

IF YOU NEED FOOD ASSISTANCE, YOU ARE NOT ALONE.

SUNY POTSDAM ON-CAMPUS RESOURCES

SUNY POTSDAM PROMETHEUS ALUMNI FOOD PANTRY
FREE FOOD FOR ANY MEMBER OF THE CAMPUS COMMUNITY IN NEED.
BRING A BAG TO CARRY YOUR ITEMS.

PERSONAL CARE & CLEANING PRODUCTS AVAILABLE AT THE HEALTH
HUB FOOD PANTRY EXTENSION.

MAIN PANTRY: 119 BARRINGTON STUDENT UNION (MAILROOM HALL),
OPEN MONDAY, THURSDAY, 10 AM-8 PM; TUESDAY, WEDNESDAY,
FRIDAY, 10 AM-5 PM; SATURDAY, 10 AM-2 PM; CLOSED SUNDAY
SATELLITE PANTRY IN CRANE: BISHOP HALL 3RD FLOOR (NEXT TO
ELEVATOR), OPEN MONDAY-FRIDAY, 7 AM-11:30 PM AND SATURDAY-
SUNDAY, 8 AM-11:30 PM

HEALTH HUB: 101C DUNN HALL, OPEN MONDAY-FRIDAY, 7 AM-11 PM
EMAIL ERIC DUCHSCHERER AT DUCHSCED@POTSDAM.EDU WITH QUESTIONS OR
DONATIONS. CHECK OUT [FACEBOOK.COM/SUNYPOTSDAMFOODPANTRY](https://facebook.com/SUNYPOTSDAMFOODPANTRY) FOR
UPDATES!

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 THE NOEP COORDINATOR WITH MAXIMIZING INDEPENDENT LIVING CHOICES (MILC) AT
315-764-9442 (PRESS 0 TO SPEAK WITH THE OPERATOR) OR VISIT MILCINC.ORG/CONTACT TO LOOK UP THE SLC NOEP COORDINATOR'S
DIRECT EXTENSION

POTSDAM NEIGHBORHOOD CENTER - FREE FOOD

ONCE A MONTH, GET A FREE BOX OF HEALTHY FOOD (OR MORE OFTEN, IN EMERGENCIES).

TOILETRIES, ETC. MAY BE AVAILABLE.

OPEN MONDAY-FRIDAY, 8 AM-12 PM & MONDAY-THURSDAY, 1 PM-3 PM. CLOSED THE FIRST FRIDAY EACH MONTH.
FOR MORE INFORMATION ABOUT HOW TO SIGN UP, CONTACT THE CENTER AT 315-265-3920 OR EMAIL POTSDAMNC@SLCCDP.ORG,
OR VISIT THE CENTER AT 2 PARK STREET (UNDER THE POTSDAM PUBLIC LIBRARY)

ST. MARY'S CATHOLIC CHURCH - FREE WEEKLY CAMPUS MINISTRY DINNERS

ALL STUDENTS ARE WELCOME. YOU DON'T HAVE TO BE CATHOLIC TO ATTEND, BUT GRACE/PRAYER WILL BE SHARED.
COORDINATED WITH THE NEWMAN CLUB (CATHOLIC COLLEGE STUDENTS).

EVERY FRIDAY AT 6 PM DURING THE ACADEMIC YEAR

17 LAWRENCE AVENUE (THE RECTORY), ACROSS FROM THE CHURCH. TO REQUEST A RIDE, CALL 315-265-9680 OR TEXT 412-514-3452

FIRST PRESBYTERIAN CHURCH - FREE MONTHLY DINNERS & LITTLE FREE PANTRY

ALL STUDENTS AND COMMUNITY MEMBERS ARE WELCOME. HYGIENE SUPPLIES ALSO AVAILABLE.

MONTHLY COMMUNITY DINNERS IN COOPERATION WITH TRINITY EPISCOPAL CHURCH (SEE TRINITY INFO BELOW)

LITTLE FREE PANTRY (IN THE BREEZEWAY), ACCESSIBLE 24/7 FOR ANYONE IN NEED

42 ELM STREET (AT INTERSECTION OF ELM, LAWRENCE, AND LEROY). CALL AHEAD TO CHECK DINNER SCHEDULE, 315-265-9434

TRINITY EPISCOPAL CHURCH - FREE MONTHLY COMMUNITY DINNERS

DINE-IN DINNER OFFERED IN COOPERATION WITH THE FIRST PRESBYTERIAN CHURCH OF POTSDAM. THIS IS A "FREE
WILL DONATION" DINNER; YOU MAY PAY AS MUCH OR AS LITTLE AS YOU'D LIKE.

4TH THURSDAY OF EVERY MONTH, 5 PM - 6:30 PM (LOCATION ALTERNATES BETWEEN THE TWO CHURCHES)

CALL 315-265-5754 TO CHECK LOCATION

OTHER COMMUNITY RESOURCES (OUTSIDE OF POTSDAM)

HELPING HANDS - FOOD PANTRY AND FREE COMMUNITY LUNCHES

FURNITURE, HOUSEWARES, TOILETRIES, APPLIANCES ALSO AVAILABLE.

FREE LUNCHES MONDAY-THURSDAY, 12-12:30 PM; WEEKLY MENU AT [FACEBOOK.COM/POTSDAMHELPINGHANDS](https://facebook.com/POTSDAMHELPINGHANDS)

PANTRY OPEN MONDAY-THURSDAY, 9 AM-1:30 PM. PICK UP ONCE PER MONTH.

5868 STATE HIGHWAY 56, HANNAWA FALLS (A 6-MINUTE DRIVE FROM CAMPUS), 315-268-0633

CAMPUS KITCHENS PROJECT - FREE MONDAY DINNERS

IN-PERSON OR TO-GO MEALS AVAILABLE.

EVERY MONDAY, 5-6 PM

UNITARIAN UNIVERSALIST CHURCH, 3 1/2 EAST MAIN STREET, CANTON (A 20-MINUTE DRIVE FROM CAMPUS), 315-229-5135 OR EMAIL
VOLUNTEERSERVICES@STLAWU.EDU

NEED ASSISTANCE OR HAVE QUESTIONS?

PLEASE CONTACT STUDENT AFFAIRS AT 315-267-2117

THE STUDENT AFFAIRS OFFICE IS AVAILABLE TO ANSWER QUESTIONS,