



# Food Insecurity Resources

## Consider these two statements:

In the last year, you worried that your food would run out before you got money to buy more.

- Often true
- Sometimes true
- Never true

In the last year, the food you bought didn't last and you didn't have money to get more.

- Often true
- Sometimes true
- Never true

If you answered "sometimes" or "often" true, VA could help.

## VA Social Work:

Your VA social worker can teach you about resources and connect you with VA and local help. If you qualify, they can assist you in getting benefits and services to help you buy safe and stable food.

**To connect with Social Work, call: 315-425-4400, ext. 56903**

## VA Nutrition:

Registered Dietitians are nutrition experts that can help you with healthy eating habits and cooking affordable meals.

**To connect with Nutrition, call: 315-425-4400, ext. 51513**

## Local Food Resources:

**2-1-1 Central New York** (Onondaga, Oswego, Jefferson, Lewis, and St. Lawrence counties)

- Meals (soup kitchens, home delivered meals, children's summer food programs)
- Emergency food (pantries, fresh food, baby formula)
- Food expense assistance (SNAP {Food Stamps}, WIC)

**Phone:** Dial 2-1-1 or 1-844-245-1922

**Website:** <https://www.211cny.com/services/>

## Food Bank of Central New York

(Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, and St. Lawrence counties)

- Fresh foods and mobile Food Pantries
- Food sense programs
- SNAP (Food Stamps) outreach and assistance
- Locates community partner Food Pantries and soup kitchens near you with the "Find Food" map

**Phone:** 315-437-1899

**Website:** <https://foodbankcny.org/>

## Food Bank of the Southern Tier

(Broome, Chemung, Schuyler, Steuben, Tioga, and Tompkins counties)

- Mobile Food Pantries
- SNAP (Food Stamps) outreach and assistance
- Locates community partner Food Pantries and soup kitchens near you with the "FIND FOOD" map listed by county.

**Phone:** 607-796-6061

**Website:** <https://www.foodbankst.org/find-food/>

## WIC

WIC supports moms, moms-to-be, and their families with healthy food, nutritional education, breastfeeding support, and referrals to other services.

**Phone:** 1-800-522-5006

**Website:** <https://hungersolutionsny.org/find-food-help/wic>

## FEED OUR VETS

Food Pantries in Utica and Watertown

**Phone:** 315-525-9206

**Email:** [info@feedourvets.org](mailto:info@feedourvets.org)

**Website:** <https://feedourvets.org>

## Clear Path for Veterans

- Peer and family programs that can include assistance with food insecurity.
- Complimentary canteen meals in Chittenango, NY.

**Hours:** Wednesdays from 11:00 a.m. to 1:00 p.m.

**Phone:** 315-687-3300

**Email:** [info@clearpathforvets.com](mailto:info@clearpathforvets.com)

**Website:** <https://www.clearpath4vets.com>

## The Patriot's Pantry

Food Pantry for Veterans

**Where:** VFW Auxiliary Post 3146 - Mattydale

**Address:** 2000 Lemoyne Avenue  
Syracuse, NY 13208

**Hours:** Mondays from 4:00 p.m. to 6:00 p.m.

**Email:** [vfw3146auxiliary@gmail.com](mailto:vfw3146auxiliary@gmail.com)

## FoodPantries.org

Website that lists over 16,690 Food Pantries nationwide. This website also provides listings of soup kitchens and food banks.

**Website:** [www.foodpantries.org](http://www.foodpantries.org)

**Download a copy of VA's "Cost-Friendly Cooking" cookbook at:**

<https://www.nutrition.va.gov/Recipes.asp>

