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### **ABOUT THIS GUIDE:**

This resource guide is intended for  
***quick-reference only.***

Contact each organization or program  
to learn more about their specifics.

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# *Food For All*

*“Educate, Motivate, Change”*

## Nutrition Education Programs

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*A program of the Network of Religious Communities*

1272 Delaware Ave.  
Buffalo, NY 14209

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(716) 882 – 7705

[ffanrc@gmail.com](mailto:ffanrc@gmail.com)

[www.facebook.com/pages/Food-For-All/187235947978467](http://www.facebook.com/pages/Food-For-All/187235947978467)

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Kelly Ann Kowalski, Director

Kat Bordonaro, Americorps VISTA  
*with*

## **ANTI-HUNGER & OPPORTUNITY CORPS**

*A Project of the New York City Coalition Against Hunger*

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*Printed March 2015*

## *About USDA FNS*

The Food and Nutrition Service (FNS) agency of the United States Department of Agriculture (USDA) is tasked with ending hunger and obesity in America. The agency administers 15 different federal nutrition assistance programs, some of which are highlighted over the next few pages. By their own estimates, FNS serves **1 in 4 Americans** over the course of a year.

### **SFMNP**

#### **Senior Farmers Market Nutrition Program**

*also known as **Farmers Market Checks***

The Senior Farmers Market Nutrition Program provides coupons for fresh produce to people aged 60 or over and have an income at or below 185% of the poverty line. Booklets are distributed Department of Senior Services at their Stay Fit Dining Site locations (pages 13 – 14). For more information, contact:

#### **Erie County Department of Senior Services**

95 Franklin Street, Room 1329

Buffalo, NY 14202

(716) 858 – 7639

### **CACFP**

#### **Child and Adult Care Food Program**

From the Child Care Resource Network: “The Child and Adult Care Food Program (CACFP) is a federal program that reimburses child care providers for providing healthy meals and snacks to children in child care.”

Child and adult care providers who are registered or licensed, or are in the process of becoming registered or licensed, are eligible for reimbursement for providing meals and snacks. Such organizations include: child care centers, family day care homes, community-based adult day care centers, after school programs in low-income areas, and homeless shelters providing meals to children.

Nutrition training, as well as recipes and an online record-keeping program, are included in the program. Children and adults, in return, develop healthy eating habits and receive nutritious meals meeting USDA nutrition guidelines in a safe, healthy environment.

*For more information, contact:*

#### **Child Care Resource Network**

1000 Hertel Avenue

Buffalo 14216

(716) 877 – 6666 x 3063

<http://www.wnychildren.org/Professional-Development/Food-Program>

# NSLP

## National School Lunch Program

From FNS: “The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential day cares. It provides nutritionally balanced, low-cost or free lunches to children each school day.”

Children receive **free lunch** if their families **receive SNAP** or are at or below **130% of the poverty line**.

Children receive **reduced price lunch** if their families **receive WIC** or are at or below **185% of the poverty line**.

Applications for free or reduced-priced meals are sent out prior to the start of every school year to qualifying households. Households that receive SNAP are automatically enrolled. Contact your school district for more details on pricing and menus.

Note: **All** Buffalo Public School students receive **free** lunch due to the Community Eligibility Provision.

# SBP

## School Breakfast Program

The School Breakfast Program works much like the National School Lunch Program, but is focused more on elementary schools and schools with “severe need.” Free and reduced-price thresholds are the same as the National School Lunch Program, but prices vary by school district, and not every district offers breakfast to all grade levels. Contact your school district for more details on pricing and availability.

Please note: **All** Buffalo Public School students receive Breakfast in the Classroom **at no charge**.

# SFSP

## Summer Food Service Program

From FNS: “The Summer Food Service Program (SFSP) ensures that low-income children continue to receive nutritious meals when school is not in session.” According to Hunger Solutions NY, the SFSP is underutilized in New York, as **only 1 in 4 children** under 18 who qualify for free or reduced-priced meals during the school year **continue to receive meals during summer**.

Meal sites vary and could be any safe place where anyone under the age of 18 congregate when school is out, often in areas where 50% or more of the children receive free or reduced-price meals. No proof of income is required.

*To find a summer meals site near you, obtain a sponsor application, or for more information:*

### **Food For All**

1272 Delaware Ave. Buffalo, NY 14209  
(716) 882-7705 – or – [ffanrc@gmail.com](mailto:ffanrc@gmail.com)

# SNAP

## Supplemental Nutrition Assistance Program

*(formerly the Food Stamp Program)*

According to the NY.gov website: “The Supplemental Nutrition Assistance Program (SNAP) issues electronic benefits that can be used like cash to purchase food.”

Benefits are issued monthly on the NYS Benefit Card, able to purchase **most** foods at authorized retail food stores. *Foods that are hot and ready to eat, such as rotisserie chickens, are not covered under SNAP.* In addition, benefits cannot be used to purchase non-food items, such as toiletries or vitamins.

Individuals or families at or below 130% of the poverty line are eligible for SNAP benefits. The eligibility cap rises to 200% of the poverty line if aged 60 or older, disabled, or paying for childcare.

Benefit amounts range from \$15 to \$194 per individual per month.

For those with an inclination to grow their own food, SNAP benefits *may* be used to purchase seeds and seedlings of food-producing plants.

Household Size	Max. Gross Monthly Income
1	\$1,265
2	\$1,705
3	\$2,144
4	\$2,584
5	\$3,024
6	\$3,465
7	\$3,904
8	\$4,344
Each additional member:	Add \$440

*To determine eligibility, request an application, and/or ask any questions regarding SNAP, contact:*

**Food For All**  
1272 Delaware Ave.  
Buffalo, NY 14209  
(716) 882-7705  
[ffanrc@gmail.com](mailto:ffanrc@gmail.com)

*To request for an application only, contact:*

**Erie County Department of Social Services**  
158 Pearl Street  
Buffalo, New York 14202  
(716) 858-7239

For more information about the **SNAP program** in New York, please visit the **Office of Temporary and Disability Assistance** website:

<http://otda.ny.gov/programs/snap/>

Access **SNAP information** for **clients** online at:

<https://www.mybenefits.ny.gov/>

# WIC

## Special Supplemental Nutrition Program for **Women, Infants, and Children**

According to the New York State Department of Health: “The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) offers nutrition education, breastfeeding support, referrals and a variety of nutritious foods to low-income pregnant, breastfeeding or postpartum women, infants and children up to age five to promote and support good health.”

In New York State, WIC recipients receive vouchers to cover the cost of dairy products, eggs, fruits and vegetables, 100% juice, whole grain foods, formula, baby food, and other eligible items. The vouchers can **only** be used for eligible items.

Those who are pregnant or breastfeeding, as well as legal guardians of infants and children up to age 5, may be eligible to receive benefits. Eligible recipients automatically qualify if they already receive Medicaid, SNAP, or TANF.

Otherwise, they qualify if at or below 185% of the poverty level.

Eligible recipients **MUST** be residents of New York state, but **DO NOT** need to be U.S. citizens.

Household Size	Max. Monthly Gross Income
2*	\$2,426
3	\$3,051
4	\$3,677
5	\$4,303
6	\$4,929
7	\$5,555
8	\$6,181
Each Additional Member:	Add \$626

\*Pregnancy counts as a “two-person household.”

Effective through June 30, 2015. See:

[https://www.health.ny.gov/prevention/nutrition/wic/income\\_guidelines.htm](https://www.health.ny.gov/prevention/nutrition/wic/income_guidelines.htm)

WIC applications and programs are handled through the following **Catholic Charities of Buffalo** sites:

<b>WIC – South Buffalo</b> 200 Cazenovia St Buffalo, NY 14210 (716) 825 – 6898	<b>WIC – E. Eagle</b> 211 E. Eagle St Buffalo, NY 14204 (716) 332 – 3304	<b>WIC – Harlem Road</b> 3527 Harlem Road, Suite 8 Buffalo, NY 14225 (716) 828 – 8600	<b>Northwest Community Center</b> 155 Lawn Ave, Room 306 Buffalo, NY 14207 (716) 332 – 3024
<b>WIC – Blasdell</b> 54 Madison Blasdell, NY 14219 (716) 826 – 2536	<b>WIC – Genesee</b> 930 Genesee St Buffalo, NY 14211 (716) 597 – 0509	<b>Sisters of Charity Hospital</b> 2121 Main St, Ste. 114 Buffalo, NY 14214 (716) 332 – 2829	<b>WIC – KenTon</b> 3370 Delaware Ave Kenmore, NY 14217 (716) 874 – 9530

In addition to supplemental food vouchers, WIC also supports nutrition education and counseling, breastfeeding information and support, prenatal and postpartum support, and referrals. Please contact the above sites to see which services are offered , or to set up an appointment.

