



"For I was hungry and you gave me food, I was thirsty and you gave me drink. I was naked and you clothed me. As you did it to the least of these, my brothers, you did it to me."

— Matthew 25: 35-36, 40

## Free Food and Financial Resources Throughout Monroe County

**Important News for You!** Unless otherwise noted:

- All food, meals, services, and fees for services are free.
- The area covered is all of Monroe County.
- There's no documentation / I.D. to present when you arrive.
- There is no free transportation to and from the site.
- Everyone is welcome without exceptions.

**Please Note!** Every effort has been made to provide you with the most complete and most accurate information possible. However, programs and information are constantly changing and updating for various reasons. We highly recommend that you visit the group's website directly for the most up to date information. Thank you! – Petr Josef Chudoba

### But first...

Since so many of us are

- poor
- elderly mobility impaired (I'm dependent on a rollator, pictured to the right)
- dependent on food cupboards

low-cost transportation is an absolute must. Thanks to one of my neighbors, I learned about RTS Access and began booking rides right away. The drivers are always friendly, caring, and sensitive to my needs as a partially disabled person. Given my numerous exceptional experiences with RTS Access, I'm excited to introduce you all to them as well! Enjoy!

RTS Access is RTS' paratransit program that provides coordinated ride-sharing transportation for people with disabilities who are unable to ride RTS transit buses due to their disability. As an origin-to-destination service, RTS Access routinely provides curb-to-curb service with exterior door-to-exterior door service provided upon advanced notice.

**How to Sign Up:** Sign up online or download the app through the App Store or Google Play. Before you enroll, make sure to have your RTS Access I.D., date of birth and your e-mail address

handy. After you sign up, you'll receive a confirmation e-mail to complete the process. Please check your spam filter if you don't receive the e-mail.

**What to Remember When Using RTS Access Ride Request:**

- You can book up to seven days in advance until 5:00 p.m. the day before your trip day.
- A trip is only one way for us, so if you book a round trip (for example, home to work and then work to home), remember to book both trips online.
- Once a trip is booked it can't be changed. To make changes, you need to cancel the trip and book another trip.
- Don't forget the 20-minute window: RTS Access buses can arrive 5 minutes before your scheduled trip and up to 15 minutes after. When you book your trip, the timeframe is provided. It's always a good idea to write it down.

**How to Schedule a Ride: Call** (585) 224-8330. Have the following information ready:

- Your name
- Date of your trip(s)
- Your pickup and destination address: let the scheduler know at which entrance you want to be picked up. When helpful, name buildings or landmarks.
- Your cell phone number, if applicable, or the telephone number at your destination.
- The time you wish to be picked up.
- If you'll be traveling with a PCA (Personal Care Assistant), guest(s), or both, please notify the scheduler if the PCA or guest is traveling with any mobility devices.

Please supply the same information for the return trip. The scheduler can name the pickup and drop off times that will most closely meet your travel request needs.



**Resource Groups – A and B**

“Let no one seek his own, but each one the other’s well-being.” **1 Corinthians 10:24 (NKJV)**



**A Meal & More, Inc. (At Christ Church Episcopal)**

141 East Avenue  
Rochester, NY 14604-2521

**Meals Served Between These Hours on These Days:** We're a soup kitchen that serves free, hot, nutritious midday meals to people in need every Wednesday and Sunday. Our serving times are 11:30 a.m. – 1:00 p.m. on Wednesdays, and 1:15 p.m. – 2:30 p.m. on Sundays.

**General Background on This Group:** We typically serve 60 to 90 of you at each meal. In 2022, we served 10,405 meals. That's one of our highest years ever in terms of meals served and was

465 more than 2021. As of May 31, the number of meals served year to date in 2023 was more than 900 more than in 2022 at the same time.

We have in-room dining with limited seating and Covid-19 precautions still in place (masks, distancing, etc.). We're also serving takeout if you're uncomfortable with in-room dining.

When needed, our staff and volunteers can refer you to other agencies for emergency shelter, public aid, or job opportunities.

**Contact Name, Title, and E-mail Address:** Lois Griffen Jones, President, loisgriffenjones@gmail.com

**Phone:** (585) 454-3878

**E-mail:** volunteer@amealandmore.org

**Website:** <https://amealandmore.org/>



**Agape Haven of Abundance**

289 Driving Park Avenue  
Rochester, NY 14613-1925

**Office Hours and Days of the Week:** Monday – Saturday, 11:00 a.m. – 6:00 p.m.

**Meals Served Between These Hours on These Days:** Monday – Saturday, 11:00 a.m. – 6:00 p.m.

**General Background on This Group:** Our Hunger Relief Program serves up to one hundred people a day Monday through Saturday, year-round. This program provides you with consistent and immediate access to meals.

Our Youth Empowerment Program serves youths 7-18 years old and aims to give young people equal opportunities and encourage them to follow their interests.

Our Summer Enrichment is an eight-week summer program that runs during summer break (Monday – Friday, 9:00 a.m. – 5:00 p.m.). It focuses on supplying experiential learning activities to children and youth in the Edgerton Neighborhood. Meals and accompanying activities around food, such as taking part in a local community garden, are integral aspects of the program.

Our program offers structured, high-quality, out-of-school, opportunities for children and youths, including games and sports, arts and crafts, gardening, music and dance, cultural literacy, and field trips outside of the Edgerton neighborhood for increased exposure and enrichment.

**Contact Name, Title, and E-mail Address:** Julia Polidore-Oakley, Executive Director, japalstone23@gmail.com

**Phone:** (585) 483-0791

**E-mail:** info@agapehavenofabundance.org  
**Website:** https://www.agapehavenofabundance.org/



**Antioch Missionary Baptist Church**

304 Joseph Avenue  
Rochester, NY 14605-1940

**Office Hours and Days of the Week: Call** (585) 454-6096 for exact hours and days.

**Bread distribution** is on Fridays, 10:00 a.m. – 12:00 p.m. or until supplies are gone. Homeless Food and Clothing Ministry, Thursdays, 11:00 a.m.

**Areas (Zip Codes) Served:** 14605.

**Phone:** (585) 454-6096  
**E-mail:** mbchurch\_antioch@yahoo.com  
**Website:** https://www.antioch304.org/



**Association for the Blind and Visually Impaired / Goodwill of the Finger Lakes**

422 South Clinton Avenue  
Rochester, NY 14620-1103

**Office Hours and Days of the Week: Call** (585) 232-1111 for exact hours and days.

**Meals Served Between These Hours on These Days:** Monday – Friday, 11:30 a.m. – 1:00 p.m.

**Contact Name, Title, and E-mail Address:** Jennifer Boutte, Vice President of Community Engagement, jboutte@goodwillfingerlakes.org

**Phone:** (585) 232-1111  
**E-mail:** GoodNeighbor@goodwillfingerlakes.org  
**Website:** https://www.goodwillfingerlakes.org/



**Baber AME (African Methodist Episcopal) Community Church**

550 Meigs Street  
Rochester, NY 14607-3716

**Office Hours and Days of the Week:** Tuesday – Friday, 9:30 a.m. – 4:00 p.m.

**Meals Served Between These Hours on These Days:** Every second, third and fourth Saturday at 11:30 a.m.

**Clothing** is available if you need it: Monday – Thursday, 2:00 p.m. – 4:00 p.m. and Fridays, 9:00 a.m. – 1:00 p.m., and 2:00 p.m. – 5:00 p.m.

**Contact Name, Title, and E-mail Address:** Rev. James C. Simmons, Pastor,  
Pastor@BaberRochester.org

**Phone:** (585) 461-1395  
**E-mail:** office@BaberRochester.org  
**Website:** <https://baberrochester.org/>



**Barakah Muslim Charity**

584 Jefferson Avenue  
Rochester, NY 14611-3554

**Office Hours and Days of the Week:** Food Pantry: Thursdays, 5:00 p.m. – 7:00 p.m.; and Sundays, 10:00 a.m. – 1:00 p.m. **Call** (585) 325-2621 for an appointment or just walk in.

**Meals Served Between These Hours on These Days:** Sundays, 10:00 a.m. – 1:00 p.m. Food giveaway first Saturday of each month, 1:00 p.m. – 3:00 p.m.

**Areas (Zip Codes) Served:** All of Monroe County with a focus on 14608, 14611 and 14619.

**Eligibility:** serving both Muslims and non-Muslims, irrespective of race, ethnicity, gender, or creed. Available once every 30 days per household.

**Required Documentation to Present:** Photo I.D. and proof of address are required.

**Additional Languages Used at This Location?** Arabic (عربي), Somali (Soomaali), and Spanish (Español).

**Contact Name, Title, and E-mail Address:** AbuBakr, Director of Operations,  
a.abdullatif@barakahmuslimcharity.org

**Phone:** (585) 325-2621 or (585) 414-9673  
**E-mail:** Volunteer@barakahmuslimcharity.org  
**Website:** <https://www.barakahmuslimcharity.org/>



**Bethany House Pantry (Roman Catholic)**

1111 Joseph Avenue  
Rochester, NY 14621-3415

**Office Hours and Days of the Week:** Tuesday – Thursday, 9:00 a.m. – 1:00 p.m.

**Areas (Zip Codes) Served:** 14621

**Emergency Food:** Once every 30 days. **Formula:** Once every 30 days. **Diapers:** Once every 7 days.

We promote peace, equality, and compassion through the dignity of persons, solidarity of community and inclusivity of all. Our services are free and open to all women in the community. We don't restrict by age, race, income, religion, sexual orientation, or gender identity. 2,642 households have received help from our food pantry.

We can house up to ten women at a time for 45 days. Our intake depends on when beds are available. We don't keep a waiting list.

