

ONONDAGA COUNTY

Department of Adult & Long Term Care Services
Food & Nutrition Resources



ABOUT US WHO WE ARE

The Onondaga County Office for Aging is the federally designated Area Agency on Aging (AAA) for Syracuse and Onondaga County. As such, we assist seniors and caregivers by providing the services and benefits that older adults need to live independently.

OUR MISSION

The Mission of the Onondaga County Office for Aging is to improve and enrich the quality of life for all older persons in Onondaga County.

Contact us: 315-435-2362



**SENIOR NUTRITION
PROGRAM**



SOUP KITCHENS



**SHOPPING
SERVICES**



FOOD PANTRIES



SNAP



SFMNP



FOOD SENSE

SENIOR NUTRITION PROGRAM

Home Delivered Meals

The Home Delivered Meals Program provides meals (hot & cold meal) to people of ALL ages that are unable to prepare their own meals due to an illness or injury.

The Senior Nutrition program provides assistance to nutritionally at risk, homebound, frail or isolated individuals who are age 60 or over. And in some cases, their caregivers, spouses, and/or persons with disabilities.

Meals are delivered Monday through Friday by caring volunteers who check on clients each day. Participants report a better sense of well-being and independence as a result.

The Home Delivered Meals Program is a primary access point for other home and community-based services.

SENIOR NUTRITION PROGRAM

HDM Agencies

Baldwinsville MOW*

- 315-638-2171

Kosher MOW

- 315-446-9111 x234

Eastern Onondaga County MOW

- 315-637-5446

North Area MOW

- 315-452-1402

ECHO MOW*

- 315-487-2878

Syracuse MOW

- 315-478-5948

* = not contracted with Onondaga County OFA



SENIOR NUTRITION PROGRAM

Congregate Meals

The Congregate Meal Program provides city and county residents age 60 and over, with nutritious meals that provides a minimum of one-third of the Dietary Reference Intakes (DRIs) for each meal.

Nutrition staff conduct visits at each of the preparation kitchens and dining sites in order to ensure that each facility is in compliance with health code standards. They also provide food safety in-service training for the kitchen and site staff and are responsible for the oversight of customer satisfaction surveys.

Staff also provide nutrition education, nutrition risk screening and nutrition counseling to participants.

SENIOR NUTRITION PROGRAM

Congregate Meals

Well-balanced nutritious meals are served up to five days per week at Senior Dining Sites.

Seniors have the opportunity to give a suggested contribution towards the cost of the meal. Eligible participants are never denied a meal due to the inability or unwillingness to contribute towards the cost of the meal.

Contributions provide additional funding to provide more meals for seniors, especially those in need. Each client's contribution is voluntary and confidential.

Reservations are requested. Please call the dining site you wish to attend for reservations.



SENIOR NUTRITION PROGRAM

PEACE Inc. Congregate Meal Sites

Note: Reservations are required. Not all meal sites operate M-F. Call the listed phone number for more information

Bob Cecile Senior Center, 174 W Seneca Turnpike

- 315-473-2678

Brighton Towers Apartments, 821 Brighton Ave.