Contact the **WIC Outreach Supervisor** at **(716) 218 – 1484** to learn more about the WIC program for **providers**

Call the **Growing Up Healthy Hotline** toll-free at **(800) 522 – 5006** for more information on WIC for **clients**

Or learn more at <http://www.ccwny.org/wic>

# Soup Kitchens of Erie County

Soup kitchens serve hot meals to those in need. Contact the soup kitchen in question to learn more.

Program	Location	Date and Time	Phone
Bethel Presbyterian Church	682 Ridge Road Buffalo, NY 14218	1 <sup>st</sup> and 3 <sup>rd</sup> Sat of Month <i>(except July, August)</i>	(716) 830 – 7881
Buffalo City Mission <a href="http://www.buffalocitymission.org">http://www.buffalocitymission.org</a>	100 E. Tupper Street Buffalo, NY 14203	Daily	(716) 854 – 8181
Central City Cafe (Durham Metro AME Zion Church)	200 E. Eagle Street Buffalo, NY 14204	Monday – Friday 11:00am – 1:00pm	(716) 856 – 1118
Feed the Hungry (St. Luke's Mission of Mercy)	325 Walden Avenue Buffalo, NY 14211	Mon – Sat: Lunch @ noon, Dinner @ 4:30pm	(716) 894 – 4476
Feed the Needy (Friendship Missionary Baptist Church)	402 Clinton Street Buffalo, NY 14204	Fridays 12:00pm – 2:00pm	(716) 847 – 1020
Friends of Night People <a href="http://www.friendsofnightpeople.org/">http://www.friendsofnightpeople.org/</a>	394 Hudson Street Buffalo, NY 14201	Wed & Thurs 11:30a – 1p & Daily 5:00pm – 7:00pm	(716) 884 – 5375
Hearts for the Homeless of WNY <a href="http://www.heartsforthehomeless.org">http://www.heartsforthehomeless.org</a>	Mobile	Contact for dates and times	(716) 877 – 3536
Hellenic Orthodox Church of the Annunciation (Orthodox Action)	146 W. Utica Street Buffalo, NY 14222	2 <sup>nd</sup> and Last Sat. of Month 11:00am – 12:15pm	(716) 912 - 8300
Homeless Outreach Program of the Salvation Army	Ellicott Street Buffalo, NY 14202	Sun & Mon 5:30 – 6:30pm Mid-October thru Mid-April	(716) 883 – 9800 x202
Kenmore Alliance Church Soup Kitchen (Grace Point Church)	39 Kenmore Avenue Buffalo, NY 14226	3 <sup>rd</sup> Saturday of Month 12:00pm – 2:00pm	(716) 834 – 4345
Matt Urban Hope Center <a href="http://www.urbanctr.org/">http://www.urbanctr.org/</a>	385 Paderewski Drive Buffalo, NY 14212	Monday – Friday 3:00pm – 5:00pm	(716) 893 – 7222 x310
St. Aldabert's Response to Love Center <a href="http://www.responsetolovecenter.org/">http://www.responsetolovecenter.org/</a>	130 Kosciuszko Street Buffalo, NY 14212	Monday – Thursday 10:30am – 12:00pm	(716) 894 – 7030
Meal Time (Friends of Night People)	21 Westminster Avenue Buffalo, NY 14215	Saturdays 11:30am – 1:00pm	(716) 884 – 5375
Project Feed (Calvary CME Church)	1007 Ellicott Street Buffalo, NY 14209	Sundays 8:00am – 9:00am	(716) 881 – 6947
St. Vincent de Paul – Dining Room <a href="http://www.svdpwny.org/">http://www.svdpwny.org/</a>	1298 Main Street Buffalo, NY 14209	Friday – Tuesday 11:00am – 12:30pm	(716) 882 – 3360 x5
South Buffalo Community Table	187 Southside Parkway Buffalo, NY 14220	Mon – Thurs, Sat & Sun 4:00pm – 5:30pm	(716) 822 – 3193
St. Francis Xavier Dining Room	435 Amherst Street Buffalo, NY 14207	Saturdays 11:00am – 1:00pm	(716) 875 – 7626
Trading Post Community Care Center <a href="http://www.fellowshipill.org/">http://www.fellowshipill.org/</a>	38 Franklin Street Springville, NY 14141	Every Wed 12 – 1 pm & 2 <sup>nd</sup> Thurs starting at 5pm	(716) 592 – 4455
Union Presbyterian Church Food Ministry	67 Lake Avenue Buffalo, NY 14219	Saturdays Starting at 12:00pm	(716) 823 – 5137

# Food Pantries of Erie County

Food pantries are meant to be an **emergency** stop-gap measure for households with low food security. The food at food pantries are often supplied through donations, state and federal grants, and/or the Food Bank of WNY.

**Please note:** this list is **NOT meant for direct client use**. Every pantry has varying hours of operation and possible requirements, such as a referral or proof of income. Contact each site to find out what is required of clients to receive food.

Find a nearby pantry by referring to the next few pages, or contact **Food For All** at **(716) 882 – 7705**

For food pantries explicitly served by the Food Bank of WNY, visit:

[www.foodbankwny.org/GetHelp/AgencyLocator.aspx](http://www.foodbankwny.org/GetHelp/AgencyLocator.aspx)

*Please note that not every food pantry is associated with the Food Bank of WNY.*

ZIP Code	Address	Agency Name	Phone
14004	Alden – 13021 Main St	Alden Marilla Community Food Pantry	(716) 937 – 6922
14006	Angola – 17 Prospect Ave	Operation Good Neighbor	(716) 627 – 5194
14025	Boston – 6895 Boston Cross Rd	St. Vincent de Paul – St. John's	(716) 941 – 3549
14031	Clarence – 9675 Main St	Clarence Community Food Pantry	(716) 310 – 5447
14043	Depew – 544 Gould Ave	Tri-Community Food Pantry	(716) 308 – 7352
14043	Depew – 10 French Rd	St. Martha's Pantry	(716) 206 – 0387
14047	North Evans – 2030 South Creek Rd	Operation Good Neighbor Pantry	(716) 627 – 5194
14048	Dunkirk – 328 Washington Ave	St. Elizabeth Ann Seton Food Closet	(716) 366 – 1750
14048	Dunkirk – 704 Central Ave	Salvation Army – Dunkirk	(716) 366 – 3701
14048	Dunkirk – 127 Central Ave	CCRM – Emergency Food Pantry	(716) 366 – 1787
14052	East Aurora – 960 East Main St	FISH of East Aurora, Inc.	(716) 652 – 7272
14068	Getzville – 995 Dodge Rd	Bethel Baptist Church Food Pantry	(716) 688 – 8668
14068	Getzville – 2710 N. Forest Rd	Town Square Food Pantry	218-1400 x2004
14070	Gowanda – 64 East Main St	Gowanda Ministerium Food Pantry	(716) 532 – 6130
14075	Hamburg – 36 Pine St	St. Peter and Paul Parish Outreach	(716) 648 – 1725
14075	Hamburg – 6065 South Park Ave	All Saints Lutheran Church	(716) 649 – 7674
14085	Lakeview – 6619 Southwestern Blvd	Feed My Sheep Ministries Food Pantry	(716) 627 – 2183
14086	Lancaster – 5448 Broadway St	Trinity Pantry	(716) 683 - 1111
14111	North Collins – 2005 Halley Rd	Eden – North Collins Food Pantry	(716) 692 – 8552
14112	North Evans – 2030 South Creek Rd	Operation Good Neighbor Food Pantry	(716) 627 – 5194
14127	Orchard Park – 3185 Orchard Park Rd	Tabernacle Food Pantry	(716) 712 – 1731
14141	Springville – 38 Franklin St	Trading Post Southern Tier Food Pantry	(716) 592 – 4455

