

Obtaining Affordable Food

Many students experience difficulty obtaining sufficient food in an affordable and convenient way. Fortunately, resources are available locally for assistance.

1. The [Cornell Food Pantry](#) is located at [109 McGraw Place](#), just off University Avenue, across from Alice Cook House on West Campus. Free, confidential access to food and personal care items is available to Cornell undergraduate and graduate students, as well as Cornell staff and faculty. [Enroll online](#) to access the **Food Pantry**.
2. [Anabel's Grocery](#) located in Anabel Taylor Hall on Central campus offers discounted groceries.
3. [Swipe Out Hunger](#) distributes donated meal swipes to fellow students, for use in the Cornell Dining Halls. Students needing help with food can go to the Dean of Students website (dos.cornell.edu, under **First-Generation and Low-Income Student Support**) and complete the [Bonus Meal Distribution Form](#).
4. Some students qualify for SNAP (Supplemental Nutrition Assistance Program -- previously known as food stamps or EBT). More information is available to determine if you qualify for SNAP on the [Anabel's Grocery website](#) and through the [First Generation and Low Income](#) Support Office in Student Campus Life at Cornell. Also, the [Nutrition Outreach and Education Program at Catholic Charities](#) provides free and confidential prescreening for SNAP. Phone: **607-272-5062 ext. 21**. Tompkins County Department of Social Services also provides SNAP for qualifying households to purchase food. Phone: **607-274-5343**.
5. Several organizations in Ithaca/Tompkins County provide hot meals and free food. View a calendar with daily Free Community Meals and Food Pantry schedules here: <https://hsctc.org/211food/> or dial **211**.
6. At all grocery or discount stores, compare "unit" prices and, generally, **buy generic or store brands** to save money.
7. Aldi may be the least expensive grocery store in town and offers a full range of grocery items. There are two Aldi locations in Ithaca (Triphammer Rd and 3rd St). Bring a quarter for a grocery cart!
8. Many grocery and discount stores (such as Wegmans, Tops, and Target) offer free membership programs. Generally, these are worth signing up for to get additional discounts.
9. Shop sales and use coupons for additional savings. Some stores, such as Tops, will double certain manufacture coupons to give you a greater discount.
10. [WIC \(Women, Infants and Children\) Nutrition Program](#), provides vouchers for food to qualifying pregnant women, new mothers, and children under 5 years old. Phone: **607-274-6630**
11. The [Cornell Access Fund](#) is not generally available to help with food costs but applications can be submitted to help defer other expenses.

The [nutritionists at Cornell Health](#) have expertise in helping students with food affordability and can help you develop an individual plan for your needs. If you have not already one, you may set up an appointment with a nutritionist online at mycornellhealth.health.cornell.edu or by calling **607-255-5155**.