



F O R T D R U M

FOOD

Resource Guide

Version 1.0

SPRING 2024

POC: CPT KIMBERLY WHITBECK,
KIMBERLY.M.WHITBECK.MIL@HEALTH.MIL

TABLE OF CONTENT

RESOURCE LABELS

Review resource labels to help identify which resources you are eligible for.

FOOD & FINANCIAL RESOURCES

Browse the on and off-post resources to help you find the food and/or financial resources you need.

APPENDIX

See the appendix at the back for program/resource flyers.

CONTACT US

Please reach out to point of contact (POC) email for questions or to add resources to the current food resource guide.



Resource Labels

Resources are color-coded to identify who qualifies for benefits. The colored circles to the right of each resource match the groups below.

SERVICE MEMBERS

Includes Service Members from any branch who are Active-Duty, Reserve, or National Guard.

VETERANS

Includes those who are separated or retired from service with a DD214 and/or Veteran ID card.

RETIREES

Includes those who are retired from service with a DD214 and/or Veteran ID card.

FAMILY MEMBERS

Includes spouses and dependents of Service Members.

CIVILIAN EMPLOYEES

Includes GS or contract employees who work on Fort Drum.

ALL GROUPS QUALIFY

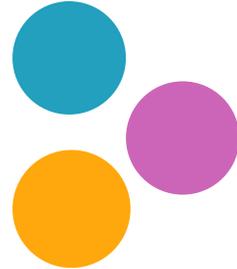
All groups are eligible. See individual program details to determine if there are age or financial requirements.

FINANCIAL RESOURCES

ARMY EMERGENCY RELIEF (AER)

AER PROVIDES EMERGENCY FINANCIAL ASSISTANCE TO ADMS, RETIREES, AND FAMILY MEMBERS DURING TIMES OF NEED. AER PROVIDES INTEREST-FREE LOANS AND/OR GRANTS TO THOSE WHO QUALIFY.

LOCATION: BLDG. 11042, MT BELVEDERE BLVD
HOURS: 0730-1630 MON-FRI
PHONE: 315-772-6560



FINANCIAL READINESS PROGRAM (FRP)

PERSONAL FINANCIAL SERVICES TO HELP SOLDIERS AND FAMILIES DEVELOP SPENDING PLANS, REDUCE DEBT, IMPROVE CREDIT, ETC. FRP OFFERS CLASSES AND 1-ON-1 COUNSELING.

LOCATION: BLDG 11042, MT BELVEDERE BLVD
PHONE: 315-772-5196



OPERATION HELPING HANDS (OHH)

SOLDIERS REQUEST OHH THROUGH THEIR UNIT CHAPLAIN DURING DUTY HOURS OR ON-CALL CHAPLAIN HOURS. COMMAND MUST KNOW OF SOLDIER'S ISSUE AND SOLDIER MUST SEE FINANCIAL COUNSELOR. MUST SEEK AER SERVICES FIRST.

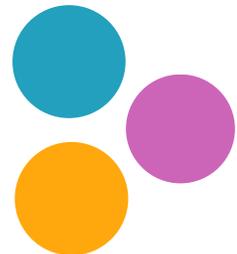
ON CALL DUTY CHAPLAIN: 315-772-8620 / 3632



AMERICAN RED CROSS

IF IN NEED AFTER AER NORMAL DUTY HOURS, CONTACT THE RED CROSS FOR AER ASSISTANCE AT 1-877-272-7337, FOR EMERGENCY TRAVEL. ON-POST CONTACT BELOW.

LOCATION: BLDG. 11042, MT BELVEDERE BLVD, FORT DRUM.
PHONE: 315-772-6560



FOOD RESOURCES

DFAC MEAL PREP PROGRAM

1BCT AND 2BCT DFAC'S ARE OFFERING MEAL PREP. SOLDIERS CAN USE THEIR MEAL CARD OR PAY TO PURCHASE WEEKLY MEALS FOR PICK-UP. MULESKINNER & FLIGHTLINE MEAL PREP COMING SOON. SEE WEBSITE BELOW FOR DFAC LOCATIONS & CONTACT INFO.

[HTTPS://HOME.ARMY.MIL/DRUM/MY-FORT/ALL-SERVICES/FORT-DRUM-FOOD-SERVICE-1](https://home.army.mil/drum/my-fort/all-services/fort-drum-food-service-1)



GRAB-N-GO KIOSK

SOLDIERS CAN USE MEAL CARD TO PAY FOR MEAL KITS AND SOLDIERS WITH BAS CAN OPT TO PAY OUT OF POCKET. FORT DRUM FOOD SERVICE & REGISTERED DIETITIANS HAVE WORKED TOGETHER TO OFFER BALANCED MEAL OPTIONS.

LOCATION: BLDG 10650, 5TH ARMORED DIV DR, HOURS: 0800-1900
MON-FRI, PHONE: 315-774-1015



CULINARY OUTPOST FOOD TRUCK

THE FOOD TRUCK OFFERS BREAKFAST & LUNCH AT AFFORDABLE PRICES. SOLDIERS CAN USE THEIR MEAL CARDS TO PAY FOR FOOD & SPOUSES/DEPENDENTS OF E1-E4 RECEIVE REDUCED RATES. GO TO LINK BELOW TO SEE SCHEDULE WITH LOCATION & HOURS.

[HTTPS://HOME.ARMY.MIL/DRUM/MY-FORT/ALL-SERVICES/FORT-DRUM-FOOD-SERVICE-1/CULINARY-OUTPOST-FOOD-TRUCK](https://home.army.mil/drum/my-fort/all-services/fort-drum-food-service-1/culinary-outpost-food-truck)



WOMEN, INFANTS, & CHILDREN (WIC)

WIC SATELLITE LOCATION OCCURS ONCE MONTHLY ON FORT DRUM THROUGH COORDINATION WITH FAMILY ADVOCACY PROGRAM. WOMEN WHO ARE PREGNANT, POSTPARTUM, AND CHILD THROUGH THE AGE OF 5 CAN RECEIVE MONTHLY BENEFITS IF FINANCIAL ELIGIBILITY IS MET.

