

SNAP Retailers Serving Local Food

- Anabel's Grocery, Cornell Campus
- Brooktondale Market
- Eddydale Farm Market
- Greenstar Coop Market
- Main St. Market, Trumansburg
- P&C Fresh Market
- Full snap listing:
tinyurl.com/findSNAP

Youth Farm Project

Pay what you can Farm Stands
YFP's mobile market rotates
between McGraw House, Pete's
Grocery (Dandy Mart), and Titus
Towers

Healthy Food For All

Subsidized CSA Shares
Purchase CSA Farm shares for
weekly farm food at 50% off or
sliding scale
info@healthyfoodforall.org
www.healthyfoodforall.org/enroll

Farm to Pantry

Local farm food freshly harvested:
No mas Lagrimas
Calvinist Baptist Pantry
Enfield Pantry



For more information:

SNAP Enrollment Support

607-272-5062 ext 21
(Amber at Catholic Charities)

WIC Enrollment & Market Coupons

607-274-6630
www.wicstrong.com

Senior Market Coupons

607-274-5482 (Office of the
Aging)

Questions about Produce Rx vouchers

Rural Health Network of South
Central NY
607-692-7669

Transportation options

Dial 2-1-1 or 877-211-8667 or text
your zip code to 898211
24 hours before traveling

Find food pantries

Dial 2-1-1
hsctc.org/211food/



Cooperative Extension
Tompkins County

Cornell Cooperative Extensions of Tompkins County provides equal
program and employment opportunities.

2023 Guide to Affordable Local Food in Tompkins

Farmers Market
Coupons, SNAP,
Pantries with local food,
and more!



2023 Farmers Market Guide

| Market | SNAP/EBT | FMNP | Produce Rx | Location | Season | Market Hours |
|--|----------|------|------------|--|----------------|--------------|
| Brooktondale | | | ✓ | Brooktondale Community Center, 522 Valley Rd | Jun - Sep 30 | Sat 10-1 |
| Dryden | | | | Dryden Agway, 59 West Main Street | Jun - Sep 30 | Sat 9-1 |
| Freeville Farmers Market | | ✓ | ✓ | 43 Main Street - Elementary School | May 1 - Oct 30 | Sun 12-2 |
| Ithaca Farmers Market East Hill | ✓ | ✓ | ✓ | East Hill next to Walgreens Drug Store | May 3 - Oct 25 | Wed 3-6 |
| Ithaca Farmers Market Steamboat Landing | ✓ | ✓ | ✓ | 545 Third St. at Steamboat Landing (off Rt. 13, turn at Aldi's) | Apr 1 - Oct 28 | Sat/Sun 9-3 |
| | | | | | Nov 4 - Dec 16 | Sat/Sun 11-2 |
| Triphammer Market | | | | Triphammer Mall Parking Lot | May - Oct | Fri 8-12 |
| Trumansburg Farmers Market | ✓ | ✓ | ✓ | Village Park, Routes 277 & 96 | May 3 - Oct 25 | Wed 4-7 |

Ask the information booth or food vendors at your farmers market to see if they accept your benefits!

- **Use SNAP benefits to buy fresh vegetables, fruit, meat, honey, cheese, maple syrup, dairy, eggs, baked goods, jams and jellies, mushrooms, juice, cooking herbs, and pickled foods, as well as seeds and plants!**
- **Find Farmer's Market Nutrition Program coupons at WIC offices and Office of the Aging from July- Nov**
- **Indian Creek and Jasper Meadows Farm Stand also accept FMNP**
- **Find additional local food options at buylocalfoodny.org**