



Affordable Food Resources



Options for support at Cornell and in Ithaca

If you're experiencing difficulty obtaining sufficient food in an affordable and convenient way, please consider the following resources for support.

Cornell resources

- **Cornell's Food Pantry** offers free, confidential access to food and personal care items for Cornell students and employees. The pantry is located at 109 McGraw Place, across from Alice Cook House on West Campus. Enroll for access at mealplan.scl.cornell.edu/foodpantry.
- **Anabel's Grocery** is a student-run grocery store offering discounted groceries for Cornell community members. Anabel's is located in Anabel Taylor Hall on Central campus, and operates during the academic year. SNAP cards are accepted (see page 2). Visit anabelsgrocery.org.
- **Swipe Out Hunger** distributes donated Cornell Dining meal swipes to students for use in Cornell's dining halls. The program is administered by the office of First-Generation & Low-Income (FGLI) Student Support: visit scl.cornell.edu/FGLI.
- **Cornell Health's nutritionists** can help students develop an individualized plan to access affordable food resources. To schedule an appointment, call 607-255-5155 or log in myCornellHealth from health.cornell.edu.

Ithaca resources

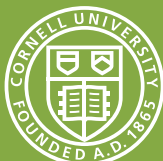
- **The Human Services Coalition of Tompkins County** maintains a list of food pantries and

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Cornell

Health

health.cornell.edu



agencies providing free community meals:
hsctc.org/211food.

- **Mutual Aid Tompkins** provides a map of food-sharing cabinets located around the Ithaca area: mutualaidtompkins.com/food-sharing/locations.
- **Women, Infants and Children (WIC) Nutrition Program** provides food vouchers for qualifying pregnant women, new mothers, and children under 5 years old: tompkinscountyny.gov/health/wic.

Tips for accessing affordable food

- **Find out if you're eligible for SNAP** (Supplemental Nutrition Assistance Program), a federal program that provides benefits to purchase food at participating stores: fns.usda.gov/snap. Anabel's Grocery provides additional SNAP information at anabelsgrocery.org/snap-support.
- **Try different stores in the Ithaca area** to find the best food prices, and consider signing up for rewards, discounts, and free membership programs.
- **Buy generic or store brands.** Most grocery stores offer generic or store brands that are less expensive than name-brand products.
- **Shop sales and use coupons for additional savings.** Some stores will double certain manufacture coupons to give you a greater discount.