<b>ZIP Code</b>	<b>Address</b>	<b>Agency Name</b>	<b>Phone</b>
14141	Springville – 34 Barnstead Drive	Springville-Concord Community Food Pantry	(716) 592 – 7414
14150	Tonawanda – 530 Ellicott Creek Rd	St. Christopher's Parish Pantry	(716) 564 – 9023
14150	Tonawanda – 46 Broad St	Salvation Army – Tonawanda	(716) 693 – 3110
14150	Tonawanda – 1225 Brighton Rd	Brighton Food Pantry	(716) 832 – 4889
14150	Tonawanda – 565 East Park Dr	St. Vincent de Paul – St. Timothy	(716) 849 – 9678
14150	Tonawanda – 210 St. Amelia Dr	St. Vincent de Paul – St. Amelia	(716) 836 – 0011
14150	Tonawanda – 78 Pyle Court	Calvary New Covenant Baptist Church	(716) 876 – 7452
14150	Tonawanda – 73 Adam St	St. Vincent de Paul – St. Francis	(716) 693 – 6247
14150	Tonawanda – 57 Main St	Vietnam Veterans of America Chapter 77	(716) 693 – 4479
14150	Tonawanda – 2669 Sheridan Dr	Good Shepherd Lutheran Church	(716) 832 – 5390
14201	Buffalo – 62 Virginia St	Primera Food Pantry	(716) 845 – 6097
14201	Buffalo – 104 Maryland St	Belle Center Food Pantry	(716) 845 – 0485
14201	Buffalo – 206 South Elmwood Ave	Evergreen Health Services (4 <sup>th</sup> Floor)	(716) 847 – 2441
14201	Buffalo – 520 Seventh St	Ashbury Shalom Zone	(716) 886 – 8282
14201	Buffalo – 254 Virginia St	Hispanics United of Buffalo	(716) 856 – 7110
14201	Buffalo – 394 Hudson St	Friends of Night People, Inc.	(716) 884 – 5375
14201	Buffalo – One Symphony Circle	Geri Lyons Food Shelf	(716) 884 – 7250
14201	Buffalo – Maryland & Efner St	The Joesph Project <i>Mobile</i> Food Pantry	(716) 854 – 1001
14202	Buffalo – 960 Main St	Salvation Army – Buffalo	(716) 883 – 9800
14203	Buffalo – 100 E. Tupper St	City Mission Society, Inc. Pantry	(716) 854 – 8181
14203	Buffalo – 525 Washington St	Central Intake – Catholic Charities	(716) 856 – 4494
14204	Buffalo – 402 Clinton St	Friendship Missionary Baptist Church	(716) 847 – 1020
14204	Buffalo – 459 Clinton St	New Covenant United Church of Christ	(716) 856 – 3392
14204	Buffalo – 967 Jefferson Ave	Urban Christian Ministries	(716) 882 – 9472
14204	Buffalo – 62 Republic St	Buffalo River Food Pantry	(716) 856 – 6813
14204	Buffalo – 134 William St	Citizens Community Development	(716) 852 – 2324
14204	Buffalo – 237 E. North St	Macedonia Baptist Church Pantry	(716) 886 – 3489
14204	Buffalo – 86 Pine St	Buffalo Urban League Pantry	(716) 847 – 8951
14204	Buffalo – 943 Jefferson Ave	Refugee Temple Church	(716) 886 – 2199
14204	Buffalo – 170 Fulton St	St. Brigid Food Pantry	(716) 853 – 4456
14204	Buffalo – 15 Pine St	First Shiloh Baptist Church	(716) 847 – 6555
14204	Buffalo – Frederick Douglas Housing	The Joseph Project <i>Mobile</i> Food Pantry	(716) 854 – 1001
14206	Buffalo – 60 Dingens St	Family Help Center	(716) 822 – 0919
14206	Buffalo – 1119 William St	Urban Opportunities Food Pantry	(716) 768 – 4717
14206	Buffalo – 129 Lewis St	TJ Dulski Community Center	(716) 893 – 7222



<b>ZIP Code</b>	<b>Address</b>	<b>Agency Name</b>	<b>Phone</b>
14206	Buffalo – 139 North Ogden	Catholic Charities Lovejoy Pantry & Outreach	(716) 312 – 7510
14206	Buffalo – 1833 Clinton St	Church of St. Casimir	(716) 891 – 8753
14207	Buffalo – 1005 Grant St	Native American Community Services	(716) 874 – 4460
14207	Buffalo – 357 Ontario St	Black Rock / Riverside Food Pantry	(716) 875 – 1523
14207	Buffalo – 6 Jasper Parrish Dr	BMHA – Jasper Parrish Pantry	(716) 605 – 5819
14208	Buffalo – 103 Wohlers Ave	Community Action Information Center	(716) 885 – 5925
14208	Buffalo – 314 E. Ferry St	Concerned Parents Council / St. Luke's	(716) 883 – 0961
14208	Buffalo – 1333 Jefferson Ave	Group Ministries	(716) 883 – 4367
14208	Buffalo – 210 Southampton	Greater Works Christian Fellowship	(716) 887 – 2301
14208	Buffalo – 131 Florida St	Upper Room Church of God in Christ	(716) 893 – 6987
14209	Buffalo – 1092 Main St	AIDS Family Service Pantry	(716) 852 – 1142
14209	Buffalo – 1272 Delaware Ave	Network of Religious Communities	(716) 882 – 4793
14209	Buffalo – 70 Harvard Pl	CAO of Erie County Pantry	(716) 881 – 5150
14209	Buffalo – 99 Harvard Pl	New Venture Housing Program – CAO	(716) 881 – 6543
14209	Buffalo – 461 Masten Ave	Gospel Expansion Foundation	(716) 883 – 5327
14209	Buffalo – 449 Masten Ave	The Joseph Project <i>Mobile</i> Food Pantry	(716) 854 – 1001
14210	Buffalo – 93 Leddy St	Valley Community Association Pantry	(716) 823 – 4707
14210	Buffalo – 174 Cazenovia St	Grace Lutheran Church Pantry	(716) 822 – 3267
14210	Buffalo – 701 Seneca St	Joseph Project Mobile Food Pantry	(716) 854 – 1001
14210	Buffalo – 200 Cazenovia St	St. Simon Mission Pantry	(716) 822 – 1901
14210	Buffalo – 102 Seymour St	St. Patrick Pantry	(716) 856 – 5790
14211	Buffalo – 900 Genesee St	Buffalo Lutheran Employment Service	(716) 892 – 7682
14211	Buffalo – 1327 N. Fillmore Ave	Antioch Baptist Food Pantry	(716) 895 – 0198
14211	Buffalo – 3 Doat St	Resurrection Lutheran Pantry	(716) 892 – 2489
14211	Buffalo – 594 Winslow Ave	Taste of Faith Food Pantry	(716) 895 – 7019
14211	Buffalo – 930 Genesee St	St. Mary of Sorrows	(716) 597 – 0756
14211	Buffalo – 60 Titus St	Free Spirit Baptist Church	(176) 893 – 2080
14211	Buffalo – 790 Humboldt Pkwy	Humboldt Parkway Baptist Church	(716) 896 – 4363
14211	Buffalo – 1184 Genesee St	Missionary Outreach Calvary	(716) 895 – 3642
14212	Buffalo – 385 Paderewski Dr	Polonia Hall Food Pantry	(716) 855 – 2124
14212	Buffalo – 130 Kosciuszko St	Response to Love Center Pantry	(716) 894 – 7030
14212	Buffalo – 179 Sherman St	Deliverance Temple Food Pantry	(716) 852 – 2344
14212	Buffalo – 1081 Broadway	Matt Urban Center Food Pantry	(716) 897 – 4100
14213	Buffalo – 187 Grant St	Salvation Army – Temple Corps	(716) 886 – 5772
14213	Buffalo – 93 Massachusetts Ave	His Dwelling Place Pantry	(716) 472 – 6455

