutrition Education

SERVICES: Nutrition classes and workshops are arranged with individuals and groups throughout the county. Topics are tailored to requests and needs. The focus of the nutrition programs pertain to basic nutrition, feeding children, food safety, shopping skills, food preparation and preservation. Breast feeding peer counseling is also available. EFNEP (Expanded Food and Nutrition Education Program) and Eat Smart New York! Attempt to help individuals and families with limited resources develop improved diets.

OSWEGO COUNTY CATHOLIC CHARITIES:

365 West 1st Street
Fulton, NY 13069
TEL: 598-3980 FAX: 593-8440
HOURS: Monday – Friday 8:30 AM – 4:00 PM

SERVICES: A voluntary, non-profit social service agency that provides a number of services for Oswego County residents.

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OSWEGO COUNTY DEPARTMENT OF SOCIAL SERVICES:

P.O. Box 1320
100 Spring Street
Mexico, NY 13114
General Information: 315-963-5021 or 1-888-963-5377

Self-Screening For Assistance Programs

Check to see if you may be eligible for SNAP (Supplemental Nutrition Assistance Program), HEAP, Temporary Assistance, Property Tax Breaks, Earned Income Credit and several other programs at work
www.mybenefits.ny.gov

SNAP: Supplemental Nutrition Assistance Program is a Federal Program administered by the US Department of Agriculture (USDA) to help families and individuals both working and unemployed to meet their basic food needs. Benefits can be used at most supermarkets, small grocery stores, fruit and vegetable markets, and even farmers markets.

Eligibility and benefits levels are based on household size, income, assets and other factors. The SNAP eligibility levels enable families earning up to 130 percent of the poverty level to qualify for the program.

How to Apply: Your Choice

- If you have internet access and would like to do a self-screening for eligibility, or if you would like to apply online, please go to www.mybenefits.ny.gov
- Contact the Department of Social Services (DSS) at 963-5021 to have an initial eligibility screening completed and/or request an application to be mailed to you. Once your application is received at the DSS (either online or paper) an appointment will be sent to you for a phone interview.
- You may also apply at one of the three area sites listed below that serve as SNAP outreach sites. The staff will walk you through an initial eligibility screening to see if you may be eligible. If you wish to continue the application process, staff will help you submit the application electronically to DSS. Required documentation may be faxed or mailed to DSS.
 - Food Bank of CNY – Heidi Webb - 1-866-839-7304 or hrauchwebb@foodbankcny.org
 - Sandy Creek/Laona Community Cupboard 387-5323
 - North Shore Food Pantry – 675-3536

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Oswego County Food Pantries/Soup Kitchens

Grouped by school districts

Altmar – Parish – Williamstown School District

Amboy/Williamstown – 480-8327
Amboy Center Food Pantry
St Rte.69 & St Rte183
Amboy Center
Wed. 11:30 am– 12:30 pm
Amboy/Williamstown residence only
Proof of residence for Pantry
2nd Fri. of every month, fresh food truck giveaway
(Fresh food giveaway is open to anyone)
Clients can call directly

Parish Ecumenical Food Pantry – 625-7833
814 Rider Street
Parish, NY 13131
Tues. 2:00 – 5:00 pm
Try to limit one time per month - there are need exceptions
Clients can call directly
Parish area residence

Central Square School District:

Central Square – 676-2898
Devine Mercy Church
592 South Main St.
Central Square, NY 13036
**Clients can call directly for emergency only
or walk in Tues. 9:00am – 3:00pm
& Fri 9:00-1:00pm
First Friday of the month 5:00 – 7:00 pm**

Cleveland Village Office - 675-3536
North Shore Food Pantry
2 Clay Street
Cleveland, NY 13042
2nd Sat. of each month 8:30 – 11:30 am
4th Wed of the month 5 – 7pm
Proof of residence required for all people in household
Clients can call directly

Fulton City School district:

Fulton Alliance Church - 593-6842
Route 48 – South
Fulton, NY 13069
No specific times/call when in need
Clients can call directly

Dexterville – Adventist Community Services
593-1607
Rathburn Road
Fulton, NY 13069
Mon. 6:00 – 9:00 pm
Clients can call directly
All Areas Are Welcome

For fresh food distribution sites and times please visit <http://www.foodbankcny.org> for date, time and information or call the Food Bank at 437-1899 or toll-free at 1-800-444-1562.