LOCATION: BLDG. 11042, MT BELVEDERE BLVD, FORT DRUM.
PHONE: 315-772-6560

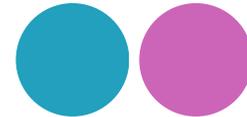


FOOD RESOURCES

THRIFT SHOP FOOD PANTRY

THE THRIFT SHOP OFFERS PANTRY HOURS ON TUESDAYS, WEDNESDAYS, THURSDAYS EVERY WEEK AND THE 1ST SATURDAY OF EACH MONTH.

LOCATION: BUILDING P-1454 FOURTH STREET M, FORT DRUM, NY
HOURS: TUES 0930-1400, WEDS 1030-1700, THURS 0930-1400
PHONE: 315-772-0021



BLESSING BOX @ FRC

A BLESSINGS BOX FULL OF NON-PERISHABLE FOOD ITEMS IS LOCATED AT THE BACKSIDE OF THE FAMILY RESOURCE CENTER (PARKING LOT SIDE).

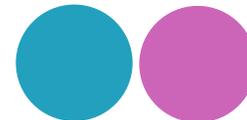
LOCATION: BLDG 10650, 5TH ARMORED DIV DR,
HOURS: 24/7



USO CENTER

USO OFFERS DAILY LUNCH FOR SERVICE MEMBERS AND THEIR DEPENDENTS.

LOCATION: 10502 S RIVA RIDGE LOOP, FORT DRUM, NY
HOURS: 1200-1300, MONDAY-FRIDAY
PHONE: 315-777-8006



YOUTH CENTER

CHILDREN MAY ATTEND YOUTH CENTER DURING OPEN HOURS. USDA MEALS/SNACKS PROVIDED. MUST BE REGISTERED WITH CHILD & YOUTH SERVICES (CYS).

LOCATION: 10788 CHAPEL DRIVE, FORT DRUM, NY
HOURS: MONDAY-FRIDAY 1300-2000, SATURDAY 1200-2000
PHONE: 315-772-6719

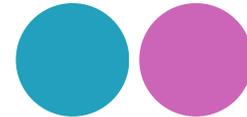


FOOD RESOURCES

FAMILY ADVOCACY PROGRAM

FAMILY ADVOCACY OFFERS MONTHLY COOKING CLASSES, AS WELL AS WORKSHOPS AND FAMILY PROGRAMS SUCH AS NEW PARENT SUPPORT GROUP. SEE FACEBOOK PAGE FOR EVENT FLYERS.

LOCATION: 10250 4TH ARMORED DIVISION DRIVE, FORT DRUM, NY
WEBSITE: [HTTPS://WWW.FACEBOOK.COM/FTDRUMFAP](https://www.facebook.com/ftdrumfap)
PHONE: 315-772-5914



FRUIT & VEGETABLE PRESCRIPTION (RX) PROGRAM

RETIREES, SOLDIERS & FAMILIES (RANK E6 OR BELOW) WITH TRICARE, A CHRONIC DISEASE RISK FACTOR, & TROUBLE GETTING ENOUGH FOOD MAY QUALIFY FOR 6 WEEKS OF PRODUCE VOUCHERS.

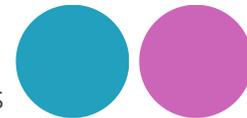
LOCATION: GUTHRIE & SOLDIER HEALTH SERVICES CLINICS
PHONE: 315-772-6404, SCHEDULE NUTRITION APPT FOR FRUIT/VEG RX PROGRAM



RHICARD HILLS COMMUNITY GARDENS

SOLDIERS & FAMILIES LIVING ON POST IN RHICARD HILLS HAVE ACCESS TO A COMMUNITY GARDEN. UTILIZE THE SEED LIBRARIES LISTED IN OFF POST RESOURCES TO HELP GROW YOUR OWN PRODUCE.

LOCATION: RHICARD HILLS COMMUNITY, FORT DRUM, NY
PHONE: 315-955-6643





FOOD PANTRIES (JEFFERSON)

WATERTOWN URBAN MISSION

247 FACTORY ST.
WATERTOWN, NY
315-782-8440
MON - FRI 9:30 - 11:30 AM & 1:00 - 3:00 PM

SALVATION ARMY

723 STATE ST.,
WATERTOWN, NY 13601
315-785-5582
MON-FRI 9AM-3PM; TUE/THU 4-6PM; SAT 1130 AM-1PM

CHAUMONT FOOD PANTRY

27348 MADISON ST.,
CHAUMONT, NY
315-649-2424
CALL FOR HOURS

VEM FOOD PANTRY

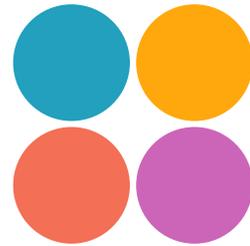
495 S. WASHINGTON ST.,
CARTHAGE, NY
315-493-1341
MON 9AM - 2PM; TUE-WED 5-7PM; FRI 9AM - 2PM



FOOD PANTRIES (JEFFERSON)

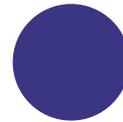
FEED OUR VETS

1291 FAICHNEY DRIVE
WATERTOWN, NY 13601
3RD SATURDAY OF MONTH, 9AM-12PM
315-767-8970



CAPC FOOD PANTRY

518 DAVIDSON ST
WATERTOWN, NY 13601
TUES, WEDS, THURS 1-4PM
315-782-4900 EXT 222



CAPC MOBILE FOOD PANTRY

LOCATIONS TBD
SEE FLYER IN APPENDIX FOR DETAILS
315-782-4900 EXT 222



ROHDE COMMUNITY CENTER

2 E. CHURCH ST,
ADAMS, NY
315-232-2621
MON,THU,FRI 9:30AM-12:45PM; TUE 11AM-
2:30PM & 3-6:45PM





FOOD PANTRIES (JEFFERSON)