ZIP Code	Address	Agency Name	Phone
14213	Buffalo – Lafayette Ave & Barton St	The Joseph Project <i>Mobile</i> Food Pantry	(716) 854 – 1001
14214	Buffalo – 2 Wallace Ave	North Buffalo Food Pantry	(716) 836 – 1361
14214	Buffalo – 350 Dewey Ave	Catholic Central Helping Hands Food Pantry	(716) 861 – 5022
14214	Buffalo – 3330 Main St	University Presbyterian Church	(716) 836 – 7660
14214	Buffalo – 96 Jewett Pkwy	Good Shepherd Food Pantry	(716) 833 – 1151
14215	Buffalo – 28 Edison Ave	Edison Street Manna From Heaven	(716) 895 – 8337
14215	Buffalo – 21 Westminster Ave	Salvation Army – Kensington	(716) 832 – 2467
14215	Buffalo – 260 Eggert Rd	City Reach Buffalo	(716) 893 – 8112
14215	Buffalo – 1520 E. Delavan Ave	St. Lawrence Parish Outreach	(716) 892 – 2471
14215	Buffalo – 15 Fernhill Ave	St. Phillip's Episcopal Church	(716) 833 – 0442
14215	Buffalo – 3021 Bailey Ave	Catholic Central Helping Hands Food Pantry	(716) 871 – 4113
14217	Kenmore – 47 Victoria Blvd	St. Vincent de Paul – St. Paul	(716) 430 – 8191
14218	Lackawanna – 18 Church St	SBC Foundation	(716) 824 – 4760
14218	Lackawanna – 75 Caldwell St	Lackawanna Pantry	(716) 824 – 4760
14218	Lackawanna – 767 Ridge Rd	OLV St. Vincent de Paul Society	(716) 828 – 9444
14219	Blasdell – 67 Lake Ave	UPC – Food Pantry	(716) 823 – 5137
14220	Buffalo – 450 Abbott Rd	St. Vincent de Paul – St. Thomas	(716) 822 – 1250
14220	Buffalo – 920 Tiffet St	South Buffalo Pantry Catholic Charities	(716) 332 – 1169
14221	Williamsville – 8180 Greiner Rd	Evangel Food Pantry	(716) 688 – 4941
14223	Buffalo – 345 McConkey Drive	New Covenant Tabernacle Food Pantry	(716) 877 – 9882
14223	Tonawanda – 263 Claremont Ave	St. Faustina's Gate	(716) 837 – 2544
14224	West Seneca – 3951 Seneca St	West Seneca Community Food Pantry	(716) 823 – 8376
14224	West Seneca – 1345 Indian Church Rd	14 Holy Helpers Sharing Committee	(716) 228 – 8244
14225	Cheektowaga – 383 Pine Ridge Rd	Living Water Fellowship	(716) 446 – 3764
14225	Cheektowaga – 240 Pine Ridge Rd	Sister Mary Josette @ Villa Maria College	(716) 961 – 2860
14225	Cheektowaga – 100 Maryvale Dr	New Cedar Grove Food Pantry	(716) 896 – 8467
14225	Cheektowaga – 900 Maryvale Dr	St. Luke Food Pantry	(716) 633 – 6752
14226	Amherst – 885 Sweet Home Rd	St. Leo's – St. Vincent de Paul	(716) 835 – 8905
14227	Cheektowaga – 2145 Old Union Rd	Resurrection Life Fellowship	(716) 656 – 8995
14228	Amherst – 100 Willow Ridge Dr	New Beginning's Food Pantry	(716) 691 – 9456

For emergency *pet food* needs: **The Pet Food Pantry at 96 Jewett Pkwy**  
Up to 10 lbs of pet food per household, based on availability of items donated.

3:00 – 4:00pm on the 1<sup>st</sup> Sunday of the Month

<https://www.facebook.com/ascensionbuffalopfp>

<http://www.ascensionchurchbuffalo.com/ministry-at-ascension/ascensions-pet-food-pantry/>

# Food Shuttle of Western New York

200 St. Gregory Court  
Williamsville, NY 14221 – 2635  
<http://www.foodshuttlewny.org/index.php>



Food Shuttle of WNY is a program connecting surplus food to emergency food sites and other locations.

The program is 100% volunteer-run and organized, and has been since the beginning in 1989. An average run last two hours, all of which are done in the mornings, every morning, 358 days a year. Each volunteer uses their own vehicle for pick-up, often at area supermarkets and bakeries, and drop-off at area agencies. In an average week, Food Shuttle will transport 28,000 pounds of food.

*For more information, call the Food Shuttle Hotline: (716) 688 – 2527*

## Food Bank of Western New York

91 Holt Street  
Buffalo, NY 14206  
(716) 852 – 1305  
<http://www.foodbankwny.org/>



The Food Bank of WNY is a large supplier and distributor of goods to emergency food sites and community organizations in the area: over 340 member agencies across Erie, Niagara, Chautauqua, and Cattaraugus Counties. The Food Bank of WNY also hosts a number of supplemental nutrition and education programs:

### *Food Express*

Produce and other perishable items are delivered to member agencies on a refrigerated truck.

### *BackPack Program*

Shelf-stable food and fresh fruit are provided to select children in area schools to take home on the weekends. Recipients are chosen by teachers and staff at the following schools in Erie County:

Charter School for Applied Technologies • D'Youville Porter Campus School P.S. 3  
Frank A. Sedita Academy P.S. 30 • Dr. George E. Blackman School P.S. 54 • Gowanda Elementary  
Hamlin Park School P.S. 74 • Highgate Heights P.S. 80 • Houghton Academy P.S. 69  
Lovejoy Discovery School P.S. 43 • Dr. Lydia T. Wright School P.S. 89  
Southside Elementary P.S. 93 • Waterfront Elementary School P.S. 95

Contact Stephanie Lawson at [slawson@foodbankwny.org](mailto:slawson@foodbankwny.org) for more information.

# Food Bank of WNY Nutrition Education Programs

Contact Sarah Stimpson at [stimpson@foodbankwny.org](mailto:stimpson@foodbankwny.org) or (716) 935-6715 for more information.

## *Banking on Wellness*

An hour-long nutrition and exercise production for children aged 5 – 12. The program is available free of charge to area schools, after-school programs, and other community groups serving kids.

## *Good Cookin'*

A hands-on cooking and nutrition program for all ages. The program runs for five weeks, and uses the Food Bank of WNY's own kitchens. All participants receive recipes and associated ingredients at the end of each class, as well as a certificate for completing the program. Enrollment is free through the Food Bank of WNY's agencies.

## *Kids in the Kitchen*

A hands-on cooking and nutrition program for students aged 7 – 18. The program runs once a week for five weeks, and uses the Food Bank of WNY's own kitchens. Students receive snacks and recipes to take home, as well as a certificate for completing the program. Enrollment is free through the Food Bank of WNY's agencies.

# Eat Smart New York

East Smart New York (ESNY) is a workshop series offered by the Cornell Cooperative Extension. Class topics include nutrition, cooking, meal planning, healthy food shopping on a budget, and food safety.

Participants **must** qualify for – or already receive – SNAP, WIC, Medicaid, SSI, or TANF. Families are also eligible if they have children who qualify for – or already receive – free and reduced-priced lunches or are in the Head Start program. Classes are provided at no charge. Locations and class sizes vary. For more information, contact:

### **Becky O'Connor @ Erie County Cornell Cooperative Extension**

154 Cazenovia St.

Buffalo, NY 14210

(716) 652 – 2288

[rao84@cornell.edu](mailto:rao84@cornell.edu)

<http://erie.cce.cornell.edu/nutrition/eat-smart-new-york>

21 Grove St.

East Aurora, NY 14052

(716) 652 – 5400 x179

### Eat Smart New York!



Eat Better For Less!

# Just Say Yes to Fruits and Vegetables

Just Say Yes to Fruits and Vegetables (JSY) is a nutrition education program that offers classes on improving health through better nutrition. JSY provides recipe demonstrations and interactive lessons at local food pantries, and associated agencies, for **SNAP-eligible** individuals and families. For more information, contact:

Sarah Stimpson @ (716) 935 – 6715

<http://www.jsyfruitveggies.org/>

# Stay Fit Dining Program

A program of the Erie County Department of Senior Services, the Stay Fit Dining Program offers hot, nutritious lunches on weekdays to area seniors. The meals are designed to meet one-third of the daily nutritional needs of seniors, as outlined by the USDA's Recommended Daily Requirements.

Participants **must** either be 60 years of age or older, **or** have a spouse that is. **Advanced reservations are also required.** A \$3.00 contribution is *suggested*, but no one is turned away for lack of funds. SNAP benefits may also be used to pay for meals.

Many sites offer additional programs or activities during, or in addition to, the meal service. Most locations offer wellness counseling and education, and the Group Senior Fitness Exercise Program. Other offerings include art classes, dancing, movies, and games. Contact each site for specifics.

Farmers Market Checks (SFMNP) are also distributed at the following locations for eligible seniors.