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Oswego County Food Pantries/Soup Kitchens Continued:

Fulton School District continued

Fulton Salvation Army - 593-8442
62 S. 1st Street
Fulton, NY 13069
Pantry –Tues and Thurs 10:00 am – 3:00 pm
Lunch – Mon. – Fri. -11:30 am – 12:30 pm
Clients can call directly

First United Methodist Church – 592-7347
1408 State Route 176
Fulton, NY 13069
Mon. – Thurs. 9:00 am – 2:00 pm
Fri. 9:00 am – 1:00 pm
Clients can call directly

River of Life Assembly of God- 598-7100
8150 Oneida Street
Fulton, NY 13069
Open to everyone
Best to come during services – Call for more information
Clients can call directly

Catholic Charities – 598-3980
365 West 1st Street
Fulton, NY 13069
Pantry M W TH F 9am – 3:30pm
Pantry Tues 11am – 6pm
Emergency Services M-F -8:30am – 4:00pm
Clients can call directly

Believer's Chapel – 593-8989
614 S. 4th Street
Fulton, NY 13069
4rd Saturday of every month - Pantry
Done by number system – may start lining up at 7:30 am
Proof of residence and income
Clients may also contact Dave Williams for food pantry at 1-609-516-0396

All Saints Episcopal Church - 592-2102
149 S. 1st Street
Fulton, NY, 13069
Free Meals every Tues. from 5:15 –6:30pm
Clients can call directly

State Street United Methodist Church -592-4559
357 State Street
Fulton, NY 13069
Helping Hands Cupboard – 3rd Sat. every other month (gives out items that foods stamps do not cover) limited quantities.
Free Meal 2nd Sunday of every month 4-6 pm

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Oswego County Food Pantries/Soup Kitchens Continued:

Hannibal School District:

Hannibal Resource Center 564-9995
923 Cayuga Street
Hannibal, NY 13074
Tues. 10:00 am – 1:00 pm
Wed 5:00-7:00 pm

Proof of everyone in household

Hannibal School District only

Clients can call directly

Closed if school is closed

Hannibal United Methodist Church 564-5346
Corner of Church St and St Rte. 3

Free Lunch every Thursday 11:30 – 1:30pm

Mexico School District:

The Lighthouse Church 963-4761
11 South Jefferson St
Mexico, NY 13114
1st Saturday of every month – Food Giveaway
10:00 am until gone
Every Saturday – Bread Giveaway 10 – 11:00 am
Hope Dinner- 4th Sat. of every month 4:00-6:00 pm
Clients can call directly

St. Mary's Food Pantry 963-7812
3352 Main Street
Mexico, NY 13114
located in basement/hall
Mon. 1:00 – 3:00 pm
Wed. 5:00 – 7:00 pm
Clients can call directly

Presbyterian Church – 963-7902
4361 Church St. –Wilcox Hall
Mexico, NY 13114
3rd Sat. of each month at 1:00 pm from Sept - June
Clients can call directly
Mexico Families will be served 1st.
Contribution are always welcome

Mexico First United Methodist Church
963-3066
4372 Church Street
Mexico, NY 13114
Free Lunch Monday's 11:30 am – 12:30 pm
All are welcome
Clients can call directly

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Oswego School District:

Human Concerns Center – 342-7301
85 E. 4th Street
Oswego, NY 13126
Must show proof of residence in Oswego
Mon. – Fri. 12:00 - 3:00 pm
School district and provide ID
Clients can call directly

Trinity United Methodist Church – 343-1715
45 E. Utica Street
Oswego, NY 13126
Free Dinner 1st Sunday/ month 4:30– 6:30 pm
Donation accepted but never expected
Clients can call directly

Southwest United Methodist Church 343-0996
7721 St Rte. 104
Oswego, NY 13126
Free Lunch 2nd Sat. of the month 11:30 – 1:00 pm
All Are Welcome

Phoenix School District:

Phoenix First Congregational Church – 695-4841
43 Bridge Street
Phoenix, NY 13135
Mon. – Fri. 9:30 am – 12:00 pm
Clients can call directly
Proof of residence and income required

United Baptist Church – Scriba 343-8542
5111 State Route 104
Oswego, NY 13126
Mon. and Thurs. 1:00 – 3:00 pm
Call for Apt.
No Walk-Ins must call between 9:30 – 11:30 am
Scriba & NW New Haven Residents Only
Pantry 343-9475