Please **call** (585) 454-4197 to inquire about beds available.

If you're unable to make/receive **calls**, please state this in your e-mail and we'll do our best to accommodate you.

**Contact Name, Title, and E-mail Address:** Dr. Kweli K. Sams, Director, lilmoma585@gmail.com, Quinae Brooks, House Manager, quinae@bethanyhouserocny.org

**Phone:** (585) 454-4197 or (585) 401-7817  
**E-mail:** info@bethanyhouserocny.org  
**Website:** https://www.bethanyhouserocny.org/



**Blessed Sacrament Supper Program**

534 Oxford Street  
Rochester, NY 14607-3243

**Office Hours and Days of the Week:** Call (585) 271-7240 for exact hours and days.

**Meals Served Between These Hours on These Days:** Dinner is served Monday – Friday at 5:30 p.m. – 6:30 p.m. In July and August, dinner is served Mondays, Tuesdays, and Wednesdays.

Please be aware of the following:

- Blessed Sacrament Church is found on Oxford Street near the corner of Monroe Avenue. The entrance to the dining room is at the northeast corner of the building. The door is just past the handicap ramp.
- There's easy access to the RTS Line.
- You're expected to behave in a respectful and courteous manner.
- Drugs and alcohol are prohibited, and there is no smoking allowed while on our campus.

**Contact Name, Title, and E-mail Address:** Father John Loncle, Pastor, Fr.John.Loncle@dor.org

**Phone:** (585) 271-7240  
**E-mail:** rblessed@dor.org  
**Website:** <https://southeastrochestercatholics.org/ministries/supper-program/>



**Brighton Food Cupboard**  
2131 Elmwood Avenue, Door A  
Rochester, NY 14618-1021

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 12:00 p.m.

**Areas (Zip Codes) Served:** 14607, 14610, 14618, and 14620.

**Contact Name, Title, and E-mail Address:** Vanessa Schultz. [vschultz@jfsrochester.org](mailto:vschultz@jfsrochester.org)

**Phone:** (585) 271-5355  
**E-mail:** [vschultz@jfsrochester.org](mailto:vschultz@jfsrochester.org)  
**Website:** <https://jfsrochester.org/brighton-food-cupboard/>



**Brighton Food Depot (First Baptist Church of Rochester)**  
175 Allens Creek Road  
Rochester, NY 14618-3229

**Office Hours and Days of the Week:** Monday – Friday, 9:30 a.m. – 2:30 p.m.

**Areas (Zip Codes) Served:** 14534, 14607, 14610, 14618, 14620 and 14623.

**Contact Name and Title:** Rev. Brent Bowden, Pastor, [brntbwdn@gmail.com](mailto:brntbwdn@gmail.com)

**Phone:** (585) 244-2468  
**E-mail:** [office@fbcrochester.net](mailto:office@fbcrochester.net)  
**Website:** <http://www.fbcrochester.net/bfd.html>



**Brockport Ecumenical Emergency Food Shelf (inside St. Luke's Episcopal Church)**  
14 State Street  
Brockport, NY 14420-1922

**Office Hours and Days of the Week:** Once a month. By appointment only. **Call** (585) 637-8169 to set up your appointment, for emergency help or delivery.

**Meals Served Between These Hours on These Days:** We're open the first four Thursdays of the month. 9:00 a.m. – 12:30 p.m. and 2:00 p.m. – 6:00 p.m. Items for special diets are available when necessary.

**Areas (Zip Codes) Served:** 14420. We serve you if you live between Rt. 104 and the Genesee County line and the areas between Washington Street (Adams Basin) and west to the Orleans County line.

**Contact Name, Title, and E-mail Address:** Joseph Blosenhauer, Director, joefb1952@yahoo.com

**Phone:** (585) 637-8169

**E-mail:** [info@brockportfoodshelf.org](mailto:info@brockportfoodshelf.org)

**Website:** <https://www.brockportfoodshelf.org/>



### Resource Groups – C and D

“If someone among you is needy, one of your brothers, in any of your towns in your land which ADONAI your God is giving you, you are not to harden your heart or shut your hand from giving to your needy brother. No, you must open your hand to him and lend him enough to meet his need and enable him to obtain what he wants.”

**Deuteronomy 15:7-8 (Complete Jewish Bible)**



### Cal-Mum Food Pantry

957 George Street  
Mumford, NY 14511

**Office Hours and Days of the Week:** Emergency pantry. Fourth Tuesday of each month at 6:00 p.m. **Call** (585) 538-6181 for further information.

**Areas (Zip Codes) Served:** Caledonia Mumford School District. Towns of Caledonia and Mumford, Portions of the Town of Scottsville, Churchville, and LeRoy.

**Eligibility:** Resident of Caledonia-Mumford school district.

**Application Process:** Fill out an application when you arrive.

**Required Documentation to Present:** Photo I.D. and proof of residence are required.

**General Background on This Group:** We're open every fourth Tuesday of the month; unless there's a major holiday such as Easter, Thanksgiving, or Christmas; and then food may be picked up the Tuesday before one of these holidays.



Foodlink Distribution Events, co-sponsored by Foodlink of Rochester NY and the Cal-Mum Council of Churches.

Our local Cal-Mum Food Pantry is a member agency of Foodlink. In addition to the Cal-Mum Food Pantry, the Cal-Mum Council of Churches supports Foodlink by hosting a Free Food Distribution Event.\*

The distribution events are held at Jones Hall in Caledonia, 5:30 p.m. – 7:30 p.m. the second Friday of each month. Volunteers from First Presbyterian join with volunteers from other local churches to work at the food distribution events.

\*You must be 18 or older to receive food; food is distributed on a first-come-first-served basis; there is no guarantee that there will be enough food for all attending; no income requirement; no geographic limits; no I.D. is required.

Should you need help, please **call** Deacon Brooks, director of the food pantry, at (585) 509-4770.

**Phone:** (585) 538-6181  
**E-mail:** caledoniafirstpc@gmail.com  
**Website:** <https://www.caledoniafirstpc.org/cal-mum-food-pantry>



**Cameron Community Ministries Food Pantry**

48 Cameron Street  
Rochester, NY 14606-1743

**Office Hours and Days of the Week:** *Monday – Friday, 9:00 a.m. – 4:00 p.m.*

**Clothing House Hours:** Monday – Friday, 9:30 a.m. – 3:30 p.m. To make an appointment, **call** (585) 254-2697, ext. 108.

**Meals Served Between These Hours on These Days:** *Hot lunches, Monday – Friday, 12:00 p.m. – 1:30 p.m.*

To make an appointment, **call** Damon Butler, Food Pantry Coordinator at (585) 254-2697, ext. 114.

**Areas (Zip Codes) Served:** 14606, 14613.

**Required Documentation to Present:** Photo I.D. is required for all household members, and it needs to be shown when the food is picked up. If you don't have a photo I.D., we'll accept a letter from a case manager, social worker, or Department of Social Services worker.

**General Background on This Group:** The meals from our hot lunch program are filling and nutritious, with fresh fruit, vegetables, and dessert items.

In addition to daily meals, we can supply you with access to other services such as free bread and emergency food, food stamp information, and other community services.

We offer a wide range of children's and adult clothing, shoes, accessories, undergarments, socks, linens, and small housewares. The availability of these items depends on donations, and we may not have items available in every size. We also offer hygiene items (such as soap, toothpaste and shampoo), diapers/wipes, and cleaning supplies.

**Eligibility:** If you're in need of emergency food, you may order a food pantry box from the Cameron kitchen. Please **call** (585) 254-2697 in advance! We'll ask about the number of your family members and arrange for you to pick it up. In order to serve as many of you as possible, we require photo I.D.s for each family member and limit requests to once a month.

The Clothing House is open by appointment only, Monday – Friday, 9:30 a.m. – 12:30 p.m. and 2:30 p.m. – 4:00 p.m.

Please **call** (585) 254-2697 ext. 108 to speak directly with the Clothing House staff and volunteers.

**Contact Name, Title, and E-mail Address:** Izzy Kimber, Volunteer Coordinator, Izzy.Kimber@cameronministries.org

**Phone:** (585) 254-2697  
**E-mail:** [robin.warren@cameronministries.org](mailto:robin.warren@cameronministries.org)  
**Website:** <https://cameroncommunity.org/>



**Carolyn's Cupboard at Abundant Grace Church**

4292 Lake Avenue  
Rochester, NY 14612-4808

**Office Hours and Days of the Week:** Call (585) 770-6455 for exact hours and days.

**Areas (Zip Codes) Served:** 14612.

**Contact Name, Title, and E-mail Address:** Leonard Banks, Pastor, [leonard.banks@gci.org](mailto:leonard.banks@gci.org)

**Phone:** (585) 770-6455 or (585) 271-2394  
**E-mail:** [info@gci.org](mailto:info@gci.org)  
**Website:** <https://gcichurches.org/rochester>



**Catholic Charities Family & Community Services (CCFCS)**

79 North Clinton Avenue  
Rochester, NY 14621-3162

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 12:30 p.m. Walk-ins for food are on Mondays and Wednesdays, 9:00 a.m. – 12:30 p.m. It’s on a first-come, first-serve basis.

**Eligibility:** We are often the first stop for individuals and families who don’t know what to do next, due to issues such as loss of employment, denial of benefits, or a food shortage in the home. Most services are at no cost for eligible clients, particularly those identifying as low income.

**Application Process:** Please **call** (585) 232-2050 and leave a detailed message with the details of your emergency and a team member will reach out to schedule an appointment within 2-3 business days.