GWEN'S FOOD PANTRY

36213 STATE ROUTE 180
LAFARGEVILLE, NY 13656
315-658-4796
SAT 9AM-12PM

CAPE VINCENT FOOD PANTRY

159 S. ESSELSTYNE ST.
CAPE VINCENT, NY
315-654-2438
1ST WED 4-5PM; 2ND WED 10-11AM; 3RD WED 6-7:30 PM

COUNCIL OF CHURCHES FOOD PANTRY

521 JAMES STREET
CLAYTON NY
315-767-1220
MON 1-3PM; TUE 6-8PM; WED 1-3PM

ST MARY'S CHURCH

8408 SOUTH MAIN STREET
EVANS MILLS, NY
315-629-4678
SAT 10AM-12PM





FOOD PANTRIES (JEFFERSON)

INDIAN RIVER BAPTIST CHURCH

42 MAIN STREET
PHILADELPHIA, NY
315-921-7925
SAT 9-11AM; WED 4-6PM

THERESA FOOD PANTRY

110 ANTWERP ROAD
THERESA, NY
680-222-6183
SAT 10AM-1PM; THU 9AM-12PM

ST PAUL'S

43668 LAKE STREET
REDWOOD, NY
315-482-2931
WED 1:30=3PM & BY APPT

DEXTER METHODIST CHURCH

210 WEST KIRBY ST,
DEXTER, NY
315-788-5238
CALL FOR HOURS





FOOD PANTRIES (LEWIS)

COPENHAGEN FOOD PANTRY

31721 STATE ROUTE 12
COPENHAGEN, NY
845-661-3659
3RD WEDS 5-7PM

CROGHAN FOOD PANTRY

9794 MAIN STREET
CROGHAN, NY
315-629-4458
3RD THURS 5-7PM & BY APPT.

LOWVILLE FOOD PANTRY

7646 FOREST AVENUE
LOWVILLE, NY
315-376-7431
MON-FRI 9-1130AM; TUE/THU 5-7PM

NEW BREMEN FOOD PANTRY

8265 NYS RTE 812
NEW BREMEN, NY
315-376-8202
MON, WEDS, FRI 1-3PM





FOOD PANTRIES
(LEWIS/ST LAWRENCE)

HARRISVILLE FOOD PANTRY

STATE ROUTE 3
HARRISVILLE, NY
315-376-8202
1ST TUE 7-8PM & 3RD THURS 10-11AM

PORT LEYDEN FOOD PANTRY

7108 NORTH ST,
PORT LEYDEN, NY
315-629-4458
TUE 9AM-12PM; 4TH THUR 9AM-12PM

LOWVILLE FOOD PANTRY

5502 TRINITY AVE.,
LOWVILLE, NY
315-376-7431
MON-FRI 9-11:30AM; TUE & THU 5-7PM

CANTON NEIGHBORHOOD CENTER

5 WEST ST.
CANTON, NY
315) 386-3541
MON-FRI 8AM-3PM





FOOD PANTRIES (ST LAWRENCE)

PARISHVILLE FOOD PANTRY

1772 STATE HIGHWAY 72,
PARISHVILLE, NY
315-244-0069
THURS 9AM-1PM

GRACE FOOD PANTRY

52 CHURCH ST.,
GOUVERNEUR, NY
315-287-7656
THURS 9-1145AM

POTSDAM NEIGHBORHOOD CENTER

2 PARK ST.,
POTSDAM, NY
315-265-3920
MON -FRI 8AM-12PM & 1-3PM

CHURCH & COMMUNITY PROGRAM

7 MAIN ST,
CANTON, NY
315-386-3534
MON 12-3PM; TUES/THURS 10AM-3PM





FOOD PANTRIES (ST LAWRENCE)

COLTON FOOD PANTRY

9 SUGARBUSH LANE
COLTON, NY
315-244-0069
MON & FRI 9AM-1PM

GOUVERNEUR NEIGHBORHOOD CENTER

15 ROCK ISLAND STREET
GOUVERNEUR, NY
315-287-3370
MON-FRI 8AM-12PM & 1-3PM; 3-4PM BY APPT.

GRASSE RIVER PANTRY

28 PESTLE STREET
RUSSEL, NY
315-562-3450
2ND WEDS 5-630PM

HAMMOND PANTRY

30 LAKE STREET
HAMMOND, NY
315-324-5517
3RD THURS 11AM-2PM





FOOD PANTRIES (ST LAWRENCE)

MASSENA NEIGHBORHOOD CENTER

61 BEACH STREET, SUITE 103
MASSENA, NY
315-764-0050
MON-FRI 8AM-3PM; 3-4PM BY APPT.

NORFOLK/RAYMONDVILLE

9 NORTH MAIN ST,
NORFOLK, NY
315-713-4861
3RD SAT 9-11AM & BY APPT

OGDENSBURG NEIGHBORHOOD CENTER

330 FORD STREET
OGDENSBURG, NY
315-713-8036
MON-FRI 8AM-12PM & 1-3PM





FOOD PANTRIES (ST LAWRENCE)

RICHVILLE BAPTIST CHAPEL

209 MAIN STREET
RICHVILLE, NY
315-287-0259
2ND WEDS 2-330PM & BY APPT.

SALVATION ARMY MASSENA

20 RUSSELL ROAD
MASSENA, NY
315-769-5154
MON-FRI 9AM-12PM

SALVATION ARMY OGDENSBURG

401 FRANKLIN STREET
OGDENSBURG, NY
315-393-3351
MON-FRI 9AM-12PM

ST VINCENT DE PAUL

214 MORRIS STREET
OGDENSBURG, NY
315-393-6579
MON-FRI 10AM-3PM





FOOD PANTRIES (ST LAWRENCE)