Minetto United Methodist Church 343-3465
Corner of State Route 48 & Co Rte 8
Minetto, NY 13115
Dinner 4th Sun/ month
From 4:30 – 6:30 pm
Donations accepted but are not expected.
Clients can call directly
Handicapped Accessible

Oswego Salvation Army – 343-6491
73 W. 2nd Street
Oswego, NY 13126
Pantry - Mon. Wed. Fri. 10:00 am – 3:00 pm
Lunch- Mon - Fri – 11:30 am – 12:30pm
Sat. Lunch – schedule posted at location weekly

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Oswego County Food Pantries/Soup Kitchens Continued:

Pulaski School District:

Pulaski Community Ministries – 298-4357
12 Bridge Street
Pulaski, NY 13142
Mon. 9:00 am – 11:00 am & 4:00 – 7:00pm
Wed. 9:00 am – 12:00 pm
Fri. 9:00 am – 3:00 pm
3rd Sat of the month 10 – 12:00 pm

Pulaski School District Only

Park United Methodist Church - 298-5454
2 Hubble Street
Pulaski, NY 13142
2nd Wed of the month Fresh Food Distribution

Sandy Creek/Lacona School District:

Sandy Creek/Lacona - 387-5323
Emergency only 387-5539
Community Cupboard
6046 South Main St.
Sandy Creek, NY 13145
Mon. – Fri. 9:00 am – 3:30 pm
Sandy Creek School District clients can call or leave a message on machine

United Methodist Church - 387-5111
2031 Harwood Dr.
Sandy Creek, NY 13145
Dinner - Last Friday of the Month
6:00 pm - ?
Fresh Food Distribution
1st Monday of Every Month
3:30 – 5:00 pm
Clients can call directly

Rural Migrant Ministries – 298-1154
15 Stewart Street
Richland, NY 13144
Mon. – Thurs. 10:00 – 4:00 pm

Emergency Only
Clients Can Call Directly
No Residency Required

Lacona Soup Kitchen -387-2090
North Country Christian Church
49 Salisbury Street
Lacona, NY 13083
Mon. – Fri. 11:30 am – 1:00 pm
Sun. 9:30 am – 12 pm
All Are Welcome

Redfield Food Pantry – 484-6261
8 School Road
Redfield, NY 13437
Alternating Tues. Noon – 2:00 pm
and 5:00 – 7:00 pm
Clients can call directly

Rural Migrant Ministries - 298-1154
15 Stewart Street
Richland, NY 13144
Mon. – Thurs. 10:00 – 4:00 pm
Emergency Only
Clients can call directly
All are welcome

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Food SenSe Program:

Food SenSe offers the opportunity to stretch your food budget by purchasing quality food at a discount. No donated food is used in this program.

- **Who is eligible?**
 - Anyone who needs to stretch their food dollars can participate. It's a buying club – you are not required to show proof of income.
- **How does it work?**
 - It's simple, Call or visit the nearest site in your county, order and pay in advance. Cost is \$15.50 per unit. Cash or EBT cards are accepted (NO Checks). Packages are picked up near the end of the month at your local site.
- **What is in a unit?**
 - 10-12 food items including fresh fruits and vegetables, meats and grocery staples.

For more information contact the site nearest you.

| | | |
|---|---|---|
| Central Square | Community Church 833 Rte 11 | Linda House 676-2898 |
| Fulton | United Methodist Church 1406 State Rte 176 | Sue Sawyer 668-1222 |
| Phoenix | First congregational Church 43 Bridge Street | Roberta Daly 715-4444 |
| Pulaski | Park United Methodist Church 2 Hubble Street | Peggy Balcom 298-6054 Cristy Hall 412-3135 |
| Oswego | Salvation Army 73 W 2 nd St - | Major Kathryn Purvis – 343-6491 |
| Listed Below are Satellite Pick-Up Sites | | |
| Mexico | First United Methodist Church 4372 Church Street | See Pulaski Contacts |
| Oswego | Pontiac Terrace – Side Entrance 225 W 1 st Street | Daun Whittaker 402-6908 |
| West Amboy | West Amboy Community Church 1276 Co Rte 26 | See Pulaski Contacts |

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OSWEGO COUNTY OPPORTUNITIES, INC