For more information, contact:  
**Erie County Department of Senior Services**  
 95 Franklin Street, Room 1329  
 Buffalo, NY 14202  
 (716) 858 – 7639

<http://www2.erie.gov/seniorservices/index.php?q=nutrition-amp-dining-stay-fit-dining-program>

Site	Address	Phone
ABLEY Senior Center	24 Ludington St., Buffalo, NY 14206	(716) 895 – 4074
Akron-Newstead Senior Center	5691 Cummings Rd., Akron, NY 14001	(716) 542 - 6645
Alden Community Center	13116 Main St., Alden, NY 14004	(716) 937 – 4280
Amherst Senior Center	370 John James Audubon Pkwy., Amherst, NY 14228	(716) 636 – 3050
Autumnwood Senior Center	1800 Clinton St., Buffalo, NY 14206	(716) 826 – 7895
Baptist Manor Senior Apartments	276 Linwood Ave., Buffalo, NY 14209	(716) 819 – 1820
The Belle Center	104 Maryland Ave., Buffalo, NY 14201	(716) 845 – 0485x35
Blasdell–Lilly Housing Development	36 Arthur Ave., Blasdell, NY 14219	(716) 827 – 0245
Boston Senior Citizen Center	8500 Boston State Rd., Boston, NY 14025	(716) 941 – 5773
Buffalo Urban League	86 Pine St., Buffalo, NY 14206	(716) 847 – 8951
Cayuga Village Apartments	100 Hutchens Dr., Cheektowaga, NY 14227	(716) 668 – 3109
Cheektowaga Senior Center	3349 Broadway, Cheektowaga, NY 14227	(716) 686 – 3930
Clarence Senior Citizen Center	4600 Thompson Rd., Clarence, NY 14031	(716) 633 – 5138
Concord Nutrition Site	405 West Main St., Springville, NY 14141	(716) 592 – 4487
Edward Soudners Comm. Center	2777 Bailey Ave., Buffalo, NY 14215	(716) 332 – 4380
Friends to the Elderly	118 E. Utica St., Buffalo, NY 14209	(716) 882 – 0602

Gloria Parks Community Center	3242 Main St., Buffalo, NY 14214	(716) 832 – 1010x226
Hamburg – Creekbend Heights Apts	25 Buffalo St., Hamburg NY, 14075	(716) 648 – 2414
Hispanics United of Buffalo	254 Virginia St., Buffalo, NY 14201	(716) 856 – 7110
Infant of Prague	921 Cleveland Dr., Buffalo, NY 14225	(716) 632 – 9632
Kenmore Senior Nutrition Program	135 Wilber Ave., Kenmore, NY 14217	(716) 873 – 7500
Lackawanna Senior Center	230 Martin Rd., Lackawanna, NY 14218	(716) 827 – 6669
Lancaster Senior Center	100 Oxford Pl., Lancaster, NY 14086	(716) 685 – 3498
Maryvale East Senior Complex	100 Moorman Dr., Cheektowaga, NY 14225	(716) 583 – 1190
Moot Senior Center	292 High St., Buffalo, NY 14204	(716) 882 – 4637
North Buffalo Community Center	203 Saunders Rd., Buffalo, NY 14216	(716) 874 – 6133x14
Northwest Buffalo Comm. Center	155 Lawn Ave., Buffalo, NY 14207	(716) 876 – 8108x17
Orchard Park Senior Center	70 Linwood Ave., Orchard Park, NY 14127	(716) 662 – 8378
Richmond-Summer Center	337 Summer St., Buffalo, NY 14222	(716) 885 – 3290
Salvation Army Headquarters	960 Main St., Buffalo, NY 14202	(716) 883 – 9200x259
Salvation Army – Tonawanda	46 Broad St., Buffalo, NY 14150	(716) 693 – 3110
Schiller Park Senior Center	2057 Genesee St., Buffalo, NY 14211	(716) 895 – 2727
Seneca Babcock Community Center	1168 Seneca St., Buffalo, NY 14210	(716) 822 – 5094
Sloan Senior Center	140 Halstead St., Sloan, NY 14212	(716) 897 – 1389
Southwind Landing	5074 Transit Rd., Depew, NY 14043	(716) 206 – 0281
Tosh Collins Center	35 Cazenovia St., Buffalo, NY 14220	(716) 828 – 1093
Town of Aurora Senior Center	101 King St., Suite A, East Aurora, NY 14052	(716) 652 – 7934
Town of Evans Senior Center	999 Sturgeon Rd., Derby, NY 14047	(716) 947 – 0974
Town of Hamburg Senior Center	4150 Sowles Rd., Hamburg, NY 14075	(716) 646 – 0096
Town of Tonawanda Senior Center	291 Ensminger Rd., Tonawanda, NY 14150	(716) 874 – 3266
United Church Manor	50 North Ave., West Seneca, NY 14224	(716) 668 – 5804
Violet Housing Complex	11 Haley Lane, Cheektowaga, NY 14227	(716) 534 – 6486
Walden Park Senior Complex	101 Bakos Dr., Buffalo, NY 14211	(716) 892 – 9070
West Seneca Senior Center	4620 Seneca St., West Seneca, NY 14224	(716) 675 – 9288
William-Emslie Senior Center	585 William St., Buffalo, NY 14206	(716) 845 – 5440

Food preparation for dining sites is conducted by Meals on Wheels of WNY.  
See next page for more information.

# Meals on Wheels

Meals on Wheels is a senior nutrition program that provides prepared meals and a friendly visit to local seniors. Meals on Wheels recipients are adults aged 60 or older, who cannot leave their homes without assistance and are unable to provide for their own nutritional needs. Recipients receive two meals – a hot lunch and a cold dinner for later – around the noon hour every weekday.

## Meals on Wheels for Western New York

Call: **(716) 822 – 2002**

Monday – Friday, 8:00am – 4:00pm

100 James E. Casey Drive, Buffalo, NY 14206

<https://mealsonwheelswny.org/>



Serves the cities of Buffalo and Lackawanna, as well as: Akron, Angola, Brant, Boston, Cheektowaga, Clarence, Colden, Collins, Concord, Depew, Derby, East Aurora, Eden, Elma, Evans, Farnham, Hamburg, Holland, Lancaster, part of Marilla, Newstead, North Collins, Orchard Park, Sardinia, Sloan, Snyder, Springville, South Wales, West Seneca, and Williamsville.

In addition to traditional home-delivered meals, Meals on Wheels of WNY also has a Meals Express program, for those who are over 18 and need meal assistance only for a short duration. A two week deposit is required prior to service. A contribution of about \$7 is recommended to help defray the cost of food, but no one is turned away for lack of funds.

For those with pets, Meals on Wheels of WNY also provides an optional monthly AniMeals service.

### Alden Meals on Wheels

Call: **(716) 937 – 7105**

12482 Broadway, Alden, NY 14004

### Grand Island Meals on Wheels

Call: **(716) 773 – 9682**

### Amherst Meals on Wheels

Call: **(716) 636 – 3065**

Between 8:00am – 4:00pm, Monday – Friday

370 Audubon Parkway, Amherst, NY 14228

[www.amherst.ny.us](http://www.amherst.ny.us)

### Ken-Ton Meals on Wheels

Serves Kenmore and the Town of Tonawanda.

Call: **(716) 874 – 3595**

169 Sheridan Parkside Drive, Tonawanda, NY 14150

<http://www.kentonmealsonwheels.org/>

[ktmeals@ktmeals.org](mailto:ktmeals@ktmeals.org)

### Meal on Wheels in North Tonawanda

Also serves the City of Tonawanda. Clients are billed monthly for services.

Call: **(716) 693 – 1663**

Between 9:30am – 1:30pm, Monday – Friday.

100 Ridge Road, North Tonawanda, NY 14120

<http://www.ntmow.com/>

[ntmeals@verizon.net](mailto:ntmeals@verizon.net)

# City of Buffalo Farmers Markets

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## **Allentown**

Elmwood St. and Virginia St.  
(716) 881 – 1024  
Friday 4:00pm – 7:00pm  
May 29<sup>th</sup> – October 30<sup>th</sup>

## **Broadway Market**

999 Broadway Ave.  
(716) 893 – 0705  
Monday – Saturday, 8am – 5pm  
Year-round

## **Clinton-Bailey**

SNAP, WIC, SFMNP Accepted  
1443 Clinton St.  
(716) 822 – 2466  
Sunday – Friday 7am – 6pm  
Saturday 6:00am – 1:00pm  
May 1<sup>st</sup> – November 1<sup>st</sup>

## **Downtown Country Market**

SNAP, WIC, SFMNP Accepted  
Main St. in Buffalo  
(Between Court and Church St.)  
(716) 856 – 3150  
Tues & Thurs 8:00am – 2:30pm  
May 14<sup>th</sup> – October 22<sup>nd</sup>

## **ECMC Farmers Market @ Grider**

SNAP Accepted  
351 Grider St.  
(716) 898 – 3509  
Friday, 10:00am – 3:00pm  
May 29<sup>th</sup> – October 9<sup>th</sup>