**Required Documentation to Present:** Photo I.D., Social Security card or birth certificate for household members, for most services is required.

**General Background on This Group:** Our Community Resource Services address your emergency needs by offering comprehensive services to deal with your immediate crises as well as to offer services and resources to help you to gain and keep self-sufficiency. Through case assessment, case managers can find areas of need and help you in addressing these needs. We’re centrally located, which allows for easy access to our program.

We offer a wide range of emergency services including a client choice food pantry, diapers, hygiene products, and housing aid, as well a limited amount of financial aid for eviction prevention, re-housing, and utilities. In addition, we offer short term crisis intervention and case management. We have a representative from Fidelis Care on site weekly for eased health insurance enrollment.

**Contact Name, Title, and E-mail Address:** Jack Balinsky, Director of Catholic Charities of the Diocese of Rochester, jbalinsky@yahoo.com

**Phone:** (585) 232-2050 or (585) 546-7220, ext. 6800

**E-mail:** [cfc@cfcrochester.org](mailto:cfc@cfcrochester.org)

**Website:** <https://ww2.fcscharities.org/services/community-resource/>



**Center 4 Hope Food Pantry**

1301 Vintage Lane  
Rochester, NY 14626-1760

**Office Hours and Days of the Week:**

First four Tuesdays of the Month: 9:00 a.m. – 1:30 p.m. Second and third Thursdays of the Month: 4:00 p.m. – 7:30 p.m. First four Saturdays of the Month: 8:30 a.m. – 1:30 p.m.

**Areas (Zip Codes) Served:** Greece, 14612, 14615, 14616, and 14626.

**Eligibility:** *Greece residents only.* Sorry, children aren't allowed. You must supply identification and proof of residency each time you visit. Food is supplied once a month by appointment only.

**General Background on This Group:** Our Food Pantry offers an abundance of healthy and wholesome food.

If you're a first-time guest, come as a walk-in and plan on coming during the first two hours of our distribution scheduled times. You need to keep appointments and be on time. Changes to appointments can be carried out by **calling** the Food Pantry Back Office at (585) 723-4673, ext. 205.

Our food distribution process is typically completed within an hour and includes check-in at the reception desk, an interview with Resource Connectors, and assisted shopping experience. We wish to build relationships with you that can lead to support in other facets of your lives. We stay committed to serving you with food and the love of Christ.

Due to the ever-changing conditions associated with COVID-19, mask requirements are fluid. Always check the signs on the entrance to the Center 4 Hope for the current protocol. Additionally, bring several shopping bags each time.

**Phone:** (585) 723-4673, ext. 205  
**E-mail:** [annualgiving@center4hopegreece.org](mailto:annualgiving@center4hopegreece.org)  
**Website:** <https://center4hopegreece.org>



**Central Church of Christ**  
101 South Plymouth Avenue  
Rochester, NY 14608-2051

**Office Hours and Days of the Week:** Monday – Friday. **Call** (585) 325-6043 for exact hours.

**Meals Served Between These Hours on These Days:** First and third Saturday of each month. Groceries and hot meals are handed out 11:30 a.m. – 1:00 p.m. Breakfast is served Sundays, 8:00 a.m. – 9:00 a.m.

**Contact Name, Title, and E-mail Address:** Franklin D. Florence, Senior Minister, [manonamission45@yahoo.com](mailto:manonamission45@yahoo.com)

**Phone:** (585) 325-6043 or (585) 683-8433  
**E-mail:** [centralchurchofchrist@ccocrochester.com](mailto:centralchurchofchrist@ccocrochester.com)  
**Website:** <https://www.ccocrochester.com/>



**Centro de Oro Senior Center (Dr. MLK School No. 9)**  
124 Evergreen Street

Rochester, NY 14605-1016

**Office Hours and Days of the Week:** Call (585) 256-8900 for exact hours and days.

**Meals Served Between These Hours on These Days:** Serving breakfast at 9:00 a.m. and lunch, Monday – Friday at 12:00 p.m.

**Is Transportation Available to and/or From This Group’s Location?** Transportation may be available by **calling** the Center’s Coordinator at (585) 256-8900.

**General Background on This Group:** We serve as an educational center and a home-away-from-home for seniors. Our focus is to combat social isolation and supply nutritional meals for this underserved population.

All staff are bilingual and bicultural in English and in Spanish. We ensure daily therapeutic activities and programs that supply mental stimulation, promote physical movements, enhance social connectedness, and foster healthy living.

We run a Senior Center supplying a range of services.

- Warm meals (breakfast and lunch)
- Health and wellness programs
- Exercise classes
- Arts and crafts classes
- Shopping help
- Recreation opportunities
- Visiting nurses to check medical concerns.

**Contact Name, Title, and E-mail Address:** Angelica (Angie) Perez-Delgado, President and CEO, eboynboy@gmail.com

**Phone:** (585) 256-8900, ext. 123

**E-mail:** information@iaal.org

**Website:** <https://www.iber.org/centrodeoro/>



**Charles Settlement House**

71 Parkway, second floor  
Rochester, NY 14608-1238

**Office Hours and Days of the Week:** Monday – Friday, 8:00 a.m. – 5:00 p.m.

**Call** (585) 277-0810 for current hours and to make an appointment. Walk-ins served upon availability of staff.

**Meals Served Between These Hours on These Days:** Serving breakfast from 8:30 a.m. – 10:30 a.m. and lunch Monday – Friday, at 12:00 p.m.

**Areas (Zip Codes) Served:** 14608, 14611 and 14613. We serve the Northwest Area from West Main to Beach Avenue and Lake Avenue to Lee Road (no one is turned away the first time).

**Fees for Services:** A donation is suggested, but you won't be denied for inability to donate.

**Is Transportation Available to and/or From This Group's Location?** Transportation may be available by **calling** the Center's Coordinator at (585) 277-0810.

**General Background on This Group:** Our programs at Charles Settlement House don't charge for food, meals or other services. There are a few caveats, though. Different programs have different requirements. For instance, if you're accessing our food pantries through the Family Services departments, you have to be in some kind of emergency situation. That just means we're not a place where people would get weekly groceries and we may also request certain budget or household information for services.

In some of our youth programs, there may be a registration fee (for instance-summer camp), but there are no ongoing charges for meals, program supplies, etc.

We're a human services agency that offers aid for residents of all ages. We collaborate with a wide array of agencies to offer comprehensive services to the neighborhoods served.

Those include emergency programs that meet your basic needs, those that help you stay stable, and after-school and summer enrichment programs for youth. You can obtain breakfast and lunch each weekday and take part in activities that help you remain active and independent.

We offer a Senior Center program, children and youth programs. 8:30 a.m. – 4:00 p.m. Family services such as emergency food, children's clothing closet, and accessing benefits. There are free personal care products (such as toiletries, laundry detergent, soap, toilet paper), as well as canned food. There are children's clothes, formula, and other baby products.

**Contact Name, Title, and E-mail Address:** Scott Benjamin, Chief Executive Officer, [scott.benjamin@cshroc.org](mailto:scott.benjamin@cshroc.org), [sbenjamin@communityplace.org](mailto:sbenjamin@communityplace.org)

**Phone:** (585) 277-0810

**E-mail:** [development@cshroc.org](mailto:development@cshroc.org)

**Website:** <https://charles.bsquaresite.com/>  
or [www.charlessettlementhouse.org](http://www.charlessettlementhouse.org)



**Chili Community Center**  
3237 Chili Avenue  
Rochester, NY 14624-5411

**Office Hours and Days of the Week:** Monday – Friday, 8:30 a.m. – 4:00 p.m.

**Meals Served Between These Hours on These Days:** Serving breakfast at 9:15 a.m. on Wednesdays. We’re currently serving a Grab-n-Go meal service on Mondays, 11:00 a.m. – 12:00 p.m.

**Eligibility:** Meals must be ordered one week in advance by **calling** (585) 889-6185.

**Fees for Services:** The suggested meal donation is \$3.50 per person.

**Is Transportation Available to and/or From This Group’s Location?** Transportation may be available by **calling** the Center’s Coordinator at (585) 889-6185.

**General Background on This Group:** We offer a variety of educational, recreational, and social programs if you’re fifty-five or older. For more information, **call** (585) 889-6185 or stop by for a tour of the facility.

**Contact Name, Title, and E-mail Address:** Michael C. Curley, Recreation Director, [mcurley@townofchili.org](mailto:mcurley@townofchili.org)

**Phone:** (585) 889-6185

**E-mail:** [recreation@townofchili.org](mailto:recreation@townofchili.org)

**Website:** <http://www.townofchili.org/chili-community-center/>



**Church of Love Faith Center**

700 Exchange Street  
Rochester, NY 14608-2717

**Office Hours and Days of the Week:** Monday – Thursday, 9:00 a.m. – 3:00 p.m. Friday, 9:00 a.m. – 12:00 p.m.

**Contact Name, Title, and E-mail Address:** Terrance J. Youmans, Sr., Senior Pastor, [terrenceyoumans@aim.com](mailto:terrenceyoumans@aim.com)

**Phone:** (585) 454-3270

**E-mail:** [admin@colfc.org](mailto:admin@colfc.org)

**Website:** <https://colfc.org>



**Combined Communities Food Closet Project FISH**

153 East Street  
Honeoye Falls, NY 14472-1209

**Office Hours and Days of the Week:** Monday – Thursday, 9:00 a.m. – 3:00 p.m. with requests for food. **Call** (585) 453-2370 and leave us a message. A volunteer will **call** you back.

**Areas (Zip Codes) Served:** Greece, Charlotte, Rush-Henrietta, Lima, and West Bloomfield.

**Is Transportation Available to and/or From This Group's Location?** Transportation to doctor appointments may be available by **calling** the center's coordinator at (585) 453-2370.