- 315-469-6919

Camillus Senior Center, 27 First Street, Camillus

- 315-672-5820

Canton Woods Senior Center, 76 Canton St, Baldwinsville

- 315-638-4536

Cicero Senior Center, 5924 Lathrop Road, Cicero

- 315-452-3298

Clover Corner @ Huntington, 405 Gifford Street

- 315-476-3157

Dewitt Senior Center, 148 Sanders Creek Parkway

- 315-470-3331

Dunbar Center, 1453 South State Street

- 315-760-3155 x3

Eastwood Senior Center, 401 S Midler Avenue

- 315-437-4011

Heman Street, 121 East Heman St, East Syracuse

- 315-437-3541

John Carno Recreation Ctr., 823 State Fair Blvd

- 315-487-8243

Jordan Elbridge Comm. Ctr., 1 NY 31, Jordan

- 315-689-3431

Limestone Gardens, 7626 Highbridge Road, Manlius

- 315-682-7001

Liverpool Methodist Church, 604 Oswego Street

- 315-470-3331

Marcellus St. Xavier Church, 1 West Main St, Marcellus

- 315-470-3331

Meadows @ Radisson, 3490 Meadowbriar Ln, Baldwinsville

- 315-635-6125

North Syracuse Comm Center, 700 S. Bay Rd, N. Syracuse

- 315-458-8050

Onondaga Senior Center, 4834 Velasko Road

- 315-469-3259



SENIOR NUTRITION PROGRAM

PEACE Inc. Congregate Meal Sites

Providence House, 1700 W Onondaga St, Syracuse

- 315-470-3331

Ross Towers, 710-712 Lodi Street

- 315-470-3331

Town of Salina, 201 School Road

- 315-470-3331

Toomey Abbott Towers, 1207 Almond Street

- 315-428-0180

UCC Bayberry, 215 Blackberry Road, Liverpool

- 315-470-3331

Valley Vista Apartments, 122 West Seneca Turnpike

- 315-469-4100

Villa Scalabrini Apartments, 825 East Willow Street

- 315-472-3142

Vinette Towers, 907 Pond St.

- 315-422-3846

Westcott Community Center, 826 Euclid Avenue

- 315-478-8634

Additional Congregate Meal Sites

Salvation Army, 749 S Warren Street

- 315-479-1125

Jewish Community Center, 5655 Thompson Rd, Dewitt (Kosher meals)

- 315-445-2360



SOUP KITCHENS

Free Meal Sites

No reservations are required and all ages are welcome. These programs are not contracted by the OCOFA.

Assumption Daily Sandwich Program/Soup Kitchen
808 N. Salina St., Syracuse, NY 13208
Lunch: Monday-Friday, 11:30 am to 1:00 pm
Dinner: Monday-Friday, 4:00 pm to 4:45 pm

Hopps Memorial Church Soup Kitchen
1110 South State St., Syracuse, NY 13202
Lunch: Wednesday-Friday, 11:30 am

Payton Temple Soup Kitchen
1816 Midland Ave., Syracuse, NY 13205
Lunch: Saturday, 12:00 pm to 1:00 pm

Rescue Mission Soup Kitchen
120 Gifford Street, Syracuse NY 13202
Breakfast: Daily, 7:00 am to 8:00 am
Lunch: Daily, 11:00 am to 12:00 pm
Dinner: Daily, 4:00 pm to 5:00 pm

Samaritan Center
215 North State St., Syracuse, NY 13203
Breakfast: Monday-Friday, 6:30 am to 8:30 am
Afternoon Meal: Monday-Thursday, 3:00pm to 4:30 pm
Friday/Weekends/Holidays: 1:00 pm to 2:30 pm

Southside Church of Christ Soup Kitchen
1327 W. Colvin St., Syr., NY 13207
Lunch: Saturday, 11:00 am to 1:00 pm

St. Lucy's
432 Gifford Street, Syracuse, NY 13204
Lunch: Wednesday, 11:00am to 12:00 pm



SHOPPING SERVICES

Local Resources

Check with local grocery stores in your area about shopping options.

Dominick's Market

139 Gertrude Street, Syracuse, NY 13203

315-474-0012

- Will deliver groceries in Onondaga County, Monday through Friday. There is a \$7.00 minimum delivery fee and at least \$25.00 in groceries must be purchased.
- You must call before 11:00 AM. to put your name on list. You will receive a call back; same day grocery delivery.

Kinney Drug Stores

- Offers delivery, within five miles of the store you call, of anything they sell in their store for a \$2.00 delivery fee.
- The stores carry many grocery staples and cleaning products, etc.
- They also offer FREE delivery of prescriptions. You must live within 5 miles of the store you call.

SHOPPING SERVICES

Tyme Savers

This program is offered to seniors, age 60 or older, with limited income, who are homebound and unable to find assistance for grocery shopping. The service will also pick up prescriptions if they are at the same grocery store.

Eligibility

- Onondaga County residents

Application Process

- Call the Onondaga County Office for Aging at 315-435-2362.

Fees

- No cost for qualifying individuals.
- Voluntary contributions to the Office for Aging are accepted and used to expand services. No one will be denied services if unable or unwilling to contribute. Shopper Services are valued at \$28.50 per trip. However, a contribution in any amount is welcomed.



AGING UNBOUND: MAY 2023

FOOD PANTRIES

Resources

Food Pantries provide a limited amount of groceries to be prepared at home.

Although pantries serve eligible clients without discrimination, they may limit the number of times a household may receive assistance. There is no guarantee that pantry assistance will be available at any given time.

If you need a referral to a nearby food pantry, please contact the Interreligious Food Consortium weekdays at 315-474-8855 between the hours of 9 a.m. and 3 p.m.