## **Elmwood-Bidwell**

SNAP, WIC, SFMNP Accepted  
Elmwood Ave. and Bidwell Pkwy  
(716) 881 – 0707  
Saturday, 8:00am – 1:00pm  
May 9<sup>th</sup> – November 28<sup>th</sup>

## **Elmwood/Lafayette**

**Winter Farmers Market**  
Elmwood Ave. and Lafayette Ave.  
(Lafayette Presbyterian)  
(716) 439 – 0870  
Saturday 9:30am – 1:00pm  
November 28<sup>th</sup> – April 23<sup>rd</sup>

## **Horsefeathers**

**Winter Farmers Market**  
346 Connecticut St.  
(716) 881 – 0046  
Saturday 10:00am – 2:00pm  
November 7<sup>th</sup> – May 7<sup>th</sup>

## **Larkin Square**

745 Seneca St.  
(716) 362 – 2665  
Thursday 4:00pm – 7:30pm  
July 9<sup>th</sup> – September 3<sup>rd</sup>

## **MAP Growing Green**

**Mobile Market**  
Contact for location & times  
(716) 882 – 5327  
mass-ave.org

## **North Buffalo**

1113 Hertel Ave.  
(Holy Spirit Church)  
[northbuffalofarmersmarket@gmail.com](mailto:northbuffalofarmersmarket@gmail.com)  
Thursday 3:30pm – 7:00pm  
June 4<sup>th</sup> – October 29<sup>th</sup>

## **Roswell Park Farmers Market**

WIC & SFMNP accepted by some  
Elm St. and Carlton St.  
(Kaminski Park and Gardens)  
(716) 845 – 4062  
Wednesday 11:00am – 2:00pm  
May 27<sup>th</sup> – September 9<sup>th</sup>

## **South Buffalo Farmers Market**

The Caz Casino  
(Cazenovia Park)  
(716) 851 – 5158  
Sunday 10:00am – 2:00pm  
June 7<sup>th</sup> – September 27<sup>th</sup>

## **University Community**

WIC & SFMNP Accepted  
Main St. at Englewood Ave.  
(UB South Campus)  
(716) 829 – 3524  
Saturday 8:00am – 1:00pm  
May 16<sup>th</sup> – October 17<sup>th</sup>



# Other Farmers Markets of Erie County

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## **Alden**

WIC & SFMNP Accepted

13119 Broadway (Rt. 20)

(Alden Village Plaza parking lot)

(716) 937 – 6177

Saturday 8:30am – 1:00pm

May 16<sup>th</sup> – October 10<sup>th</sup>

## **Blasdell Village**

WIC & SFMNP Accepted

3785 South Park Ave

(Illio DiPaolo's parking lot)

(716) 649 – 7917

Wednesday 9:00am – 2:00pm

May 6<sup>th</sup> – November 4<sup>th</sup>

## **Clarence Hollow**

WIC & SFMNP accepted by some

10717 Main St

(Town parking lot)

(716) 759 – 1075

[clarencesfarmersmarket](mailto:clarencesfarmersmarket@gmail.com)

[@gmail.com](mailto:clarencesfarmersmarket@gmail.com)

Saturday 8:00am – 1:00pm

June 6<sup>th</sup> – October 24<sup>th</sup>

## **Colden**

8745 Supervisor Ave.

(Bread of Life Outreach Center)

(716) 863 – 9892

Saturday 8:30am – 1:00pm

May 16<sup>th</sup> – mid October

## **Depew**

4913 Transit Rd.

(Lancaster Lanes Parking Lot)

(716) 481 – 2961

Saturday 8:00am – 1:00pm

Sunday 9:00am – 1:00pm

May 2<sup>nd</sup> – October 25<sup>th</sup>

## **East Aurora**

WIC & SFMNP Accepted

Grey St.

(East Aurora Shopping Plaza)

(716) 771 – 9590

Wed & Sat 7:00am – 1:00pm

May 2<sup>nd</sup> – November 25<sup>th</sup>

## **Hamburg**

WIC & SFMNP accepted by some

Main St and Buffalo St

(Municipal parking lot)

(716) 649 – 7917

Saturday, 7:30am – 1:00pm

May 2<sup>nd</sup> – November 7<sup>th</sup>

## **Holland**

WIC & SFMNP Accepted

49 N. Main St.

(716) 537 – 9560

Sunday, 8:30am – 2:00pm

May – November

## **Kenmore**

WIC & SFMNP Accepted

2919 Delaware Ave

(The Village Green)

(716) 874 – 1784

Saturday 8:00am – 12:30pm

June 20<sup>th</sup> – October 24<sup>th</sup>

## **Lancaster Village Market**

6148 Broadway St.

(716) 481 – 2961

Thursday 3:00pm – 7:00pm

May 7<sup>th</sup> – October 22<sup>nd</sup>

## **Orchard Park**

SNAP, WIC, SFMNP

accepted by some

Route 20A & California

(Fox Run of Orchard Park)

(716) 662 – 5001

Thursday 9:00am – 1:30pm

May 7<sup>th</sup> – October 29<sup>th</sup>

## **Springville**

WIC & SFMNP accepted by some

341 W. Main St.

(Getners Auction)

(716) 592 – 4062

Wednesday 10:00am – 3:00pm

Year-round

## **Springville**

**Olde Farmers Market**

WIC & SFMNP Accepted

Mechanic St.

(716) 592 – 4746

Saturday 8:00am – 1:00pm

June – October 31<sup>st</sup>

## **West Seneca**

Union Rd. and Main St.

(next to town hall)

(716) 997 – 0152

Thursday 4:00pm – 7:30pm

May 14<sup>th</sup> – September 3<sup>rd</sup>

## **Williamsville Market @ the Mill**

WIC & SFMNP Accepted

56 E. Spring St.

(716) 984 – 6572

Saturday, 8:00am – 12:30pm

May 16<sup>th</sup> – October 24<sup>th</sup>

# EBT Farmers Market Token Program

While some individual vendors *may* accept EBT cards at any farmers market, three Erie County markets accept SNAP benefits throughout the entire market:

**Clinton-Bailey Farmers Market**  
**Downtown Country Market**  
**ECMC Farmers Market at Grider Street**  
**Elmwood-Bidwell Farmers Market**

At these markets, SNAP recipients bring their EBT card to the market office or information booth, and deduct a certain amount of their choosing. In exchange, they receive tokens equivalent to the amount withdrawn, which can then be used like cash for SNAP-eligible foods throughout the market. Tokens are **market-specific**, but *do not need* to be used right away. The token program also works in tandem with:

## *Double Up Food Bucks!*

From **July** through **October**, any *even* dollar amount – up to \$20 – from SNAP benefits will be **doubled**. For example, if a SNAP recipient deducts \$4, they will receive \$8 in tokens to be used at these markets:

**Clinton-Bailey Farmers Market**  
**Downtown Country Market**  
**ECMC Farmers Market at Grider Street**  
**Elmwood-Bidwell Farmers Market**

For **more information** on Double Up Food Bucks!

[www.fieldandforknetwork.com](http://www.fieldandforknetwork.com)

(716) 465 – 5704

# Neighborhood Farm Share Program

The Northeast Organic Farming Association of New York (NOFA-NY) provides income-eligible residents of the City of Buffalo a chance to apply for up to \$100 off a Community Supported Agriculture (CSA) share from select local farms. Those farms are also vetted to take SNAP benefits and accept payment plans, further easing the barrier to fresh, local produce every week.

To **request an application**, or for **more information**:

<http://www.nofany.org/farmshare>

(585) 271 – 1979

[foodjustice@nofany.org](mailto:foodjustice@nofany.org)

# Community Supported Agriculture *in* Erie County

In community-supported agriculture, consumers form a direct connection with farmers. This connection can take many shapes, most often in the form of an up-front payment from the consumer in exchange for a share of the farmer's produce through the year. See below for how some local farmers do CSAs.