STAR LAKE NEIGHBORHOOD CENTER

4208 STATE ROUTE 3
STAR LAKE, NY
315-351-2570
2ND & 4TH WEDS 930-1130AM

TRITOWN COMMUNITY SERVICES

1979 STATE ROUTE 11C
NORTH LAWRENCE, NY
414-491-3506
2ND FRI 0930-11AM

WADDINGTON FAMILY RESOURCE CENTER

10 LAGRASSE STREET
WADDINGTON, NY
315-388-5934
1ST & 3RD WEDS 9AM-12PM

PIERREPOINT FOOD PANTRY

864 STATE ROUTE 68
PIERREPOINT, NY
315-244-0069
TUES & WEDS 9AM-1PM





SOUP KITCHENS

SALVATION ARMY

723 STATE STREET
WATERTOWN, NY
315-785-5582
MON - SAT 11:30 AM - 1:00 PM

FREE COMMUNITY MEAL

1046 OSWEGATCHIE TRAIL
STAR LAKE, NY
315-848-3562
WED 5:00 - 6:00 PM

FREE WILL MEAL PROGRAM

41 COURT STREET
CANTON, NY
315-386-4500
WED 4:30 - 6:00 PM

MASSENA UMC

189 MAIN STREET
MASSENA, NY
315-769-8036
TUES 11:30 AM - 12:30 PM, THU 4:30 - 6:00 PM



OFF-POST



SOUP KITCHENS

SALVATION ARMY NORTH KOUNTRY KITCHEN

401 FRANKLIN STREET
OGDENSBURG, NY
315-393-3351
TUE 4:00 - 6:00 PM

OFF-POST



FOOD RESOURCES

DEPAUVILLE LIBRARY RESOURCES

THEY OFFER MONTHLY "FOOD FOR THOUGHT" NATURE TALKS W/ A FREE BOWL OF SOUP & A FREE SEED LIBRARY WHERE YOU CAN GET SEEDS TO PLANT. FOLLOW ON FACEBOOK FOR MORE EVENTS.

32333 COUNTY RTE 179, DEPAUVILLE, NY
315 -686-3299

ROSWELL P. FLOWER SEED LIBRARY

THE LIBRARY OFFERS A FREE SEED KIT TO START YOUR OWN GARDEN.

229 WASHINGTON STREET, WATERTOWN, NY
315 785-7705





FOOD RESOURCES

FOOD \$ENSE

FOOD \$EN\$E IS A MONTHLY FOOD BUYING CO-OP FOR ANYONE WHO WANTS TO STRETCH THEIR GROCERY DOLLARS. FOOD \$EN\$E PROVIDES A MONTHLY BOX OF 12-15 GROCERY ITEMS FOR \$20.50

LOCATION: CHECK WEBSITE TO FIND PICK-UP LOCATION NEAR YOU
WEBSITE: [HTTPS://WWW.FOodbANKcny.org/our-programs/food-sense-program/](https://www.foodbankcny.org/our-programs/food-sense-program/)

SNAP OUTREACH

SNAP OFFERS NUTRITION ASSISTANCE TO MILLIONS OF ELIGIBLE, LOW-INCOME INDIVIDUALS AND FAMILIES AND PROVIDES ECONOMIC BENEFITS TO COMMUNITIES. CALL OUTREACH COORDINATOR BELOW TO HELP APPLY, IF ELIGIBLE. SOLDIERS / FAMILIES MAY NOT QUALIFY AS BAH IS INCLUDED.

PHONE: 315) 437-1899 EXT. 279 OR EXT 251

SENIOR COMMUNITY MEAL SITES

JEFFERSON COUNTY HAS OPENED SOME SENIOR COMMUNITY MEAL SITES THROUGHOUT THE COUNTY. THESE SITES PROVIDE MEALS AT LUNCH TIME FOR PEOPLE **60 OR OVER** IN A FRIENDLY GROUP SETTING.

SEE HANDOUT ON NEXT 2 PAGES FOR INFORMATION.

LEWIS & ST LAWRENCE COUNTY SENIOR MEALS

BOTH COUNTIES OFFER MULTIPLE SITES FOR SENIORS TO DINE FOR LUNCH DURING THE WEEK. THE OFFICE OF THE AGING OFFERS HOME DELIVERED MEALS FOR ELIGIBLE SENIORS **OVER 60 YEARS OLD**. CALL 315-376-5313 FOR DELIVERED MEALS.

SEE MEAL SITES ON NEXT 3 PAGES.



FOOD RESOURCES

MEAT SUITE

MEAT SUITE IS A RESOURCE TO FIND AND PURCHASE MEAT IN BULK FROM LOCAL FARMERS. PURCHASING FROM THE SOURCE SAVES YOU MONEY AND SUPPORTS FARMERS.

[HTTPS://WWW.MEATSUITE.COM/](https://www.meatsuite.com/)



LOCAL FOODS GUIDE

CORNELL COOPERATIVE EXTENSION PUBLISHES A YEARLY FOOD GUIDE TO INCLUDE LOCAL FARMERS, FARMER'S MARKETS, & LOCAL SMALL BUSINESSES. USE WEBSITE BELOW TO SEE CURRENT RESOURCES.

[HTTPS://WWW.JCNYLOCALFOODS.ORG/](https://www.jcnylocalfoods.org/)



JEFFERSON COUNTY

Senior Community Meal Sites

Alexandria Bay

Gordon Courts- 39 Bolton Ave., Alex Bay, NY 13607

Serving: M, W, F. 11 a.m. - 1 p.m. / To Reserve Contact Trinity at (680) 222-7038

Calcium

Calcium Community Church- 26816 NY- 342, Calcium, NY 13616

Serving: Tue. 11 a.m. - 1 p.m. / To Reserve Contact Roger Keltner at (315) 771-3616

Chaumont

The Copley House- 12030 NY-12E, Chaumont, NY 13622

Serving: 2 Mondays a Month 11 a.m. - 1 p.m.

