IF YOU NEED FOOD ASSISTANCE, YOU ARE NOT ALONE.

POTSDAM COMMUNITY RESOURCES

THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP):
SNAP CAN HELP YOU BUY FOOD, SO YOU CAN STAY HEALTHY AND FOCUSED ON YOUR STUDIES.
TO FIND OUT IF YOU ARE ELIGIBLE, CONTACT ROBERT SMITH, NOEP COORDINATOR WITH MASSENA INDEPENDENT LIVING CHOICES (MILC) AT 315-764-9442, EXT. 405 OR EMAIL RSMITH@MILCINC.ORG.

POTSDAM NEIGHBORHOOD CENTER - FREE FOOD:
ONCE A MONTH, YOU CAN GET A FREE BOX OF HEALTHY FOOD (OR MORE OFTEN, IN EMERGENCIES). VISIT THE CENTER TO SIGN UP FOR THIS SERVICE. TOILETRIES, ETC. MAY ALSO BE AVAILABLE.
CONTACT THE CENTER FOR MORE INFORMATION ABOUT HOW TO SIGN UP.
OPEN WEEKDAYS, 8 AM–3 PM, CLOSED THE FIRST FRIDAY OF EACH MONTH.
CLOSED FOR LUNCH FROM 12–1 PM, DAILY.
2 PARK STREET (UNDER THE POTSDAM PUBLIC LIBRARY), 315-265-3920.

ST. MARY’S CATHOLIC CHURCH - FREE FRIDAY NIGHT CHURCH DINNERS:
FREE COMMUNITY DINNERS ARE HELD EVERY FRIDAY AT 6 PM BY THE NEWMAN CLUB (CATHOLIC COLLEGE STUDENTS).
ALL STUDENTS AND COMMUNITY MEMBERS ARE WELCOME.
YOU DON’T HAVE TO BE CATHOLIC TO ATTEND, BUT GRACE/PRAYER WILL BE SHARED.
PLEASE CALL AHEAD TO CHECK THE CURRENT SCHEDULE.
17 LAWRENCE AVE (THE RECTORY), ACROSS FROM THE CHURCH, 315-265-9680.

OTHER COMMUNITY RESOURCES (OUTSIDE OF POTSDAM)

HELPING HANDS - FOOD PANTRY AND FREE COMMUNITY LUNCHES
FREE LUNCHES MONDAY THROUGH THURSDAY AT NOON.
PANTRY OPEN MONDAY THROUGH THURSDAY FROM 9 AM–1:30 PM.
5868 STATE HWY 56, HANNAWA FALLS (AN EASY 6 MINUTE DRIVE FROM CAMPUS), 315-260-0633.

CAMPUS KITCHENS PROJECT - FREE MONDAY DINNERS
TAKE OUT DINNER EVERY MONDAY FROM 4:30–6 PM.
UNITARIAN UNIVERSALIST CHURCH
3 1/2 E. MAIN STREET, CANTON (IN THE CENTER OF CANTON, A 20-MINUTE DRIVE FROM CAMPUS), 315-229-5135.

NEED ASSISTANCE OR HAVE QUESTIONS?

PLEASE CONTACT STUDENT AFFAIRS AT 315-287-2013
THE DIVISION OF STUDENT AFFAIRS IS AVAILABLE TO ANSWER QUESTIONS, PROVIDE SUPPORT AND REFER STUDENTS TO CAMPUS AND OFF-CAMPUS RESOURCES.