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## Arden Farm

Town: East Aurora  
Owner: Daniel Roelofs  
Call: (716) 341 – 1268  
Email: [ardenfarmer@gmail.com](mailto:ardenfarmer@gmail.com)  
Online: <http://theardenfarm.com/>  
Share Schedule: Early June – Mid-October  
Pick-Up Style: On-Farm & in Buffalo  
Pick-Up Date(s): Tues (farm), Thurs (Buffalo)  
Share Style: Choice (farm), Pre-Packaged (Buffalo)  
Share Sizes: Small (both) & Large (farm only)  
Payment Style: Lump-sum, ask about others  
Payment Via: Check, ask about others  
Certification: NOFA-NY Certified Organic  
Specialty: Catering to home cook

## Becker Farms

Town: Gasport  
Call: (716) 772 – 2211  
Online: <http://beckerfarms.csaware.com/store/>  
Share Schedule: Mid June – Mid October  
Pick-Up Style: Off-Site at various Buffalo-area sites  
Pick-Up Date(s): Varies by site  
Share Style: Pre-Packaged  
Share Sizes: Small & Large, half or full season  
Payment Style: Lump-sum or Subscription  
Payment Via: Online  
Specialty: Variety of add-ons

## Farm This Way

Town: Brant  
Owner: Marty and Carolyn Rosiek  
Call: (716) 549 – 1038  
Online: <https://farmthisway.com>  
Share Schedule: Late May – Early Nov., depending  
Pick-Up Style: On-Farm or at Blasdell Market  
Pick-Up Date(s): Wednesday  
Share Style: Pre-Packaged  
Share Sizes: ¼ or ¾ or Full, depending  
Payment Style: Lump-sum PLUS Membership  
Payment Via: Online  
Specialty: Includes eggs, choice on how many weeks

## First Light Farm & Creamery

Town: East Bethany  
Owner: Max and Trystan Sandvoss  
Email: [Cheese@first-light-farm.com](mailto:Cheese@first-light-farm.com)  
Online: <https://first-light-farm.com/>  
Share Schedule: Spring, Summer, Winter, Fall  
Pick-Up Style: Off-site at various Buffalo-area sites  
Pick-Up Date(s): Friday  
Share Style: A La Carte  
Share Sizes: A La Carte  
Payment Style: Lump-sum  
Payment Via: Online  
Specialty: Cow & Goat Milk, Yogurt, Cheese

## Green Shoots for New Americans

Town: Buffalo  
Operator: Journey's End Refugee Services  
Call: (716) 262 – 5308 c/o Kyla Jaquish  
Email: [kjaquish@jersbuffalo.org](mailto:kjaquish@jersbuffalo.org)  
Online: [http://www.jersbuffalo.org/index.php/programs/category/Green\\_Shoots\\_for\\_New\\_Americans](http://www.jersbuffalo.org/index.php/programs/category/Green_Shoots_for_New_Americans)  
Share Schedule: June 23<sup>rd</sup> – Oct 1<sup>st</sup>  
Pick-Up Style: On-Farm (36 Brewster St.)  
Pick-Up Date(s): Tuesday  
Share Style: Pre-Packaged (Bring Your Own Bag)  
Payment Style: Lump-sum or Monthly (*SNAP* only)  
Payment Via: Online, Check, or *SNAP*  
Specialty: *SNAP* accepted

## The Harvest Patch

Town: Sheldon  
Owner: Joseph and Amy Meyer Howe  
Call: (585) 322 – 3106  
Email: [mrsashleyhowe@gmail.com](mailto:mrsashleyhowe@gmail.com)  
Online: [www.harvestpatch.com](http://www.harvestpatch.com)  
Share Schedule: Late June – Late October  
Pick-Up Style: On-Farm & in East Aurora  
Pick-Up Date(s): Thursday  
Share Style: Choice from available items  
Share Sizes: One Size  
Payment Style: Lump-sum  
Payment Via: Mail  
Specialty: Veggie, Chicken, Egg, and Flower Shares

**Native Offerings Farm**

Town: Little Valley  
 Owner: Stew and Deb Ritchie  
 Call: (716) 257 – 3006  
 Email: [csa@nativeofferings.com](mailto:csa@nativeofferings.com)  
 Online: <http://nativeofferings.com>  
 Share Schedule: Summer and Winter  
 Pick-Up Style: On-Farm and 3 Buffalo-area sites  
 Pick-Up Date(s): Tu, Wed, Th, or Fri, depending  
 Share Style: Pre-Packaged  
 Share Sizes: Individual, Small, Full  
 Payment Style: One or Two Lump-sums  
 Payment Via: Check preferred  
 Certification: CNG and NOFA-NY Certified Organic  
 Specialty: Additional Fruit Shares, Beef Reservation

**Plato Dale Farm**

Town: Arcade  
 Owner: Miller family  
 Call: (716) 913 – 1351  
 Email: [kent@platodalefarm.org](mailto:kent@platodalefarm.org)  
 Online: <http://www.platodalefarm.org/>  
 Share Schedule: Year-round  
 Pick-Up Style: On-Farm or select Farmer's Markets  
 Pick-Up Date(s): Fri (farm), Thurs/Sat (markets)  
 Share Style: Choice from available items  
 Share Sizes: A La Carte  
 Payment Style: Membership in any amount  
 Payment Via: Online, ask about checks  
 Certification: NOFA-NY Farmer's Pledge  
 Specialty: Market discount after joining CSA

**Porter Farms**

Town: Elba  
 Owner: Porter family  
 Call: (585) 757 – 6823  
 Email: [porterfarmscsa@gmail.com](mailto:porterfarmscsa@gmail.com)  
 Online: <http://www.porterfarms.org/>  
 Share Schedule: Late June – Late November  
 Pick-Up Style: On-Farm or Many Buffalo-area Sites  
 Pick-Up Date(s): Saturday  
 Share Style: Pre-Packaged  
 Share Sizes: One Size  
 Payment Style: Lump-sum  
 Payment Via: Check preferred  
 Certification: NOFA-NY Certified Organic  
 Specialty: Pro-rated pricing after season starts

**Promised Land CSA at the Oles Family Farms**

Town: Alden  
 Owner: Oles family  
 Call: (585) 599 – 3462  
 Email: [promisedlandcsa@gmail.com](mailto:promisedlandcsa@gmail.com)  
 Online: <http://promisedlandcsa.com>  
 Share Schedule: Summer and Winter  
 Pick-Up Style: On-Farm and 5 Buffalo-area sites  
 Pick-Up Date(s): Tu (summer) or Th (farm/winter)  
 Share Style: Pre-Packaged  
 Share Sizes: One Size  
 Payment Style: Deposit, then remainder  
 Payment Via: Checks preferred  
 Specialty: Additional Fruit and Egg Shares

**Root Down Farm**

Town: Clarence  
 Owner: Steve and Erin  
 Call: (716) 949 – 1204  
 Email: [csa@therootdownfarm.com](mailto:csa@therootdownfarm.com)  
 Online: [www.therootdownfarm.com](http://www.therootdownfarm.com)  
 Share Schedule: Early June – Early November  
 Pick-Up Style: On-Farm  
 Pick-Up Date(s): Monday or Thursday  
 Share Style: Choice from available items & U-Pick  
 Share Sizes: Small and Farm  
 Payment Style: Waitlist, then Lump-sum  
 Payment Via: Ask for details  
 Certification: NOFA-NY Farmer's Pledge  
 Specialty: Spring, Winter & Juicing Shares, flowers incl.

**Thorpe's Organic Family Farm**

Town: East Aurora  
 Owner: Thorpe family  
 Call: (716) 655 – 4486  
 Email: [thorpesfarm@verizon.net](mailto:thorpesfarm@verizon.net)  
 Online: <http://www.thorpesorganicfamilyfarm.com>  
 Share Schedule: Summer and Winter  
 Pick-Up Style: On-Farm, Buffalo-area Sites (Winter)  
 Pick-Up Date(s): Tu or Th (farm), Wed (drop site)  
 Share Style: Choice from available items & U-Pick  
 Share Sizes: Small or Large (summer)  
 Payment Style: Lump-sum preferred, ask for others  
 Payment Via: Checks preferred, ask for others  
 Certification: NOFA-NY Certified Organic  
 Specialty: Citrus fruit in Winter, baked goods available

Many farmers that engage in CSA also invest in lower-intensity farming practices. Learn more about:

**Certified Naturally Grown (CNG)** at <https://www.naturallygrown.org/>  
**NOFA-NY Farmer's Pledge** and **Certified Organic** at <http://www.nofany.org/>

# Community Gardens *and* Urban Farms

In addition to purchasing local produce, there are a variety of opportunities to grow one's own food in Erie County. Below are a few organizations that can provide experience in food production.

For more local gardening support and camaraderie, see the list of garden clubs on the next page.

## *Grassroots Gardens of Buffalo*

2495 Main Street  
TriMain Building Suite #408  
Buffalo, NY 14214

(716) 783 – 9653

<http://www.grassrootsgardens.org/>

Grassroots Gardens is a non-profit organization that supports a network of gardens throughout the city. They support the creation and sustaining of community gardens throughout the city of Buffalo – over 70 affiliated gardens as of 2015.