To Reserve Contact: Jim Morrow at (315) 405-5074 (Main) / Kathie Karr at (315) 778-3672

Clayton

The Paynter Center- 914 Strawberry Lane, Clayton, NY 13624

Serving: Tue. & Thurs. 11 a.m. - 1 p.m. / To Reserve Contact Sandi Baril at (315) 686-3553

Watertown

Midtown Towers- 142 Mechanic St. Watertown, NY 13601

Serving: Mon. & Thurs. 11:30 a.m. - 12:30 p.m. / To Reserve Contact Trinity at (680) 222-7038

Skyline Apartments- 454 Mill St. Watertown, NY 13601

Serving: Tue. & Thurs. 11:30 a.m. - 12:30 p.m. / To Reserve Contact Trinity at (680) 222-7038

Centennial Apartments- 1010 Washington St. Watertown, NY 13601

Serving: Wed. & Fri. 11:30 a.m. - 12:30 p.m. / To Reserve Contact Trinity at (680) 222-7038

LEWIS COUNTY

SENIOR COMMUNITY MEAL SITES

COPENHAGEN

(MONDAY-THURSDAY) 11:45 AM
COPENHAGEN UNITED CHURCH
MAIN ST. COPENHAGEN, NY

CROGHAN

(MONDAY-THURSDAY) 11:45 AM
STEEPLEVIEW COURTS
GEORGE ST. CROGHAN, NY

HARRISVILLE

(MONDAY-THURSDAY) 11:45 AM
HARRIS COURTS
CHURCH STREET HARRISVILLE, NY

LOWVILLE

(MONDAY-THURSDAY) 11:45 AM
MAPLE RIDGE CENTER
EAST ROAD LOWVILLE NY

LYON'S FALLS

(MONDAY-THURSDAY) 11:30 AM
MCMANUS HOTEL
CENTER STREET LYONS FALLS, NY

WEST LEYDEN RESTAURANT DINING

7 DAYS A WEEK, 8:00 AM TO 4:00 PM

**MUST CALL OUR OFFICE TO COMPLETE A CLIENT
REGISTRATION FORM AHEAD OF TIME TO RECEIVE VOUCHERS
TO REDEEM AT MILK PLANT TAVERN, 1006 STATE ROUTE 26,
WEST LEYDEN, NY 13489**



ST LAWRENCE COUNTY

SENIOR COMMUNITY MEAL SITES

SITES REQUEST A 24-HOUR RESERVATION TO EAT AT ANY MEAL SITE.

NUTRITION SITE	LOCATION	SERVING TIME	PHONE
BRASHER FALLS	LBSH HOUSING	11:30 AM	315-389-5100
CANTON	37 RIVERSIDE DRIVE	11:00 AM	315-386-2580
DEKALB JUNCTION	UNITED HELPERS	11:00 AM	315-347-3079
GOUVERNEUR	COMMUNITY CENTER	11:00 AM	315-287-2302
MORRISTOWN	FIRE STATION	11:00 AM	315-375-6703
OGDENSBURG	CENTENNIAL TERRACE	11:00 AM	315-393-9133
POTSDAM	MIDTOWN APTS	11:00 AM	315-265-2870
STAR LAKE	4208 STATE HIGHWAY 3	11:00 AM	315-848-2390

FOR INQUIRIES ABOUT HOME DELIVERED MEALS, (MEALS ON WHEELS), PLEASE CONTACT DANIELLE DURANT AT 315-386-4730.



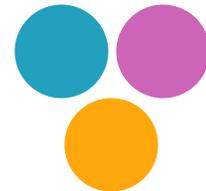
ON AND OFF-POST

LACTATION RESOURCES

GUTHRIE AMBULATORY HEALTH CLINIC

A CERTIFIED LACTATION CONSULTANT (CLC)
IS ON STAFF WHO CAN PROVIDE BREASTFEEDING
SUPPORT BY APPOINTMENT

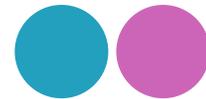
APPT LINE: 315-772-2778



FAMILY ADVOCACY PROGRAM

A CERTIFIED LACTATION CONSULTANT (CLC)
IS ON STAFF WHO CAN PROVIDE BREASTFEEDING
SUPPORT BY APPOINTMENT

PHONE: 315-772-5914



MOTHERS.INFANTS.LOVE.KNOWLEDGE (MILK) GROUP

JEFFERSON AND LEWIS COUNTY WIC OFFICES
PROVIDE BI-MONTHLY GROUPS FREE OF
CHARGE TO ALL MOTHERS REGARDLESS OF
INCOME. SUPPORT GROUPS PROVIDE BREASTFEEDING
INFORMATION, LATCH & POSITIONING HELP,
& A SUPPORTIVE ENVIRONMENT.

FORT DRUM POC: 315-836-6341
SEE FLYER IN APPENDIX FOR MORE DETAILS.



SIMPLIFIED

VIRTUAL BREASTFEEDING AND BABY FEEDING SUPPORT
FULLY COVERED BY TRICARE FROM PREGNANCY
TO WEANING. MAY ACCEPT OTHER INSURANCES.

[HTTPS://WWW.SIMPLIFIED.COM/TRICARE](https://www.simplified.com/tricare)
SEE FLYER IN APPENDIX FOR MORE DETAILS.



AEROFLOW BREAST PUMPS

FREE BREAST PUMPS THROUGH INSURANCE. SEE FLYER IN APPENDIX



APPENDIX



NEW WIC SATELLITE LOCATION ON FORT DRUM

WIC will be on Fort Drum to provide their services to the community. They offer healthy food, nutrition education, and breastfeeding support to pregnant women and families with children up to five years old.



They will be here on the first Thursday of the month from 9:00AM - 3:00PM.

Satellite Location:
SFRD Enrichment Center
10262 4th Armored Division Dr.