**Phone:** (585) 453-2370

**E-mail:** [info@foodlinkny.org](mailto:info@foodlinkny.org)

**Website:** <https://nyconnects.ny.gov/services/food-clothes-closet-project-2170>



**Community Nutrition Education Program**

2449 St. Paul Blvd.

Rochester, NY 14617-4537

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 3:00 p.m.

**General Background on This Group:** We offer several varieties of cooking and nutrition education workshops that are available to all of you in Monroe County.

Nutrition education consists of series of six to eight one-hour classes at agencies/schools throughout the county, one time/one-hour presentations on a particular topic, and outreach displays at fairs, events, grocery stores, etc. Among the topics offered are implementing MyPlate guidelines, cooking and planning low-cost meals, smart food shopping, food safety and reading food labels. Goals of our programs include increasing fruit and vegetable consumption, decreasing sugary beverage consumption and attention to caloric balance and physical activity.

During the growing and harvesting season Master Food Preserver training sessions and/or individual Food Preservation classes (as tomatoes or jams) may be offered to you. Displays and/or tastings at local farmers' markets are also available during the summer months.

Please check our website or **call** our office at (585) 753-2550 to find information about upcoming classes or to schedule a class for your particular group. You may also wish to fill out an Assistance Request Form and one of our team will reach out to you directly.

**Contact Name, Title, and E-mail Address:** Andrea M. Lista, Executive Director, [aml355@cornell.edu](mailto:aml355@cornell.edu)

**Phone:** (585) 753-2550

**E-mail:** [Monroe@cornell.edu](mailto:Monroe@cornell.edu)

**Website:** <https://monroe.cce.cornell.edu/nutrition>





**Dimitri House Emergency Food Pantry**

102 North Union Street  
Rochester, NY 14607-1317

**Emergency Food Pantry:** Mondays, Wednesdays, Thursdays, and Fridays, 9:30 a.m. – 11:30 a.m.  
By appointment only. Please **call** (585) 325-1796.

**Areas (Zip Codes) Served:** 14604, 14605, 14607, 14609.

**Eligibility:** Available every 30 days by appointment.

**Contact Name, Title, and E-mail Address:** Laurie A. Jones-Prizel, Executive Director,  
ljprizel@dimitri-house.org

**Phone:** (585) 325-1796  
**E-mail:** grldoud@yahoo.com  
**Website:** <https://www.dimitri-house.org/>



**Resource Groups – E and F**

“...learn to do good!  
Seek justice, relieve the oppressed,  
defend orphans, plead for the widow.” **Isaiah 1:17 (Complete Jewish Bible)**



**East Rochester Community Resource Center, Inc.**

333 East Chestnut Street  
East Rochester, NY 14445-1401

**Office Hours and Days of the Week:** Monday – Friday 9:00 a.m. – 2:00 p.m. or by appointment.  
**Call** (585) 385-3643 first to go over our list of foods. We’ll bag it and have it ready for you to pick up when you arrive.

**Areas (Zip Codes) Served:** 14445

**Eligibility:** Members of the East Rochester Community (14445).

**Required Documentation to Present:** Photo I.D., proof of address and proof of income are suggested. While we don’t require a photo I.D. or proof of identity, it’s always best to bring it just in case.

**General Background on This Group:** We supply a variety of services for residents of East Rochester who need help. Our programs include food shelves and used clothing centers.

**Food Shelf:** The food shelf is one of the most important services offered for those of you in need. The generosity of the member churches in the East Rochester Association of Churches, Koinonia Fellowship, the town/village of East Rochester, East Rochester School District, and other organizations supply a large portion of the non-perishable food items to the Center. We're a member of Foodlink of Rochester and we receive grants from Foodlink to help buy other food items when needed. Your information is compiled on interview sheets and then verified.

**Used Clothing Center:** Our used clothing center has been a tremendous help for many of you. Those of you on public aid, or anyone struggling to make ends meet with no disposable income left over for extras such as warm coats, sweaters, gloves, or hats.

**East Rochester Senior Center:** The Senior Citizens Center is open Mondays, Tuesdays and Thursdays, 9:00 a.m. – 3:00 p.m. It's located in the Community Center at 317 Main Street. Business meetings are held at 12:00 p.m. on the first Thursday of every month and program meetings are held at 12:00 p.m. on the third Thursday of every month. You must be 50 or older to join and it's \$7.00 for membership.

**East Rochester Youth Activity Center:** found in the lower level of the Eyer Building, 317 Main Street. Open hours are Monday – Thursday, 3:30 p.m. – 5:30 p.m. unless otherwise stated. This is a year-round program with a 9-week summer program starting at the end of June.

**Contact Name and Title:** Tasha Parrone, Community & Senior Services Coordinator, [tparrone@astrochester.org](mailto:tparrone@astrochester.org)

**Phone:** (585)385-3643

**E-mail:** [tparrone@astrochester.org](mailto:tparrone@astrochester.org)

**Website:** <https://astrochester.org/Community-Resources/Resource-Center>



### **ElderONE**

490 East Ridge Road  
Rochester, NY 14621-1229

**Office Hours and Days of the Week:** Call (585) 922-2831 for exact hours and days.

**Areas (Zip Codes) Served:** All of Monroe, Ontario, and Wayne counties.

**General Background on This Group:** ElderONE, an affiliate of Rochester Regional Health, is a Program of All-Inclusive Care for the Elderly (PACE). We're an innovative alternative to long-term nursing home placement.

As the area's only PACE program, we're the future of senior health care. We provide the entire continuum of medical care and support services if you're fifty-five or older with chronic care needs, allowing you to keep your independence in the comfort of your home or apartment without compromising your health or safety. A resolute, interdisciplinary team of geriatric healthcare

specialists collaborate with you, and your family, to create an individualized health care plan catered specifically to your needs while allowing you to remain independent for as long as possible.

**Our Commitment:**

- To put your needs first – We encourage you and your families to play an active role in the development of your health care plan.
- To provide quality, customized care – With the support of Rochester Regional Health, our focus is on your well-being and safety.
- To be compassionate and understanding – Change can be scary, but our caring staff will guide you and your family every step of the way.
- To emphasize preventive care and quality of life – Staying one step ahead helps to reduce the possibility of a lengthy hospital or nursing home stay.

**Contact Name, Title, and E-mail Address:** Kristen Paruta, MPA, Business Development Specialist, [kristen.paruta2@rochesterregional.org](mailto:kristen.paruta2@rochesterregional.org).

**Phone:** (585) 922-2831  
**E-mail:** [link@rochesterregional.org](mailto:link@rochesterregional.org)  
**Website:** <https://www.elderone.org>



**Faith Temple Apostolic Church**

141 Arnett Boulevard  
Rochester, NY 14619-1121

**Office Hours and Days of the Week:** Thursdays, 11:00 a.m. – 12:30 p.m.

**Areas (Zip Codes) Served:** 14611 and 14619.

**Required Documentation to Present:** Photo I.D. is required. Please **call** (585) 235-6814 for more information.

**General Background on This Group:** Provides Bread and Baked Goods. Thursday 11:00 a.m. – 12:30 p.m. or until bread and baked goods run out.

**Contact Name, Title, and E-mail Address:** J. Emanuel Ingram, Minister, [jayegriffin07@gmail.com](mailto:jayegriffin07@gmail.com)

**Phone:** (585) 235-6814  
**E-mail:** [ftac1973@gmail.com](mailto:ftac1973@gmail.com)  
**Website:** <https://www.facebook.com/FaithTemple141/>



**Family Promise of Greater Rochester**

142 Webster Avenue  
Rochester, NY 14609-6243

**Office Hours and Days of the Week:** Call (585) 506-9050 for exact hours and days.

**General Background on This Group:** Family Promise of Greater Rochester (FPGROC, formerly RAIHN) assists families at risk of or experiencing homelessness to achieve sustainable independence by providing person-centered, holistic services in collaboration with the greater community. We'll achieve success when affordable, decent, fair housing is seen as a human right and every family has a place to call home.

**Phone:** (585) 506-9050  
**E-mail:** [info@fpgroc.org](mailto:info@fpgroc.org)  
**Website:** <https://www.fpgroc.org/>



**Family Restoration Project, Inc.**

360 Wellington Avenue  
Rochester, NY 14619-1210

**Office Hours and Days of the Week:** Wednesdays and Fridays, 9:30 a.m. – 12:00 p.m.

**Areas (Zip Codes) Served:** 14606, 14608, 14611, 14619.

**Application Process:** Go to our website during open hours or **call** (585) 328-9270 for more information.

**Required Documentation to Present:** Proof of address. Photo I.D. and any other form of I.D. for all others in your household are required.

**General Background on This Group:** Our goals are:

- To empower you to lead stable and responsible lives.
- To supply positive intervention within your family structure.
- To bridge the gap between your basic physical, emotional, and spiritual needs.

We're a wrap-around collaborative initiative of empowerment to help support the successful and safe transition of young fathers and mothers from detention, out-of-home placement, or incarceration to their families and communities. The goal is to reduce recidivism and promote public safety.

We provide the needed opportunities for regular, meaningful visitation, referrals to community resources, and other services that help your families cope with incarceration and prepare for release and reunification. We strive to prevent the breakdown of relationships among those incarcerated

and your families by supplying regular, meaningful visitation, support, referrals, and educational services.

Our programs help your families and loved ones throughout the period of incarceration and also prepare your families for a successful transition when the individual is released from prison back into our community. Our ultimate goal is to create families that are safe, stable, and nurturing. Our overall strategy is to increase the ability of your families to care for your children and thereby be restored.

