

FOOD, SHOWERS & LAUNDRY

City of Cortland



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOOD PANTRY @ YMCA Open 8 AM to 4 PM  FOOD CABINETS See reverse. Accessible 24/7. 	FOOD PANTRY @ YMCA 5:30 AM to 8 PM GRACE & HOLY SPIRIT 8 to 10 AM: Laundry available; 9 to 11 AM Shower available. Appointments REQUIRED. SALVATION ARMY 10 AM to 1 PM: Shower & laundry available; 9 AM to 2 PM: Food pantry open. LOAVES & FISHES 11 AM to 12:30 PM: Lunch served. FOOD PANTRY @ Catholic Charities Open 1 to 4 PM.	FOOD PANTRY @ YMCA 5:30 AM to 8 PM GRACE & HOLY SPIRIT 8 to 10 AM: Laundry available; 9 to 11 AM Shower available. Appointments REQUIRED. SALVATION ARMY 10 AM to 1 PM: Shower & laundry available; 9 AM to 2 PM: Food pantry open. LOAVES & FISHES 11 AM to 12:30 PM: Lunch served. REALLY FREE MARKET 2nd and 4th Tuesday of each month @ 6 PM.	FOOD PANTRY @ YMCA 5:30 AM to 8 PM GRACE & HOLY SPIRIT 9 AM to 1 PM: Laundry available; 9 to 11 AM: Shower available. Appointments REQUIRED. SALVATION ARMY 12 to 1 PM: Soup kitchen open. FOOD PANTRY @ Catholic Charities Open 1 to 4 PM. LOAVES & FISHES 4 to 5:30 PM: Dinner served.	FOOD PANTRY @ YMCA 5:30 AM to 8 PM GRACE & HOLY SPIRIT 8 to 10 AM: Laundry available; 9 to 11 AM Shower available. Appointments REQUIRED. SALVATION ARMY 10 AM to 1 PM: Shower & laundry available; 9 AM to 2 PM: Food pantry open. LOAVES & FISHES 11 AM to 12:30 PM: Lunch served.	 FOOD PANTRY @ Catholic Charities Open 1 to 4 PM. LOAVES & FISHES 4 to 5:30 PM: Dinner served.	FOOD PANTRY @ YMCA Open 6:30 AM to 4 PM. LOAVES & FISHES 11:30 AM to 12:00 PM: Bag lunches.  FOOD CABINETS See reverse. Accessible 24/7.

FLIP OVER FOR LOCATIONS & ADDITIONAL INFORMATION →

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All information confirmed 4/13/2023.

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FOOD PANTRY @ Catholic Charities

(607) 756-5992
37 Central Ave

FOOD-SHARING CABINETS

Cortland County Mutual Aid, cortlandmutualaid.org

- Cortland @ 5 Pierce St.
- Cortland @ 19 Hubbard St.
- Cortlandville @ 245 McLean Rd.
- Corset Building @ 75 E Court St.
- Cortland Park Apts (Building C) @ 44 Rickard St.

Grace & Holy Spirit Episcopal Church + LOAVES & FISHES

(607) 756-6195: call to make a laundry or shower appointment or ask in person at Loaves & Fishes (during mealtime hours).
13 Church St.

REALLY FREE MARKET

Cortland County Mutual Aid, cortlandmutualaid.org

May - Oct: 174 Homer Ave

Nov - April: Cortland Free Library, 32 Church St.

SALVATION ARMY

(607) 753-9363
138 Main St.

FOOD PANTRY @ YMCA

(607) 756-2893
22 Tompkins Street

Call 211 or visit 211.org for more food pantries and soup kitchens in Cortland County.

Supplemental Nutrition Assistance Program (SNAP)

provides low-income households with a supplement to their income to purchase food.

- Call (607) 753-5320
- Apply online at <https://mybenefits.ny.gov>
- Or apply in person at the Cortland County Department of Social Service (DSS), 60 Central Ave, between the hours of 8:30 AM and 4:30 PM Monday through Friday.

Women, Infants and Children (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 that provides nutritious foods, nutrition counseling, and referrals to health care.

- Contact CAPCO at (607) 753-6781
- Or stop in at 32 North Main St.

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