WALK-INS ARE WELCOME AT THIS LOCATION

Call or text (315) 782-9222 for more information



Watertown WIC Office

238 Arsenal Street, Watertown

315-782-9222

Current office hours are:

Monday - Friday: 7:30 a.m. - 5:00 p.m.

*** 1st Tuesday and 3rd Wednesday: 9:00 a.m. - 7:00 p.m.**

2nd, 3rd, 4th Saturday of each month:

8:00 a.m. - 3:30 p.m.

***Closed 1st Saturdays for System Updates.**

***Saturday clinics may be closed around holidays: Thanksgiving, Christmas, New Years, Memorial Day, Labor Day, 4th of July, Easter**

2nd Thursday of every month the WIC Department is closed for staff meetings.



North Country
Family Health Center

NoCoFamilyHealth.org

LeRay WIC Office

26908 Independence Way, Evans Mills

315-782-9222

Current office hours are:

Monday - Friday	8:30 a.m. – 5:00 p.m.
2nd & 4th Monday	9:00 a.m. – 6:00 p.m.

2nd Wednesday, 3rd Tuesday, 4th Thursday: Closed for Clayton, Theresa, and Adams Clinics.

2nd Thursday of every month the WIC Department is closed for staff meetings.



Lowville WIC Office

7785 North State Street, Lowville
315-376-6427

Current office hours are:

Monday - Friday 8:30 a.m. – 4:30 p.m.
2nd Monday & 4th Wednesday 10:30 a.m. – 6:30 p.m.

If closed for a 30-minute lunch, under normal circumstances, lunch will be taken from 12:30 to 1:00 p.m. On late WIC clinic days, lunch will be taken from 2:00 p.m. to 2:30 p.m.

1st Wednesday, 3rd Wednesday, and 4th Monday:
Closed for West Carthage Clinics

2nd Thursday of every month the WIC Department is closed for staff meetings.

Locations:

Watertown

Bi-Monthly
1st & 3rd Tuesday
11am-12pm

@
Watertown Flower
Memorial Library

Leray

Bi-Monthly
2nd & 4th Tuesday
11am-12pm
@
WIC Office
Leray Medical Center

Lowville

Bi-Monthly
1st & 3rd Thursday
11am-12pm
@
Lowville Free Library

Virtual

Currently on hold.



Like us on
Facebook

**North Country Breastfeeding
Peer Counselors**

MILK

Mothers. Infants. Love. Knowledge.
A Breastfeeding Playdate



Looking for FREE mom-to-mom support?

Jefferson & Lewis County WIC offers **free** breastfeeding support groups for **ALL moms in our area, regardless of income!**

Pregnant, breastfeeding and breastfeeding-supportive families are welcome to join us for:

- Breastfeeding information (pregnancy-weaning)
- Latch & Positioning assistance
- Regular infant weight checks
- Opportunities to have your questions answered
 - The chance to meet other moms for a casual social hour.

Supportive loved ones & older children always welcome!

For more information:

Watertown PCs:

(315) 955-4148,

(315) 836 6341

Fort Drum PC: **(315) 836-6341**

Lowville/Carthage PC: **(315) 955-4148**

Jefferson County Office: **(315) 782-9222**

Lewis County Office: **(315) 376-6427**



U.S. DEPARTMENT OF AGRICULTURE

WIC BREASTFEEDING SUPPORT

LEARN TOGETHER. GROW TOGETHER.

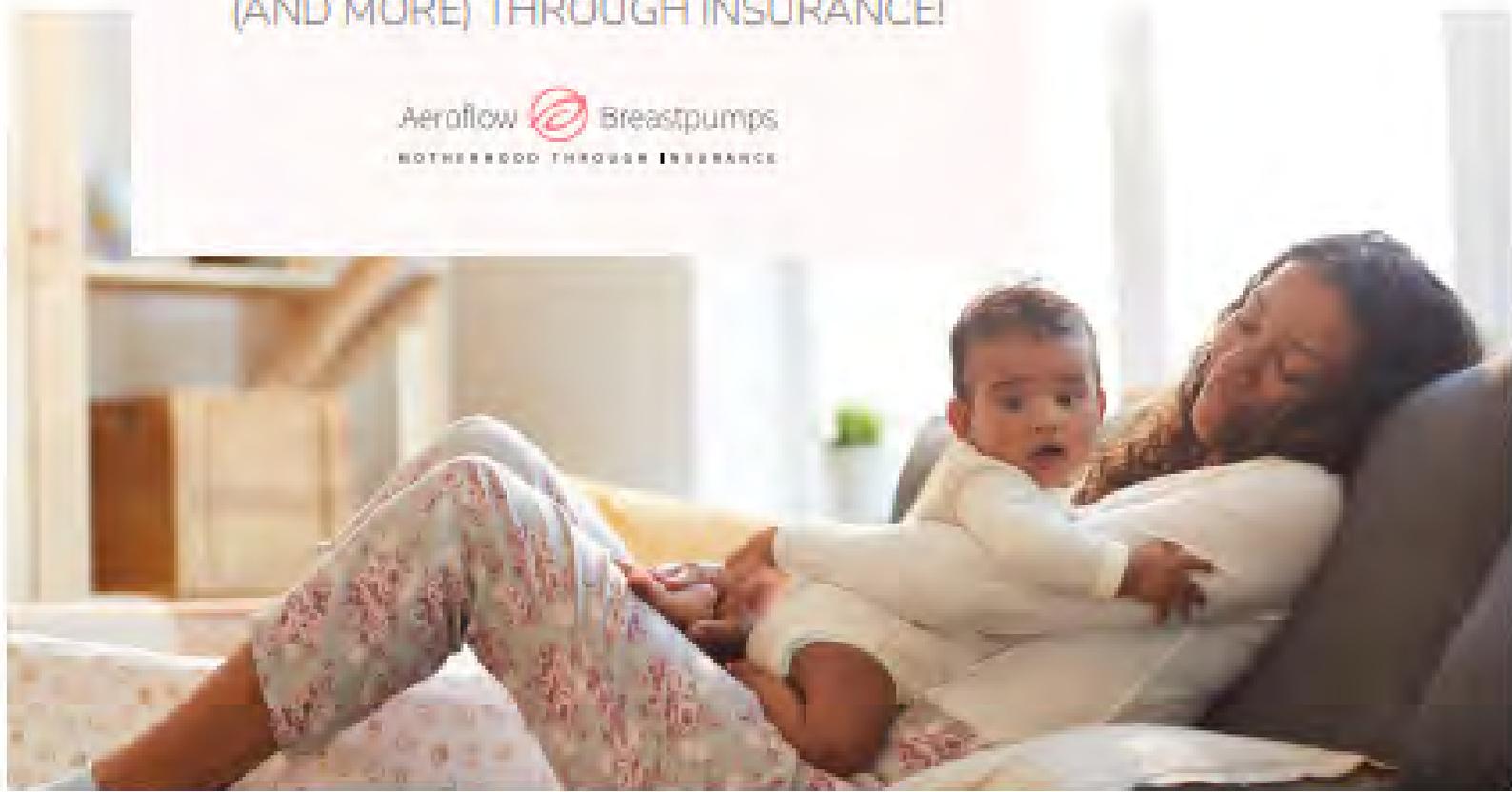
This institution is an equal opportunity provider.