While each community garden is managed by the local neighborhood, Grassroots Gardens provides information and volunteer support, as well as some materials and finances. The organization also serves as the liaison between the city of Buffalo and community gardeners.

## *The Garden Project of the Food Bank of Western New York*

<https://www.facebook.com/buffalogardenproject>

The Garden Project of the Food Bank of WNY is a volunteer-run program providing fresh produce to local food pantries and families in need. The garden is located right outside the Food Bank of WNY's headquarters. Each garden bed is maintained by a group of volunteers or family, who each choose what they want to grow that season.

For more information, contact:  
**Kelly Ann Kowalski at Food For All**  
1272 Delaware Ave  
Buffalo, NY 14209  
(716) 882 – 7705  
[ffanrc@gmail.com](mailto:ffanrc@gmail.com)

## *Growing Green Program @ Massachusetts Avenue Project*

271 Grant Street  
Buffalo, New York 14213

(716) 882 – 5327

<http://mass-ave.org/>

The Growing Green Program is an urban agriculture and youth development initiative. Local youth work on improving access to healthy food, by farming and marketing farm products, as well as pursuing local policy issues.

## *Cold Spring Cooperative Farms*

Corner of Southampton St. and Masten Ave.

Buffalo, NY 14209

[coldspringfarmbuffalo@gmail.com](mailto:coldspringfarmbuffalo@gmail.com)

## *Common Roots Farm*

311 Peckham St.

Buffalo, NY 14206

[commonrootsurbanfarm@gmail.com](mailto:commonrootsurbanfarm@gmail.com)

## *Michigan Riley Farm*

120 Riley St.

Buffalo, NY 14209

(716) 262 – 8183

[michigan@farmerpirates.com](mailto:michigan@farmerpirates.com)

<https://www.facebook.com/michiganrileyfarm>

## *Wilson Street Urban Farm*

812 Fillmore Ave

Buffalo, NY 14212

(716) 853 – 7316

[wilsonstreeturbanfarm@gmail.com](mailto:wilsonstreeturbanfarm@gmail.com)

<https://wilsonstreeturbanfarm.wordpress.com/>

# Monthly Garden Club Meetings

## Bowmansville Garden Club

1<sup>st</sup> Monday at 7:00pm  
Bowmansville Fire Hall  
36 Main Street, Bowmansville  
[jecavagnaro@yahoo.com](mailto:jecavagnaro@yahoo.com)  
[llovery@sprintmail.com](mailto:llovery@sprintmail.com)

## Cheektowaga Garden Club

2<sup>nd</sup> Monday at 7:00pm  
(3<sup>rd</sup> Monday in October/November)  
Cleveland Hill High School (cafeteria)  
Maple View Drive, Cheektowaga  
[ruthglen@roadrunner.com](mailto:ruthglen@roadrunner.com)

## East Aurora Garden Club

2<sup>nd</sup> Monday at 12:00pm  
St. Matthias Episcopal Church  
374 Main St  
(716) 655 – 0673

## East Amherst – Town & Country GC

2<sup>nd</sup> Tuesday at 7:00pm  
Transit Middle School (Cafeteria)  
8730 Transit Rd  
(716) 633 – 9503  
[pattygardens@gmail.com](mailto:pattygardens@gmail.com)

## Eden Garden Club

2<sup>nd</sup> Tuesday at 7:00pm  
Eden Central High School  
(Teacher's Lounge)  
[sbaur803@gmail.com](mailto:sbaur803@gmail.com)

## Elma – Countryside Garden Club

2<sup>nd</sup> Wednesday at 10:00am  
variable location  
limited membership  
(716) 683 – 2949

## Grand Island – Cinderella Isle GC

3<sup>rd</sup> Tuesday at 7:00pm  
Trinity United Methodist Church  
2100 Whitehaven Rd  
(716) 833 – 3899  
[juliemsualum@yahoo.com](mailto:juliemsualum@yahoo.com)

## Grand Island – East Park GC

2<sup>nd</sup> Tuesday at 7:30pm  
St. Timothy's Lutheran Church  
1455 Stanley Rd  
(716) 773 – 7298  
[pasarese@adelphia.net](mailto:pasarese@adelphia.net)

## Hamburg Garden Club

2<sup>nd</sup> Wednesday at 12:00pm  
Hamburg Community Center  
107 Prospect Ave  
(716) 648 – 0275  
[droman13@verizon.net](mailto:droman13@verizon.net)

## Hamburg House and Garden

4<sup>th</sup> Tuesday at 7:00pm  
Hamburg Methodist Church  
116 Union Road  
[nancyk212@aol.com](mailto:nancyk212@aol.com)

## Holland Garden Club

3<sup>rd</sup> Wednesday at 11:00am  
Brink Memorial Community Center  
on Legion Drive  
(716) 668 – 1789

## Kenmore Garden Club

2<sup>nd</sup> Tuesday at 10:00am  
(except December and March)  
Kenmore United Methodist Church  
32 Landers Rd at Delaware Rd  
[glucas1@roadrunner.com](mailto:glucas1@roadrunner.com)  
[galorber@yahoo.com](mailto:galorber@yahoo.com)

## Lancaster Garden Club

2<sup>nd</sup> Wednesday at 7:00pm  
(except January, July, August)  
St. John's Lutheran  
55 Pleasant Ave

## Orchard Park Garden Club

1<sup>st</sup> Thursday at 12:00pm  
Orchard Park Presbyterian Church  
4369 South Buffalo Rd

## Tonawanda – GC of the Tonawandas

3<sup>rd</sup> Thursday at 7:00pm  
Tonawanda City Hall (Community Room)  
200 Niagara St

## Tonawanda – Willow Ridge Garden Club

1<sup>st</sup> Wednesday at 7:00pm  
(except July and August)  
Zion United Church of Christ  
15 Koenig Rd at Parker Blvd.  
[e.mohr@roadrunner.com](mailto:e.mohr@roadrunner.com)

## West Seneca – Amana Garden Club

2<sup>nd</sup> Wednesday at 11:00am  
Burchfield Nature and Art Center  
2001 Union Road  
(716) 633 – 9555  
[rlrch87@roadrunner.com](mailto:rlrch87@roadrunner.com)

## Williamsville – Amherst Garden Club

4<sup>th</sup> Wednesday at 10:00am  
(except December and March)  
St. John's Lutheran Church  
6540 Main St  
(716) 833 – 4138  
[knarfthur@verizon.net](mailto:knarfthur@verizon.net)

## Williamsville – Forest Stream GC

3<sup>rd</sup> Thursday at 7:00pm  
Forest Elementary School  
North Forest Road  
(716) 837 – 6522  
(716) 837 – 5776

## Williamsville – Smallwood GC

3<sup>rd</sup> Monday at 7:00pm  
Blocher Homes  
135 Evans St, Williamsville  
(716) 688 – 6434  
[santaroseann@verizon.net](mailto:santaroseann@verizon.net)

**For more information  
and updated contact info:  
[www.gardenclubsofwny.com](http://www.gardenclubsofwny.com)**

For **specific topic groups** or **upcoming events**, see: <http://upstategardenersjournal.com/buffalo-events/>

# Additional Resources

To find more local health and human service agencies, contact **2-1-1 WNY**

<http://www.211wny.org/>

or by dialing 211

For more information on emergency food resources, or on food assistance in general, call the **New York City Coalition Against Hunger (NYCCAH)**'s National Hunger Hotline:

1 – 866 – 3–HUNGRY (348 – 6479)

*En español* : 1 – 877 – 8–HAMBRE (842 – 6273)

Monday – Friday, 8:00am – 8:00pm

For information on making healthy choices on a budget, visit **New York State's Office of Temporary and Disability Assistance**

<http://otda.ny.gov/programs/nutrition/resources.asp>

For more state-wide horticultural information, check out the **Cornell Cooperative Extension**

<http://erie.cce.cornell.edu/>

For federal nutrition and health information and education, visit <http://www.nutrition.gov/> and/or <http://www.fns.usda.gov/get-involved/provide-nutrition-education>

For nutrition content of over 8,000 food items, visit the **USDA National Nutrient Database for Standard Reference**

<http://ndb.nal.usda.gov/>

For information on the contents of a healthy meal, visit **USDA MyPlate**

<http://www.choosemyplate.gov/>

For national children's health information, check out **Let's Move**,

<http://www.letsmove.gov/>

For healthy recipes and budget tips, visit **Spend Smart, Eat Smart**

<http://www.extension.iastate.edu/foodsavings/>