We are committed to the restoration, reconciliation, and well-being of multi-cultural families in Rochester. We also supply emergency food services to named families and referrals to Lifeline.

**Contact Name, Title, and E-mail Address:** Beverly Coleman, Executive Director, bcoleman@frprestoreslife.org

**Phone:** (585) 328-9270 or (585) 747-6084  
**E-mail:** familyrestorationprojectutr@gmail.com  
**Website:** <http://www.frprestoreslife.org>



**First Genesis Baptist Church**

292 Hudson Avenue  
Rochester, NY 14605-2125

**Office Hours and Days of the Week:** Monday – Saturday, 10:00 a.m. – 3:00 p.m., Sundays, 10:00 a.m. – 2:00 p.m.

**Meals Served Between These Hours on These Days:** Lunch: second and fourth Saturday of the month, 12:00 p.m. – 2:00 p.m.

**Contact Name, Title, and E-mail Address:** Rev. Dr. Fredrick Johnson Sr., Pastor, revjohnson@rochester.rr.com

**Phone:** (585) 454-7418  
**E-mail:** firstge@frontiernet.net  
**Website:** <https://www.facebook.com/firstgenesisbaptist/>



**First Hispanic Seventh Day Adventist Church (Primera Iglesia Hispana Adventista de Rochester) Food Pantry**

47 Oakman Street  
Rochester, NY 14605-1165

**Office Hours and Days of the Week:** Call (585) 454-2447 for exact hours and days.

**Areas (Zip Codes) Served:** 14605, 14606 and 14621.

**Eligibility:** 18 years of age or older.

**Application Process:** None.

**Required Documentation to Present:** Application, proof of address, income, and dependents are required.

**General Background on This Group:** We strive to supply the healthiest food choices of fresh produce, dairy and meats that we have available to you. These include dried beans and fruit; salsa or tortillas; spaghetti and sauce; fruits and more. We offer these choices whenever possible. All applications are in Spanish and immigrants can get help too.

**Contact Name, Title, and E-mail Address:** Hector Detres, Food Pantry Coordinator, detres\_hector@hotmail.com

**Phone:** (585) 454-2447

**E-mail:** info@contact.adventist.org

**Website:** <https://www.facebook.com/firstthispanicsdachurch/>



**First Presbyterian Church of Chili Food Cupboard**

3600 Chili Avenue  
Rochester, NY 14624-5335

**Office Hours and Days of the Week:** Tuesdays, Wednesdays, and Thursdays, 9:00 a.m. – 2:00 p.m.

**Areas (Zip Codes) Served:** 14624.

**Eligibility:** Once you decide to take advantage of our service, we'll register you so that we can be better prepared to support your family's needs.

**General Background on This Group:** We reach out to families in our community and beyond who need a supplementary source of food to help supply nutritious meals.

We distribute two distinct size grocery bags of food. One for a small family of 1 or 2 people. Another for a large family of four or more people. These bags will supply a wide assortment of non-perishable items. Examples of food contained in each size bag include:

- Canned fruits and vegetables
- Canned and boxed meals (i.e., stew, hearty soups, tuna fish)
- Soups, including cream soups for cooking.
- Pasta (i.e., spaghetti, macaroni, rice)

- Cereal
- Baking mixes (i.e., cake, muffin mix, pancake mix)
- Dessert items
- Condiments

We're open every third Saturday of the month, 10:00 a.m. – 11:30 a.m. for grocery pick-up.

**Contact Name, Title, and E-mail Address:** Rev. Brandi Wooten, Pastor, [revbrandi@gmail.com](mailto:revbrandi@gmail.com)

**Phone:** (585) 889-9896

**E-mail:** [fpc3600@gmail.com](mailto:fpc3600@gmail.com)

**Website:** <https://chili-presbyterian.org/new-food-cupboard/>



**Food Cupboard at St. Andrew's Roman Catholic Church**

892 Portland Avenue  
Rochester, NY 14621-4156

**Office Hours and Days of the Week:** Tuesday – Friday, 9:00 a.m. – 11:30 a.m.

**Areas (Zip Codes) Served:** Parts of 14609 and 14621.

**Eligibility:** Every age, race and religion are serviced by the pantry. Single mothers and children make up the majority of those whose need we meet.

**Application Process:** Walk-ins are accepted.

**Required Documentation to Present:** Photo I.D., proof of address and household income are required.

**General Background on This Group:** We're dedicated to serving the needs of the hungry. Over three hundred families are supplied with more than 1,100 meals every month in Rochester. Be aware that distancing is needed and if you have gloves and a mask, it's appreciated.

**Phone:** (585) 338-1764

**E-mail:** [steehlerlarry@gmail.com](mailto:steehlerlarry@gmail.com)

**Website:** <https://www.facebook.com/standrewsfoodcupboard/>



**Food Cupboard at St. Theodore's Roman Catholic Church**

168 Spencerport Road  
Rochester, NY 14606-5217

**Office Hours and Days of the Week:** Mondays, Wednesdays, and Thursdays, 10:00 a.m. – 12:00 p.m. The clothing closet is open Mondays, 12:00 p.m. – 2:00 p.m., Wednesdays 11:00 a.m. – 1:00 p.m. and Thursdays 10:00 a.m. – 12:00 p.m.

**Areas (Zip Codes) Served:** 14606 and 14624.

**Eligibility:** One family per household, once every three months.

**Required Documentation to Present:** Photo I.D. and proof of address (a current piece of mail) are required.

**General Background on This Group:** We reach out to those of you in need to supply emergency food. We provide a three-to-four-day supply of food which includes basic items, frozen meats, bread and produce.

We supply full sets of clothes, coats, shoes and accessories if you're in need. Donations come from our generous parishioners and the clothing closet is staffed by volunteers.

**Contact Name, Title, and E-mail Address:** Rev. Kevin E. McKenna, *Pastor*,  
fr.kevin.mckenna@dor.org

**Phone:** (585) 429-6811

**E-mail:** gstthead@dor.org

**Website:** <https://www.sttheodoreschurch.com/>



**Food Pantry at Our Mother of Sorrows Roman Catholic Church**

5000 Mt. Read Blvd.  
Rochester, NY 14612-3853

**Office Hours and Days of the Week:** **Call** us at (585) 663-5432. Wednesdays, 9:00 a.m. – 3:00 p.m. On the other days, our ministry team will respond to your e-mails and voice mails.

**Phone:** (585) 663-5432

**E-mail:** Ola.Mscichowski@dor.org

**Website:** <https://www.motherofsorrows.net/>



**Foodlink**

2011 Mt. Read Boulevard  
Rochester, NY 14615-3706

**Office Hours and Days of the Week:** Monday – Friday, 8:00 a.m. – 4:00 p.m.



**Areas (Zip Codes) Served:** Allegany, Genesee, Livingston, Monroe, Ontario, Orleans, Seneca, Wayne, Wyoming and Yates counties.

**Fees for Services:** For meals at the Community Café, we charge based on the meal you order. For pop-up pantries, community meal programs and after-school meals those are all free. The Curbside Market items are available for purchase.

**Phone:** (585) 328-3380 or 211

**E-mail:** [info@foodlinkny.org](mailto:info@foodlinkny.org)

**Website:** <https://foodlinkny.org/>



### Resource Groups – G and H

“Then He also said to him who invited Him, ‘When you give a dinner or a supper, do not ask your friends, your brothers, your relatives, nor rich neighbors, lest they also invite you back, and you be repaid. But when you give a feast, invite the poor, the maimed, the lame, the blind. And you will be blessed, because they cannot repay you; for you shall be repaid at the resurrection of the just.’” **Luke 14:12-14 (NKJV)**



#### **Gates Senior Center**

1605 Buffalo Road  
Rochester, NY 14624-1614

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 5:00 p.m.

**Meals Served Between These Hours on These Days:** Serving lunch Tuesdays, Wednesdays and Thursdays at 11:30 a.m. Please **call** 10 days prior to order lunches. Suggested donation is \$3.50.

**Is Transportation Available to and/or From This Group’s Location?** Transportation may be available on Tuesdays and Thursdays for residents of Gates by **calling** the Center’s Coordinator at (585) 429-8289.

Transportation to medical appointments for residents of Gates, age 60+. 2 rides may be scheduled per person per month.

**Call** (585) 429-8289 between 9:30 a.m. and 2:00 p.m. for guidelines.

**Eligibility:** Residents of the town of Gates.

**Contact Name, Title, and E-mail Address:** Kim Vogler, Adult Services Coordinator, [kvogler@townofgates.org](mailto:kvogler@townofgates.org)

**Phone:** (585) 247-6100  
**E-mail:** gatesrec@townofgates.org  
**Website:** <https://www.townofgates.org/recreation-and-parks/>  
<https://www.gatesrecparks.org>



**Grace Church of the Nazarene Food Pantry**

2924 South Union Street  
Rochester, NY 14624-1033

**Office Hours and Days of the Week:** Every Wednesday of the month, 5:30 p.m. – 7:00 p.m.

**Areas (Zip Codes) Served:** 14624. Chili and the surrounding area.

**Phone:** (585) 594-4555  
**E-mail:** gracenzazroc@gmail.com  
**Website:** <https://www.gracenzazroc.com/food-pantry>



**Grace Community Church Ministries**

1101 Norton Street  
Rochester, NY 14621-3866

**Office Hours and Days of the Week:** Saturdays, 9:00 a.m. – 12:00 p.m.

**General Background on This Group:** Our desire is to help others such as the hungry, the broken hearted and the sick. We offer:

- A food pantry to those in need
- A soup kitchen
- Clothing and household items

**Contact Name, Title, and E-mail Address:** Jennifer Gray, Community Outreach Coordinator, [jen.gray@yahoo.com](mailto:jen.gray@yahoo.com)

**Phone:** (585) 467-3093  
**E-mail:** [Gracecommunity1101@yahoo.com](mailto:Gracecommunity1101@yahoo.com)  
**Website:** <https://www.facebook.com/GraceCommunityinc/>



**Grace Covenant Food Closet**

224 Chestnut Ridge Road  
Rochester, NY 14624-3802

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 3:00 p.m. **Call** (585) 889-2130. Answering machine: 24/7. **Calls** are returned as soon as possible.