WIC – WOMAN, INFANT AND CHILDREN

10 George Street
Oswego, NY 13126
TEL: 343-1311 or 1-888-730-3803
FAX: 343-9504
Contact: Cynthia Palamar, Coordinator

SERVICES: WIC is a federally funded supplemental food and nutrition education program for women (pregnant, breastfeeding or up to 6 months postpartum), infants and children to the age of five. WIC provides food, nutrition counseling, and referrals to health care. WIC program benefits are redeemed at local stores that accept WIC checks. By providing some of the foods needed daily for good health, WIC can help you stretch your food budget. Nutrition staff at the WIC clinic can help you plan healthy meals for your family, give advice on infant feeding, children's dietary needs, and the dietary needs of pregnant and breastfeeding women.

HEAD START

239 Oneida Street
Fulton, NY 13069
598-4711 or 1-800-359-1171
FAX: 598-4764
e-mail: ccrocker@oco.org
Contact: Catherine Crocker

SERVICES: Head Start provides a quality prekindergarten program for three and four year old children. School readiness is the primary goal of Head Start and is accomplished with Early Education Teachers implementing a research-based curriculum. Family Engagement, health, and nutrition are integral parts of the services offered to children and families. Head Start serves all nine school districts with locations in Cleveland, Fulton, Oswego, Phoenix and Williamstown. Applications for enrollment are accepted year round

Meals are served as part of the daily schedule.

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Oswego County Opportunities, Inc. Continued

NUTRITION SERVICES

239 Oneida Street
Fulton, NY 13069
598-4712
Contact: Bridget Dolbear, Program Services Coordinator

SERVICES: Dining and Activity Centers provide nutritious hot meals Monday thru Friday. The centers are open from 11:00 AM – 2:00 PM. To make reservations to eat at the Dining and Activity Center, please call the center that you will be attending. Those numbers and locations are listed below.

Constantia
St. Bernadette's Church
1667 State Route 49
Deirdre McCarthy, Manager
623-9803 (11:00AM - 2:00PM)

Mexico
Presbyterian Church - Wilcox Hall,
4361 Church Street
Nicole Jordal, Manager
963-7757 (11:00AM – 2:00PM)

Fulton
Fulton Municipal Building
141 South First Street
Eileen Lutz, Manager
592-3408 (11:00AM – 2:00PM)

Parish
Presbyterian Church
814 Rider Street
Nicole Jordal, Manager
625-4617 (11:00AM – 2:00PM)

Hannibal
Community Senior Center
162 Oswego Street
Rosemary Kellogg, Manager
564-5471 (11:00AM – 2:00PM)

Phoenix
Congregational Church
Bridge & Jefferson Street
Arlene Slaski, Manager
695-4841 (11:00AM – 2:00PM)

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MEALS ON WHEELS

Meals are delivered directly to the consumers homes after an initial evaluation process has been completed. If you are interested in Home Delivered Meals, please call the Office for the Aging at 349-3484 or 1-800-596-3200, ext. 3484 to set up an appointment with one of the Case Managers or call OCO at 598-4712.

Nutrition HELpline: The Program Dietitian, Chaya Charles, RD. will be able to answer your nutrition related questions. You can call her directly at: 592-0766 or 1-800-359-1171 ext 1806 or contact by email at ccharles@oco.org

UNDER 60 MEAL SERVICE PROGRAM

Nutrition Services
239 Oneida Street
Fulton, NY 13069
598-4712
Contact: Bridget Dolbear
Email: bdolbear@oco.org

SERVICES: A fee-based home delivered meal program is available through OCO Nutrition Services for people within Oswego County that have limited ability to prepare nutritious meals in their homes. Meal service will consist of two meals per day. Clients are billed at the beginning of every month for meals. The intention of the program is to serve people being discharged from hospitals, doctor referrals, hospice and nursing facility referrals and referrals by other support services.

Rural Health Network

The Rural Health Network of Oswego County is an Oswego County Opportunities (OCO, Inc.) program funded through the New York State Department of Health's (NYSDOH) State Office of Rural Health (SORH). One of 35 Rural Health Network Development Programs in New York State, the Rural Health Network in Oswego County is working to improve the quality, affordability and availability of health care services in the County by focusing key resources to address specific health care priorities and strengthen the local health care system. In order to accomplish this mission, various health care and ancillary service providers meet monthly to discuss and plan for changes in health care and to address unmet needs within the local system.

