



**IF YOU NEED FOOD ASSISTANCE,  
YOU ARE NOT ALONE.**

## **SUNY POTSDAM ON-CAMPUS RESOURCE**

### **SUNY POTSDAM CAMPUS FOOD PANTRY**

FREE FOOD FOR ANY MEMBER OF THE CAMPUS COMMUNITY IN NEED,  
NO QUESTIONS ASKED.

JUST WALK INTO THE 1ST FLOOR OF THE STUDENT UNION WITH A BAG TO  
CARRY YOUR FOOD ITEMS.

COORDINATED BY THE FOOD INSECURITY TASKFORCE.

EMAIL SARAH LISTER AT LISTERSL@POTSDAM.EDU WITH QUESTIONS.

FOOD PANTRY OPEN DAILY, 24/7.

CHECK OUT THE SUNY POTSDAM CAMPUS FOOD PANTRY FACEBOOK PAGE FOR UPDATES.

(DONATIONS OF FUNDS OR FOOD ARE ALSO WELCOME.)

## **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 OR EMAIL POTSDAMNC@SLCCDP.ORG.

### **ST. MARY'S CATHOLIC CHURCH - FREE FRIDAY NIGHT CHURCH DINNERS:**

FREE COMMUNITY DINNERS ARE HELD EVERY FRIDAY AT 6 PM DURING THE ACADEMIC YEAR.

COORDINATED WITH THE NEWMAN CLUB (CATHOLIC COLLEGE STUDENTS).

ALL STUDENTS 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 AVENUE (THE RECTORY), ACROSS FROM THE CHURCH, 315-265-9680.

### **PRESBYTERIAN CHURCH - FREE WEEKLY LUNCHESES & PANTRY:**

FREE LUNCHESES ARE HELD EACH FRIDAY AT NOON WHEN COLLEGE IS IN SESSION.

LITTLE FREE PANTRY IN THE BREEZEWAY IS ACCESSIBLE 24/7 FOR ANYONE IN NEED.

ALL STUDENTS AND COMMUNITY MEMBERS ARE WELCOME.

PLEASE CALL AHEAD TO CHECK THE CURRENT SCHEDULE.

42 ELM STREET (AT INTERSECTION OF ELM, LAWRENCE AND LEROY), 315-265-9434.

### **TRINITY EPISCOPAL CHURCH - COMMUNITY SUPPERS:**

FREE COMMUNITY SUPPERS THE 4TH THURSDAY OF EACH MONTH.

8 MAPLE STREET (FALL ISLAND), 315-265-5754 OR EMAIL TRINITYPOTSDAM@GMAIL.COM.

## **OTHER COMMUNITY RESOURCES (OUTSIDE OF POTSDAM)**

### **HELPING HANDS - FOOD PANTRY AND FREE COMMUNITY LUNCHESES**

FREE LUNCHESES MONDAY THROUGH THURSDAY AT NOON.

PANTRY OPEN MONDAY THROUGH THURSDAY FROM 9 AM-1:30 PM.

FURNITURE, HOUSEWARES, TOILETRIES, APPLIANCES ALSO AVAILABLE.

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

### **CAMPUS KITCHENS PROJECT - FREE MONDAY DINNERS**

DINNER EVERY MONDAY FROM 5-6 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 315-267-2117

THE DIVISION OF STUDENT AFFAIRS IS AVAILABLE TO ANSWER QUESTIONS,  
PROVIDE SUPPORT AND REFER STUDENTS TO CAMPUS AND OFF-CAMPUS RESOURCES.