**Areas (Zip Codes) Served:** 14624.

**Eligibility:** You may come in once a month. **Call** (585) 889-2130 for information, eligibility, and hours. **Call** one to two days in advance for an appointment.

**Phone:** (585) 889-2130

**E-mail:** [GraceCovenantChurch224@gmail.com](mailto:GraceCovenantChurch224@gmail.com)

**Website:** <https://www.facebook.com/pages/Grace-Covenant-Church/143991529073194>



**Grace House Rochester**

1140 Norton Street  
Rochester, NY 14621-3868

**Office Hours and Days of the Week:** **Call** (585) 473-9070 for exact hours and days.

**Eligibility:** Males aged eighteen and older recently released from incarceration and are homeless.

**Application Process:** Referrals are made through parole officers, Department of Social Services, or clergy.

**Required Documentation to Present:** Birth certificate and Social Security card are required.

**General Background on This Group:** We supply services including, but not limited to.

- Food
- Clothing
- Hygiene products
- Medical linkages including mental health and prescriptions.
- Case management services

There are signage and advertising for diverse populations; the staff reflects the population served.

**Phone:** (585) 473-9070

**E-mail:** [contact@gracehouserochester.org](mailto:contact@gracehouserochester.org)

**Website:** <http://gracehouserochester.org/>



**Greece Arcadia Titans Food Pantry**

120 Island Cottage Road  
Rochester, NY 14612-3626

**Office Hours and Days of the Week:** By appointment only. **Call** (585) 966-3000, e-mail or create a referral through MyWayfinder.

**Areas (Zip Codes) Served:** Greece Central School District.

**Eligibility:** Your household must have a student in the Greece Central School District.

**Phone:** (585) 966-3000

**E-mail:** [community.information@greececsd.org](mailto:community.information@greececsd.org)

**Website:** <https://www.facebook.com/greecearcadiatitans/>



**Greece Community and Senior Center**

3 Vince Tofany Blvd.  
Rochester, NY 14612-5016

**Meals Served Between These Hours on These Days:** Serving lunch, Monday – Friday, 11:30 a.m. – 12:00 p.m.

**Is Transportation Available to and/or From This Group’s Location?** Transportation may be available by **calling** the Center’s Coordinator at (585) 723-2425.

**General Background on This Group:** Greece has its own Community and Senior Center found in the center of the town of Greece on the Town Hall campus. This two-story structure is approximately 35,000 square feet. This center features a 7,800 square foot gymnasium, senior citizen’s lounge, 4,530 square-foot multi-purpose room, art room, dance/activity room, programmed fitness area and walking track. The Center offers programs and facilities designed to increase the quality of your life. Our offerings are designed to meet your social, recreational, nutritional, educational and medical needs.

**Phone:** (585) 723-2425

**E-mail:** [greeceparksandrec@greeceny.gov](mailto:greeceparksandrec@greeceny.gov)

**Website:** <https://greeceny.gov/departments/parksandrecreation/serving-our-seniors>



**Greece Ecumenical Food Shelf & Clothing Closet Inc.**

500 Maiden Lane  
Rochester, NY 14616-4147

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 3:00 p.m. You may **call** (585) 683-9674 to request food 24 hours per day, 7 days per week. A volunteer will return your **call** during office hours.

**Areas (Zip Codes) Served:** 14612, 14615, 14616, and 14626.

**General Background on This Group:** We supply emergency food and clothing if you're in need. Fresh, frozen, and nonperishable food and personal hygiene items are available. Dog and cat food may also be available.

You need to **call** (585) 683-9674 and speak with a volunteer who will arrange for you to get food. Food can be delivered if you're housebound or lack transportation. Clothing may be selected in person on Tuesdays, 10:00 a.m. – 12:00 p.m., Wednesdays, 4:00 p.m. – 6:00 p.m., and Saturdays, 9:00 a.m. – 11:00 a.m.

**Eligibility:** You must live in Greece or Charlotte.

**Phone:** Food Shelf: (585) 683-9674, Clothing Closet: (585) 397-2192  
**E-mail:** greececlothingcloset@gmail.com, gefoodshelf@gmail.com  
**Website:** <http://www.greececlothingcloset.org>



### **Henrietta Senior Center**

515 Calkins Road  
Rochester, NY 14623-4311

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 3:00 p.m.

**Meals Served Between These Hours on These Days:** Serving lunch, Mondays, Tuesdays, and Wednesdays at 12:00 p.m. To-Go meals are also available Monday – Wednesday, 11:00 a.m. – 12:30 p.m.

To make the necessary reservation, or to learn more about what this location offers, **call** (585) 334-4030.

**Fees for Services:** A \$3.50 donation is appreciated.

**Is Transportation Available to and/or From This Group's Location?** Transportation may be available by **calling** the Center's Coordinator at (585) 334-4030.

**General Background on This Group:** Staying active: Young at Heart Fitness classes, low-impact aerobics, yoga, walking group, arthritis classes, balance classes and Tinker Treks (hiking group). We're also offering cards, game time, billiards, and mahjongg. We have three computers and a lending library of DVD's.

There are recreation and social programs, as well as travel days, dancing, and celebrations. Many services are provided from our center, information and referral for legal and financial matters, transportation difficulties, housing availability, and health service and counseling. We have on-site aid with tax preparation, Medicare forms, and the Home Energy Assistance Program. In addition, there are fitness and exercise programs, health and nutrition counseling, home security information and a lending library. We also offer defensive driving classes.

**Contact Name, Title, and E-mail Address:** Shelly Gorino, Senior Center Coordinator, sgorino@henrietta.org

**Phone:** (585) 334-4030

**E-mail:** SrCenter@henrietta.org

**Website:** <https://www.henrietta.org/community/page/senior-center>



**Hilton-Parma Emergency Food Shelf**

59 Henry Street, Room 201 (P.O. Box 127)

Hilton, NY 14468-0127

**Office Hours and Days of the Week:** Tuesdays, 9:00 a.m. – 11:00 a.m. and Wednesdays, 9:00 a.m. – 12:00 p.m. Thursdays, 6:00 p.m. – 7:00 p.m. Fridays, 9:00 a.m. – 11:00 a.m. Client aid is by appointment only. **Call** (585) 234-2090.

**Meals Served Between These Hours on These Days:** Serving lunch Tuesdays, 11:30 a.m. – 12:30 p.m.

**Areas (Zip Codes) Served:** Hilton, Parma.

**Eligibility:** You must be a resident of the Hilton School District and not covered by other services.

**Required Documentation to Present:** Proof of residency – a bill with a current mailing address – and a photo I.D. are required

**Is Transportation Available to and/or From This Group’s Location?** Transportation may be available by **calling** the Center’s Coordinator at (585) 234-2090.

**General Background on This Group:** Our mission is to obtain, sort, store and distribute donated and bought food to those of you who are in an emergency and needing food. Our food choices include fresh garden produce and bakery items. We also have referrals for free clothing and other aid you may need.

**Contact Name, Title, and E-mail Address:** Tina Marie Zebulske, Director, tmzebulske@att.net

**Phone:** (585) 234-2090

**E-mail:** HiltonFoodShelf@gmail.com

**Website:** <https://www.facebook.com/HiltonFoodshelf/>



**Holy Cross Roman Catholic Church**

4492 Lake Avenue

Rochester, NY 14612-4540

**Office Hours and Days of the Week:** The food pantry is open Thursdays, 2:30 p.m. – 4:15 p.m. (with the exception of holidays). **Call** (585) 663-2244 for an appointment.

**Areas (Zip Codes) Served:** 14612

**Eligibility:** **Call** (585) 663-2244 first. You can receive two bags of food once every three months.

**General Background on This Group:** Holy Cross Church is a community, rich in talents, skills, and gifts, and united in faith. We're a stable parish, fortunate to have a cross-section of ages including many who are second or third generation parishioners. Bring your gifts or your needs and you'll find a hand to join with yours.

**Phone:** (585) 663-2244, ext. 101  
**E-mail:** Ola.Mscichowski@dor.org  
**Website:** <https://holycrossrochester.org/>



**Hope Place (Psychiatric Diversion Program)**

1099 Jay Street, Building P  
Rochester, NY 14611-1164

**Office Hours and Days of the Week:** 3:00 p.m. – 11:00 p.m. daily

**General Background on This Group:** Our certified peer support team members are compassionate, flexible professionals who have self-identified as individuals who have first-hand experience with social, emotional, medical, developmental, substance use, and/or behavioral challenges. They're able to use their lived experience to assist in supporting you if you're experiencing difficulties with your resiliency, recovery, and wellness.

Our Peer Support staff is experienced in:

- Advocacy
- Group development
- Recognizing and embracing diverse teams
- Facilitation of peer-to-peer groups and activities
- Coordinating services, community resources and natural supports
- Supporting and developing the strengths of everyone, youth, and family

YOU are our GUEST at Hope Place. And we mean that. Using the term guest is consistent with our living room setting and culture. We want you to feel at home. This is a place where you can relax and renew; and we won't use language such as "client," or "patient" to describe YOU, our Hope Place guest.