- www.ifccny.org.

FOOD PANTRIES

CNY Food Bank

The Food Bank is leading the effort to eliminate hunger in our region, by partnering with others in our community, through education, advocacy, and distribution of nutritious food.

The Food Bank maintains an inventory of 100 core food items available to programs at all times.

To obtain more information, call 315- 437-1899 or navigate to foodbankcny.org.

- If you are looking for food in your area, click "find food" on the website home page, enter your location, and see what is available!



FOOD \$EN\$E

CNY Food Bank

What is it?

- Food \$en\$e offers the opportunity to stretch your food budget while still getting quality food at a discount. No donated food is used in this program.

Who is eligible?

- Anyone who needs to stretch their food dollars can participate. It's a buying club - you are not required to show proof of income.

How does it work?

- It's simple. Call (315) 437-1899 or use our (Food Bank CNY) search application "Find Food" to locate a Food \$en\$e host site near you.
- Check out the monthly Food \$en\$e newsletter to view the monthly package and specials and subscribe to stay updated.
- Order and pre-pay with cash or EBT to your local site coordinator.
- Visit your local Food \$en\$e site at the end of the month to pick up your order.

FOOD \$EN\$E

Cost

Each package costs \$20.50 without limitation to the number of packages you may buy.

While the items vary from month to month, the package always includes:

- 4-5 meat items like chicken, ground beef or fish
- 4-5 staple pantry items like pasta, soup, and rice
- 2 fresh produce items like apples, carrots or oranges

Rotating monthly specials like stuffed pork chops, American cheese, meatballs, lasagna, and chicken tenders can be purchased in addition to the basic unit.



FOOD \$ENSE

Distribution Sites

Syracuse	St. Mark's Church, 1612 West Genesee St.	Barry Guinn (315) 488-8511
Syracuse	Café Sankofa, 2323 S. Salina St.	Arlaina Harris (315) 283-0629
Syracuse	Northeast Community Center, 716 Hawley Ave.	Kathie Deaver (315) 472-6343 ext. 230
Baldwinsville	Canton Woods Senior Center, 76 Canton St.	Avis Neupert (315) 638-4536
Camillus	Camillus Senior Center, 25 ½ First St.	Tricia Bacon (315) 672-5820
Liverpool	Church of Christ, 4268 Wetzel Rd.	JoAnne Steeger (215) 219-5056
Salina	Town Justice, 201 School Rd.	Barbara Spears (315) 424-1810
Dewitt	Town of Dewitt, 5400 Butternut Dr.	Shannon Shoff (315) 446-3910 ext. 9
Tully	St. Leo's Church, 10 Onondaga St.	Jeannie Crouse (315) 696-8671

SENIOR FARMER'S MARKET NUTRITION PROGRAM

SFMNP

What is it?

- The SFMNP offers coupons that are redeemable at participating Farmer's Markets and Farm Stands. The coupons can be used to purchase up to \$25 worth of food.

Who is eligible?

- Anyone who is 60 years or older and meets income requirements.

How does it work?

- Starting in July, multiple sites throughout Onondaga County will receive coupons for distribution. Dates and times to distribute coupons are dependent on the specific site.
- More information will be available closer to the distribution date.
- Unfortunately, due to the volume of interested individuals, we are not able to take individuals' names for a waiting list.



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Formerly known as Food Stamps

SNAP monthly benefits can be used to purchase food at authorized retail food stores to help put healthy food on the table. SNAP benefits help low-income working people, seniors, disabled individuals and others feed their families.

Eligibility

- Eligibility is based on income. If your income is less than or equal to the amounts in the charts supplied (based on your family size), you may be eligible for SNAP benefits.

How to apply

- If you live in Onondaga County, you can apply at:
- Social Services-Economic Security, John H. Mulroy Civic Center 421 Montgomery Street, 2nd Floor, Syracuse, NY 13202.
- Hours: 8:00 AM -4:30 PM (Monday-Friday)
- Phone: 315- 435-2700.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

How to use SNAP

It is quite easy to use SNAP Benefits!

They will be provided through an electronic benefit card. This is used much like a debit or credit card.

If your application is approved, you will receive your EBT Card in the mail. An account will automatically be set up for you and every month your benefits will be automatically deposited into your account. You will need to set up a four digit PIN for added protection.

Your card can be used at any participating grocery store or participating Farmer's Markets.