03/2024

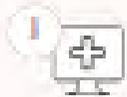
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- 6 telehealth appointments covered, starting in pregnancy



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Visit:
simplified.com

FOOD *SenSe*

A MONTHLY FOOD
CO-OP FOR EVERYONE



JEFFERSON COUNTY

What is it?

Food SenSe is a program of Food Bank of Central New York. The goal is to help individuals and families stretch food dollars and to decrease the need for emergency food.

Who is eligible?

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

How does it work?

It's simple. Once each month, participants register in their community at a local host site. Cost is \$20.50 per unit. Cash or EBT cards are accepted (no checks). There is no limit to the number of units that an individual or family may buy. Packages are picked up near the end of the month at your local site on distribution day.

What is in a unit?

Ten to twelve food items including fresh fruits & vegetables, meats, and grocery staples. Each month the food package will change. The retail value of the food package will depend largely on where you price it out. Those living in small towns and rural areas will see larger savings than those shopping in cities. Many participants find their package is worth about \$35-\$40.

Adams	Rohde Center	2 East St.	Vicky Pitkin	(515) 252-2621
Clayton	Christ Church	235 John St.	Lisa Busby	(515) 686-3703
Watertown	Urban Mission	247 Factory St.	Cher Van Brocklin	(607) 336-7897

FOOD *SenSe*

A MONTHLY FOOD
CO-OP FOR EVERYONE



LEWIS COUNTY

What is it?

Food SenSe is a program of Food Bank of Central New York. The goal is to help individuals and families stretch food dollars and to decrease the need for emergency food.

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Lowville	Lowville Food Pantry	7546 Forest Ave.	Tina Dretick	(515) 771-0387
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FOOD *Sense*

A MONTHLY FOOD
CO-OP FOR EVERYONE



ST. LAWRENCE COUNTY

What is it?

Food SenSe is a program of Food Bank of Central New York. The goal is to help individuals and families stretch food dollars and to decrease the need for emergency food.

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Hammond	Hammond Fire Hall	300 Lake St.	Judy Hayes	(315) 528-9067
Heuvelton	Grace Point	18 York St.	Brandu Taylor	(315) 528-4680
Ogdensburg	First Presbyterian Church	311 Franklin St.	Ann Tomboillo	(315) 393-2510
Potsdam	Potsdam Neighborhood Center	2 Part St., Civic Center	Kristal Hayes	(315) 265-3920

FOOD Sense

A MONTHLY FOOD
CO-OP FOR EVERYONE



March 2024 Newsletter

*** PLEASE NOTE:** For order deadlines and pick-up dates, please contact your participating host site.

HOW TO ORDER A PACKAGE:

To pay with credit or debit card:

1. Visit foodsense.foodbanknyc.org and select your participating pick-up site.
2. Select the items you would like to purchase.
3. Pay with credit or debit card!

To pay with cash or EBT:

1. Call (800) 444-1562 or use our Food Finder tool at fbnyc.org/findfood to find a Food Sense site near you.
2. Contact your local site coordinator to order and pre-pay with cash or EBT payment.



ORDER ONLINE:

foodsense.foodbanknyc.org

A program of:



MARCH PACKAGE (\$20.50)

Pork Tenderloin, 1.8 lbs. (avg.)
Chicken Drumsticks, 2.4 lbs. (avg.)
Marinated Beef Portions, 1 lb.
Pollock Filets, 1 lb.
Ground Turkey, 1 lb.
Stuffed Rigatoni, 12 oz.
Peas and Carrots, 1 lb.
Frozen Strawberries, 1 lb.
Elbow Macaroni, 1 lb.
Applesauce, 15 oz.
Cabbage, 1 head
Mushrooms, 8 oz.

APRIL PACKAGE (\$20.50)

Meatballs, 1 lb.
Italian Sausage, 1 lb.
Tilapia, 1 lb.
Boneless Chicken Drumsticks, 1 lb.
Mozzarella Cheese, 8 oz.
Tomato Soup, 18.5 oz.
Spaghetti Sauce, 24 oz.
Rigatoni, 1 lb.
Diced Tomatoes, 14.5 oz.
Peas, 14.5 oz.
Produce #1
Produce #2

APRIL SPECIALS:

- **Breaded Shrimp, 3 lbs. for \$15.00:** The shrimp are butterflied, breaded, and 21-25 per pound.
- **Stuffed Chicken, 2 lbs. for \$10.00:** The chicken breasts are stuffed with apples and cranberries.
- **Beef with Broccoli, 22 oz. for \$6.50:** The beef and broccoli consist of beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce.
- **Mozzarella Sticks, 3 lbs. for \$11.50:** The mozzarella sticks are par-cooked and ready for the oven.
- **Pantry Box 10 lbs. for \$11.50:** The pantry box is 9 items and consists of, Corn Flakes (7 oz.), Pancake Mix (32 oz.), Instant potatoes (13.3 oz.), Chicken in a pouch (4.5 oz.), Elbow Macaroni (1 lb.), Peanut Butter (18 oz.), Strawberry Spread (19 oz.), Applesauce (15 oz.) and Carrots (14.5 oz.).
- **Stuffed Shells, 3 lbs. for \$ 7.50:** The stuffed shells are frozen and have 18 shells per special.



