

# Tompkins Community Action

*an active community can produce powerful change*



## Food Pantry at 701 Spencer Rd, Ithaca Now Online!

Go to:

[www.tcaction.org/supportive-services/food-pantry/](http://www.tcaction.org/supportive-services/food-pantry/)

Once there:

Click on the words "Food Pantry"  
Choose you appointment time  
Select the foods you would like, and Submit

We will receive an email with your preferences and will call to confirm your appointment.

Or

If you do not have access to the internet, you can call 607-273-8816 ext. 113 to speak with John to make an appointment.

Pantry Hours:

Tuesday 1pm - 4 pm  
Wednesday 10 am to 1 pm  
Thursday 10 am to 1 pm