When you stop in at Hope Place, our goal is to supply a safe environment for you to decompress and recuperate. We want to help you with decreasing your trauma symptoms, so you can achieve

stability and self-sufficiency. Hope Place provides you with an alternative to visiting the ER, and a compassionate peer to talk to.

Linking you to supportive services is an important step toward self-sufficiency. Our staff will collaborate with you on a Social Determinants of Health screening, which will help us pinpoint services most proper for you. Our staff will help you with all the necessary referrals. Villa of Hope supplies valuable services for individuals and families in our communities, ranging from health care coordination to employment aid; and, additionally, referrals can be made for services through other organizations.

As a Certified Sanctuary Agency, we work within the Sanctuary Model®; a model that promotes and supports positive change in guests, their families, and the team. Our approach is trauma informed, trauma responsive, and person centered. We create a therapeutic community that provides safety for both you and the staff who collaborate with you.

We help build resources that support self-sufficiency and stabilization. We believe that all individuals and families have strengths, and services and/or supports build on and maximize those strengths. We believe that you are the expert in defining your needs and must be involved in all phases of service planning and service delivery.

**Contact Name, Title, and E-mail Address:** Christina M. Gullo, MSW, MBA, President/CEO, [christina.gullo@villaofohope.org](mailto:christina.gullo@villaofohope.org)

**Phone:** (585) 325-3599  
**E-mail:** [HopePlace@villaofohope.org](mailto:HopePlace@villaofohope.org)  
**Website:** <https://www.villaofohope.org/>



**House of Mercy**  
285 Ormond Street  
Rochester, NY 14605-3024

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 3:00 p.m. Also, 24/7 accessible.

**Meals Served Between These Hours on These Days:** Call (585) 546-2580 for specifics.

**Areas (Zip Codes) Served:** All of Monroe County with focus on 14605.

**General Background on This Group:** House of Mercy, the largest homeless shelter in Upstate New York, has a 76-bed capacity. In addition to shelter, we supply food, clothing, and drop-in social service aid. We have food pantry help available on Wednesdays, 9:00 a.m. – 3:00 p.m. Services and support are extended to as many as 4,000 of you per month.

**Contact Name, Title, and E-mail Address:** Dr. Tammy Butler, Executive Director, [drtammy@houseofmercyrochester.org](mailto:drtammy@houseofmercyrochester.org)



**Phone:** (585) 546-2580  
**E-mail:** info@houseofmercyrochester.org  
**Website:** https://houseofmercyrochester.org/



### Resource Groups – I and J

“He who is generous is blessed, because he shares his food with the poor.”  
**Proverbs 22:9 (Complete Jewish Bible)**



### **Ibero-American Action League**

817 East Main Street  
Rochester, NY 14605-2722

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 3:00 p.m.

**General Background on This Group:** We’re a dual-language multi-service agency that uplifts, empowers, and advocates for Latinos and the underserved. Help programs are run for local needy families like yours. Learn about government help programs; find information on food aid and details on housing and rental programs.

At Centro de Oro (Golden Center), you can take part in health and wellness programs that focus on nutrition, health and socialization.

Centro de Oro serves as an educational center and a home-away-from-home for you. Our focus is to combat social isolation and supply nutritional meals for your underserved population. Daily breakfast and lunch.

**Is Transportation Available to and/or From This Group’s Location?** Transportation may be available by **calling** the Center’s Coordinator at (585) 454-1430

All staff are bilingual and bicultural in English and in Spanish. Centro de Oro ensures daily therapeutic activities and programs that supply you with mental stimulation, promote physical movements, enhance social connectedness, and foster healthy living.

**Contact Name and Title:** Angelica (Angie) Perez-Delgado, President and CEO, eboynboy@gmail.com.

**Phone:** (585) 454-1430, ext. 255  
**E-mail:** information@iaal.org  
**Website:** https://www.iber.org/



**Irondequoit Senior Center**

450 Skyview Centre Parkway  
Rochester, NY 14622-2485

**Meals Served Between These Hours on These Days:** Nutritious meals are served Monday – Friday at the Irondequoit Community Center beginning at 11:45 a.m. The county supplies meals for a \$3.50/person suggested contribution.

Please **call** (585) 336-6077 to reserve a meal. We also offer a freshly-made sandwich and side program that ranges from \$4.00 – \$8.00 in price.

**After Lunch Socializing and Games:** Bingo is played Monday – Friday, from approximately 12:30 p.m. – 1:30 p.m. Cost is \$0.50/board. Bingo is only played if enough people are in attendance. You don’t have to join us for lunch to join us for bingo. All are welcome!

**Medical Equipment Loans:** Walkers, canes (regular), and crutches are loaned out free of charge. Wheelchairs and transport chairs are also loaned. All equipment must be brought back in the same condition it was loaned. If not, you may be subject to a fee. All loans are for a 2-month period.

For more information **call** (585) 336-6070. Medical equipment is limited.

**Senior Support Services:** The Senior Division supplies quality and caring referrals to help you stay in your homes and remain independent. Please **call** the Senior Office at (585) 336-6070 for more information.

**Is Transportation Available to and/or From This Group’s Location?** Transportation may be available by **calling** the Center’s Coordinator at (585) 336-6078.

- Phone:** (585) 336-6078
- E-mail:** Recreation@irondequoit.gov
- Website:** <https://www.irondequoit.gov/295/Irondequoit-Community-Center>



**Jewish Family Services of Rochester**

255 East Avenue, Suite 201  
Rochester, NY 14604-2625

**Office Hours and Days of the Week:** **Call** (585) 461-0110 for exact hours and days.

**Areas (Zip Codes) Served:** You must live in zip codes 14607, 14610, 14618 or 14620. If you live in these zip codes and have no case manager, then food will be delivered to your home. If you live in any zip code in Monroe County and have a case manager, then you must have your case manager contact the appointment line to arrange for a case manager to pick up food.

**Eligibility:** Call the Brighton Food Cupboard at (585) 461-0110 to speak to the Case Manager to figure out eligibility. You're eligible to receive food once per month.

**Contact Name, Title, and E-mail Address:** Daniella Vatch.  
Director, [dvatch@jfsrochester.org](mailto:dvatch@jfsrochester.org)

**Phone:** (585) 461-0114  
**E-mail:** [helpline@jfsrochester.org](mailto:helpline@jfsrochester.org)  
**Website:** <http://www.jfsrochester.org>



**Joseph's Place Food Pantry (at Sacred Heart Convent)**

287 Flower City Park  
Rochester, NY 14615-3612

**Office Hours and Days of the Week:** Second, third and fourth Wednesday of each month (days and hours may vary) **Call** (585) 505-7800 for exact hours and days.

**Areas (Zip Codes) Served:** Rochester residents living in part of 14606 and part of 14608 (north of Lyell Ave. and east of Mt Read Blvd.) and all of 14613, part of 14615.

**Eligibility:** You're allowed to visit our food pantry once per month. An appointment is required.

**Application Process:** Call (585) 505-7800 to make an appointment on Mondays, 1:00 p.m. – 3:00 p.m., Tuesdays, 9:00 a.m. – 11:00 a.m., and Saturdays, 9:00 a.m. – 11:00 a.m.

**General Background on This Group:** We're a small food pantry serving residents living in the Cathedral neighborhood who experience food insecurity. We're a client choice food pantry, meaning you can make your own food choices according to our distribution guidelines.

We supply non-perishable food products and paper goods.

The food pantry is open three Wednesdays each month, currently serving up to 40 families each time we're open. In 2021, we supplied food to more than 2,000 people who live in the Cathedral neighborhood, which translates to approximately 18,000 meals.

**Phone:** (585) 505-7800  
**E-mail:** [jpfp14615@gmail.com](mailto:jpfp14615@gmail.com)  
**Website:** <https://sacredheartrochester.org/>



**Joy Community Church / Gerhardt Neighborhood Outreach Center**

890 North Goodman Street  
Rochester, NY 14609-4641

**Office Hours and Days of the Week:** Mondays, 9:00 a.m. – 4:00 p.m. Tuesday – Friday, 9:00 a.m. – 5:00 p.m.

**Meals Served Between These Hours on These Days:** Every Friday at 12:00 p.m. a light meal is served along with a brief encouragement from the Word of God. At 1:00 p.m. on Fridays, fresh produce is distributed.

The Hope Shop is open every Friday at 12:00 p.m. for a hot meal and to give away perishable items from Wegmans (bread, fruit, sweets, vegetables, etc.).

**Contact Name, Title, and E-mail Address:** Rev. James Laughlin, Pastor, [visitus@joycc.info](mailto:visitus@joycc.info)

**Phone:** (585) 288-0863  
**E-mail:** [visitus@joycc.info](mailto:visitus@joycc.info)  
**Website:** <https://wearejoy.org/>



### Resource Groups – K and L

“I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, ‘It is more blessed to give than to receive.’” **Acts 20:35 (NKJV)**



**Lasagna Love**  
Rochester, NY

**Areas (Zip Codes) Served:** All of Monroe County – and beyond!

**General Background on This Group:** Lasagna Love is a global nonprofit and grassroots movement that aims to positively affect communities by connecting neighbors with neighbors through homemade meal delivery. We also look to end stigmas associated with asking for help when you need it the most.

Our mission is simple: feed families, spread kindness, and strengthen communities. Our mission is not only to help address the incredible rise in food insecurity among families but also to supply a simple act of love and kindness during a time full of uncertainty and stress.