The Rural Health Network of Oswego County has four sub-committees that meet monthly to assist with the mission: County Health Issues, Funding & Public Policy, Health Workforce and Technology & Emerging Care Concerns (TECC). For more information on the Network, visit their website at www.rhnoc.org

Program Coordinator: Brian Coleman
592-0827/email: bcoleman@oco.org

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SEASONAL PROGRAMS

Summer Food Service Program (SFSP):

Oswego County Opportunities, Inc. (OCO)
Nutrition Services
239 Oneida Street
Fulton, NY 13069
598-4712

SERVICES: Meals will be provided to all children 18 years and under without charge. Acceptance and participation requirements for the program and all activities are the same for all regardless of race, color, national origin, gender, age or disability, and there will be no discrimination in the course of the meal service. **Programs run through the end of June - end of Aug.** Call for more information regarding dates and times.

| | | |
|--|--|---|
| Palermo Recreation 1779 County Route 45 Fulton, NY 13069 | CNY Arts Program United Methodist Church 357 State Street Fulton, NY 13069 | CYO – Fulton 365 West 1 st Street Fulton, NY 13069 |
| Fulton Alliance Church 1044 State Route 48 Fulton, NY 13069 | YMCA – Fulton 715 W Broadway Fulton, NY 13069 | Prince of Peach Church 64 Gillespie Rd Fulton, NY 13069 |
| Fulton Public Library 160 S. 1 st Street Fulton, NY 1069 | West Monroe Park 2 Depot Road West Monroe, NY 13167 | Village of Cleveland Park 65 North Street Cleveland, NY 13042 |
| Taft Bay, Bernhard’s Bay 851 State Route 49 Bernhard’s Bay, NY 13028 | Our Lady of Rosary Vacation Bible School 923 Cayuga Street Hannibal, NY 13074 | Hannibal Recreation 824 Co Rte 34 Hannibal, NY 13074 |
| YMCA - Oswego 265 W 1 st Street Oswego, NY 13126 | Pulaski Elementary School 2 Hinman Rd Pulaski, NY 13142 | |

Sites Subject to Change

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After School Food Program

Oswego County Opportunities, Inc (OCO)
Nutrition Services 239 Oneida Street
Fulton, NY 13069
598-4712
Program runs September - June

CYO- Fulton
365 West 1st. Street
Fulton, NY 13069

SERVICES: Meals will be provided to all children 18 years and under without charge. Acceptance and participation requirements for the program and all activities are the same for all regardless of race, color, national origin, gender, age or disability, and there will be no discrimination in the course of the meal service. Call for more information regarding times and dates.

Backpack Buddies Food Program

Cleveland United Methodist Church
73 Bridge Street, Cleveland, NY
675-3575

Services: Backpack information is handed out at the Cleveland and Constantia Elementary Schools. The Backpack are distributed in the summer at the parks in Cleveland and Bernhard's Bay.

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Oswego County Farmers Markets

Central Square

Contact Village Office for Days & Time
Crossroads Park & Nature Preserve (Rte 49)

June - Aug

315-668-2558

www.villageofcentralsquare-.ny.us

Cleveland

Lakeview Park on St Rte 49

Thursdays – 4-7 pm

June – Aug

315-675-3133

Fulton

Canalview Park & Shop Parking lot
S. 2nd Street

Saturdays 8am – 1pm

May – October

EBT & WIC Accepted

315-343-7681

farmmarket@oswegofultonchamber.com

Oswego

West 1st Street between W. Bridge & W Oneida St

Thursdays 4:30 – 8:30 pm

May – October

EBT & WIC Accepted

315-343-7681

farmmarket@oswegofultonchamber.com

Parish

Corner of Rte 69/69A

Saturdays 9am – 2pm

July – August

parishchamber@parish-ny.com

Pulaski

South Park – Historic Downtown Pulaski

In conjunction with music in the park

Fridays 4 – 8 pm

June – September

EBT & WIC Accepted

brian@lakeshorehardwoods.com

Lacona

Corner of Maple Ave & Harwood Drive

Thursdays 4 – 7 pm

June 18 – August 27

315-387-5539

New Haven

New Haven Town Hall (on St. Rte 104)

Monday 3-6 pm

June – Sept

WIC Accepted

315-963-3900

clerk@newhavenny.com