

# FOOD, SHELTER, SHOWERS & LAUNDRY

City of Cortland



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Food pantry @  
YMCA: 8 - 4



**WEEKEND WARMING CENTER w/ shower, laundry @ Grace & Holy Spirit: 8 - 8**

**FOOD CABINETS**  
See reverse.  
Accessible 24/7.

**WARMING CENTER w/ shower, laundry @ Salvation Army: 8 PM to 8 AM**

Food pantry @  
YMCA: 5:30 AM to 8 PM

**DAYTIME WARMING CENTER & food pantry @ DSS: 8 AM to 4:30 PM**

**Loaves & Fishes: Open 10:30-12:30 for LUNCH and with showers & laundry by appt.**



**FOOD PANTRY @ Catholic Charities: 1 to 4 PM**

**WARMING CENTER w/ shower, laundry @ Grace & Holy Spirit: 4:30 to 8 PM**

**WARMING CENTER w/shower, laundry @ Salvation Army: 8 PM to 8 AM**

Food pantry @  
YMCA: 5:30 AM to 8 PM

**DAYTIME WARMING CENTER & food pantry @ DSS: 8 AM to 4:30 PM**

**FOOD PANTRY @ Salvation Army: 10 AM to 1 PM**

**Loaves & Fishes: Open 10:30-12:30 for LUNCH and with showers & laundry by appt.**

**REALLY FREE MARKET @ Cortland Free Library: 2nd & 4th Tuesdays @ 6 PM**

**WARMING CENTER w/ shower, laundry @ Grace & Holy Spirit: 4:30 to 8 PM**

**WARMING CENTER w/shower, laundry @ Salvation Army: 8 PM to 8 AM**

Food pantry @  
YMCA: 5:30 AM to 8 PM

**DAYTIME WARMING CENTER & food pantry @ DSS: 8 AM to 4:30 PM**

**SOUP KITCHEN @ Salvation Army: 12 to 1 PM**

**FOOD PANTRY @ Catholic Charities: 1 to 4 PM**

**Loaves & Fishes: Open 3:30-5:30 for DINNER and with showers & laundry by appt.**

**WARMING CENTER w/ shower, laundry @ Grace & Holy Spirit: 4:30 to 8 PM**

**WARMING CENTER w/shower, laundry @ Salvation Army: 8 PM to 8 AM**

Food pantry @  
YMCA: 5:30 AM to 8 PM

**DAYTIME WARMING CENTER & food pantry @ DSS: 8 AM to 4:30 PM**

**FOOD PANTRY @ Salvation Army: 10 AM to 1 PM**

**Loaves & Fishes: Open 10:30-12:30 for LUNCH and with showers & laundry by appt.**



**WARMING CENTER w/ shower, laundry @ Grace & Holy Spirit: 4:30 to 8 PM**

**WARMING CENTER w/shower, laundry @ Salvation Army: 8 PM to 8 AM**

Food pantry @  
YMCA: 5:30 AM to 8 PM

**DAYTIME WARMING CENTER & food pantry @ DSS: 8 AM to 4:30 PM**

**FOOD PANTRY @ Catholic Charities: 1 to 4 PM**

**Loaves & Fishes: Open 3:30-5:30 for DINNER and with showers & laundry by appt.**

**WARMING CENTER w/ shower, laundry @ Grace & Holy Spirit: 4:30 to 8 PM**

**WARMING CENTER w/shower, laundry @ Salvation Army: 8 PM to 8 AM**

Food pantry @  
YMCA: 6:30 - 4

**LUNCH @ Loaves & Fishes: 11:30 AM to 12 PM**



**WEEKEND WARMING CENTER w/ shower, laundry @ Grace & Holy Spirit: 8 - 8**

**WARMING CENTER w/ shower, laundry @ Salvation Army: 8 PM to 8 AM**

# FOOD, SHELTER, SHOWERS & LAUNDRY

*City of Cortland* LOCATIONS & ADDITIONAL INFORMATION



**DSS (Department of Social Services)**  
(607) 753-5265. 60 Central Ave.

**FOOD PANTRY @ Catholic Charities**  
(607) 756-5992. 37 Central Ave.

## **FOOD-SHARING CABINETS**

Cortland County Mutual Aid, [cortlandmutualaid.org](http://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. 13 Church St.

## **REALLY FREE MARKET**

Cortland County Mutual Aid, [cortlandmutualaid.org](http://cortlandmutualaid.org)

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

**May - Oct:** 174 Homer Ave

## **SALVATION ARMY**

(607) 753-9363. 138 Main St.

## **YMCA**

(607) 756-2893. 22 Tompkins Street

## **Access to Independence**

provides resources and advocacy for people with disabilities.  
Call (607) 753-7363 or visit them at 26 North Main Street.

## **Aid to Victims of Violence (YWCA)**

provides comprehensive services to victims of domestic violence, sexual assault, child abuse, and other crimes. Call the office at (607) 753-3639 to make an appointment or if you are in crisis, call the 24/7 hotline at (607) 756-6363.

## **CAPCO: Women, Infants and Children (WIC) & FAMILY ESSENTIALS**

**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. **FAMILY ESSENTIALS** is a FREE shop with clothing, household goods, and more. Contact CAPCO at (607) 753-6781 or stop in at 32 North Main St.

## **Supplemental Nutrition Assistance Program (SNAP)**

provides low-income households with a supplement to their income to purchase food. Call (607) 753-5320; or 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.

*Call 211 or visit 211.org for more resources in Cortland County.*

All information confirmed 1/19/2024.