**SIGN UP FOR OUR
E-NEWSLETTER
FOR EXCLUSIVE
RECIPES!**

To learn more or
find a site near you,
visit fbnyc.org/fs or
call (800) 444-1562.

2024

Every 3rd Saturday of the Month (except August*)

Bruce Wright Memorial Conference Center
1291 Faichney Drive, Watertown, NY

Veteran's Food Pantry

9 AM – 12 PM

January 20 th	April 20 th	July 20 th	October 19 th
February 17 th	May 18 th	*August 24 th	November 16 th
March 16	June 15 th	September 21 st	December 21 st



Eligibility:

Open to Veterans, Active Duty, Surviving Family, Members of the Reserves and National Guard, and their Spouses

Please Bring proof of Military Service:

Military ID, DD214, Certificate of Service, Dependent ID, Veterans Affairs (VA) ID



FeedOurVets.org



[@FOVWatertown](https://www.facebook.com/FOVWatertown)



Point of Contact: Tony Pounds - 360-402-1681



COMMUNITY ACTION PLANNING COUNCIL

of Jefferson County

MOBILE FOOD PANTRY

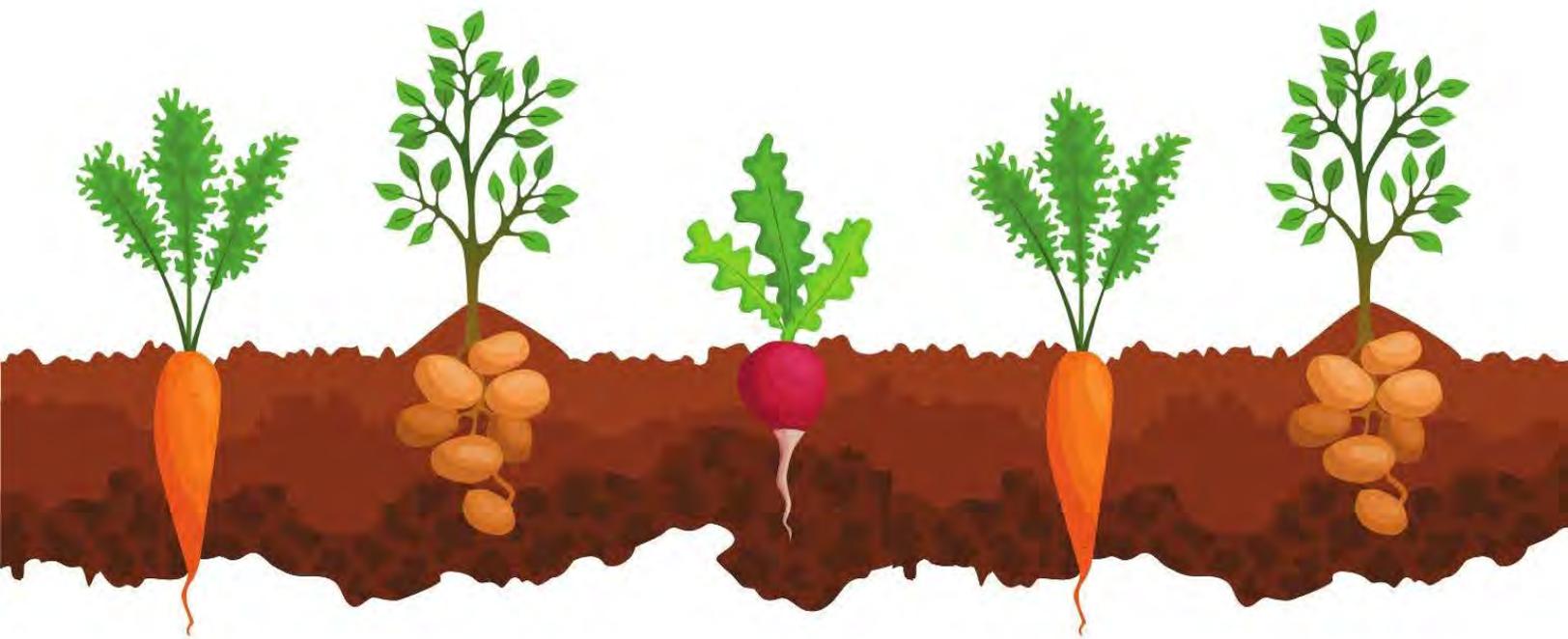
Where: Jack Williams Community Park,
8139 Schell Ave Evans Mills NY 13637

When: 1st Monday of Each Month, Starting April 1st,
2024 - 9:30am - 11:30am

**SIGN UP ONSITE OR STOP FOR APPLICATIONS AT THE EVANS
MILLS VILLAGE OFFICE/EVANS MILLS PUBLIC LIBRARY.**

Seed Library

Please ask for a kit at the Circulation Desk.



Use this kit to start your own mini-garden!
Access more planting information at SowTrueSeed.com

One kit per person, please.

Gardening books can be found near 635 in
the adult nonfiction collection. See a staff member for help!



Roswell P. Flower
Memorial Library

Find your farmer!



WWW.MEATSUITE.COM



A Project of Cornell Cooperative Extension of Tompkins & Steuben Counties



Visit www.jcnylocalfoods.org for an
online, interactive version of the 2023
Jefferson County Local Food Guide!