Lasagna Love was started at the beginning of the pandemic when the founder of Good to Mama was looking for a way to help moms in her community. She and her toddler started making and delivering meals to families in the neighborhood who were struggling, whether that struggle was financial, emotional, or simply a feeling of being overwhelmed.

Lasagna Love has since grown into an international movement, with thousands of people all cooking and delivering meals to families in their communities.

To register for service and request a lasagna, go to the Lasagna Love website: <https://lasagnalove.org/> Work your way through all the questions, and then hit “Submit.”

When your request is received, Lasagna Love will send you this reply, so you’ll know exactly what to expect and what to do:

“Thank you for signing up for Lasagna Love! Here is what happens next:

Over the next couple of weeks, we’ll be checking to see if we have a volunteer in your area that is a good match. There is no need for you to reply to this e-mail to check your status; we’ll contact you when a volunteer is available!

We’ll send them your details so they can reach out to you directly to coordinate a contactless drop off.

Please confirm with your volunteer any allergies, dietary restrictions, or helpful details on how to find your home!

In some areas, it may take longer to get matched due to many requests. But rest assured that as soon as we have a match, you’ll hear from them. Lastly, please remember that all deliveries are *contactless* to keep both you and our volunteers safe. While we know some people like to meet their volunteer, please respect everyone’s safety!”

There are no eligibility requirements or restrictions. Anyone who can benefit from a home-cooked meal can request one. You are required to sign our waiver, acknowledging that you’ll be receiving home-cooked food.

**E-mail:** info@lasagnalove.org  
**Website:** <https://lasagnalove.org/>



**Life Center Food Pantry – The Father’s House**

28 Lawn Street  
Rochester, NY 14607-1710

**Office Hours and Days of the Week:** Tuesdays, 4:30 p.m. – 7:00 p.m., and Saturdays, 9:30 a.m. – 12:00 p.m.

**General Background on This Group:** We’re committed to the service and restoration of neighborhoods and families in our city. Rochester is home to many in difficult living situations, and we believe hope is here through the hands and feet of Jesus. Teams transport donated goods, distribute food and clothing, and supply prayer and care support. We engage with the downtown community to bring hope, a smile, and a place to belong.

**Contact Name, Title, and E-mail Address:** Jeremy R. Boehlke, Life Center Pastor at The Father’s House, [jcboehlke@gmail.com](mailto:jcboehlke@gmail.com)

“I have the wonderful opportunity to work with my church, The Father’s House, with their local outreach. It is always amazing to see how truly unique and gifted each person is – even when many are in difficult life situations. Seeing the amazing work of God in people’s lives is incredibly humbling.”

**Phone:** (585) 889-4870  
**E-mail:** [info@tfhny.org](mailto:info@tfhny.org)  
**Website:** <https://www.tfhny.org/>



**Life Solutions of Hamlin Food Pantry**

1696 Lake Road (P.O. Box 160)  
Hamlin, NY 14464-0160

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 3:00 p.m. **Call** (585) 964-7420 for an appointment.

**Areas (Zip Codes) Served:** 14464.

**Coverage Note:** Serves parts of zip codes 14420, 14464, and 14468. **Call** our agency at (585) 964-7420 to see whether your address falls within our service area. If not, a volunteer will refer you to a suitable nonprofit.

**Eligibility:** You must live in the area served: on the north side of Route 104 Ridge Road West to the south side of Lake Ontario, between West side of Sweden Walker Road to the east side of Redman Road. There are no eligibility requirements to receive food. The limit is one box per household.

**General Background on This Group:** Our Mobile Food Pantry through Foodlink NY takes place on the fourth Saturday of each month.

We offer a wealth of services for those living in the area that we serve. We supply free food to about 150 families per month through our food pantry. We also support the efforts of Foodlink’s Mobile Food Pantry to distribute food to another 125 families per month, and supply backpacks of school supplies to local school kids each year. In addition, we supply Thanksgiving and Christmas food baskets for local families and Christmas presents for local children.

We supply food and aid to the needy in the community through our food pantry and other programs, including clothing, household goods, and emergency rent help. In 2022, we supplied the equivalent of approximately 33,000 meals and we distributed holiday food baskets to 150 families three times a year. Additionally, we gave Christmas gifts to 270 children and supplied backpacks and reimbursement for school supplies through our Back-to-School Program.

We supply food and necessities and holiday meal boxes to those of you in need within the community. We serve Hamlin, Clarkson, and parts of Kendall, Hilton, and Brockport. According to Food Pantry Manager Brenda Pangrazio, there's been a slight increase in need since the COVID-19 pandemic. "For Easter, we provided meals to 90 families in our community," said Pangrazio. On April 2 and 3, Life Solutions volunteers and members of the local Lions Club packed meal boxes. Each box included vegetables, fruit, nuts, potatoes, ham, turkey/chicken, bread, dessert, and chocolate Easter bunnies for the children.

**Application Process:** Call (585) 964-7420 for information. If leaving a message, leave your name and phone number with a brief reason for your **call**. Please speak clearly.

**Required Documentation:** Proof of residency, driver's license, or other form of I.D. is required.

**Contact Name, Title, and E-mail Address:** Eric Stahlecker, Department chair for social services at Life Solutions of Hamlin, Inc.  
estahlecker@yahoo.com

**Phone:** (585) 964-7420, press zero.  
**E-mail:** info@lifesolutionshamlin.org  
**Website:** <https://www.lifesolutionshamlin.org/projects>



**LIFESPAN Lily Café at the Maplewood Y**

25 Driving Park Avenue  
Rochester, NY 14613-2051

**Office Hours and Days of the Week:** Call (585) 341-4013 for exact hours and days.

**Meals Served Between These Hours on These Days:** To-Go-Only lunches, Tuesdays and Fridays, 11:30 a.m. – 12:30 p.m.

**Is Transportation Available to and/or From This Group's Location?** Transportation may be available by **calling** the Center's Coordinator at (585) 341-4013.

**General Background on This Group:** The Caroline "Lily" Loboizzo Aging Resource Center, referred to as the Lily Café, promotes successful aging with an engaging atmosphere encompassing mind, body and spirit.

**Phone:** (585) 341-4013  
**E-mail:** mleboo@lifespanspan-roch.org  
**Website:** <http://www.lifespanspan-rochester.org/>



**LIFESPAN Wolk Café Downtown**

25 Franklin Street  
Rochester, NY 14604-1002

**Office Hours and Days of the Week:** Monday – Friday, 8:30 a.m. – 4:00 p.m., Thanksgiving and Christmas. **Call** (585) 232-3280 for more information.

**Meals Served Between These Hours on These Days:** Serving breakfast, Monday – Friday, 8:45 a.m. – 10:30 a.m. and lunch from 11:30 a.m. – 12:00 p.m.

**General Background on This Group:** At Lifespan Downtown we strive to enhance your well-being through creative social, nutritional, recreational, educational, physical and cultural programs, activities and services.

**Is Transportation Available to and/or From This Group’s Location?** Transportation may be available by **calling** the Center’s Coordinator at (585) 232-3280.

**Phone:** (585) 232-3280  
**E-mail:** info@lifespan-roch.org  
**Website:** https://www.facebook.com/LifespanDowntown/



**Lifetime Assistance Inc.**

709 Weiland Road  
Rochester, NY 14626-3909

**Office Hours and Days of the Week:** **Call** (585) 458-2250 for exact hours and days.

**General Background on This Group:** Supplying the necessary support service: In the home. In the community. In step with the goals, needs, and desires of each of you and your families. A food pantry is on site. Canned fruits or vegetables, ham, tuna, and beef may be offered. There are also soup, bread, and other items from the food pantry.

**Community Habilitation:** Our mission is to provide you with the life-skills training necessary to live and work independently. Utilizing community resources, we provide:

- Opportunities and choices for community-based learning
- Opportunities to take part in a college learning environment
- Transportation help
- Comprehensive parent training
- Family support and planning based on your needs and goals

**Family Reimbursement Program:** The Lifetime Assistance Foundation grants funds to you if you care for your loved ones at home. Examples include:

- Family reimbursed respite



- Gym Memberships
- Swim Lessons
- Music Lessons
- Museum Memberships

**In-Home Respite Services:** In-Home Respite Services allows you a needed break from the often-overwhelming responsibility of caring for a loved one with intellectual and developmental disabilities.

**Preventive Services:** Preventive Services supplies specialized services to you in order to prevent the need for foster care placement, and to decrease incidences of indicated Child Protective cases.

**Housing Subsidy:** The Housing Subsidy program supports you if you choose to live independently in the community and if you meet program eligibility. This program supports you with housing costs.

**Phone:** (585) 458-2250  
**E-mail:** Jasmine.DiSalvo@lifetimeassistance.org  
**Website:** <https://www.lifetimeassistance.org>



**Loop Ministries at Incarnate Word Lutheran Church**

597 East Avenue  
 Rochester, NY 14607-2004

**Office Hours and Days of the Week:** Tuesdays and Thursdays, 10:00 a.m. – 12:00 p.m.

**Areas (Zip Codes) Served:** Serves all of Rochester.

**General Background on This Group:** Loop Ministries is committed to helping people in and around Rochester’s Inner Loop physically, mentally, and spiritually. We don’t discriminate by age, sex, race, color, ethnicity, or disability.

Loop Ministries supplies groceries to over 3,000 individuals living in Rochester’s Inner Loop every year! The goal is to serve you if you struggle with food insecurity. Our Food Pantry Program supplies bagged groceries to approximately 390 individuals in 200 distinct homes every month. We have no delivery service.

**Contact Names and Titles:** Lori Nash, and Patty Pellegrino, Directors,  
[director@loopministries.org](mailto:director@loopministries.org)

**Phone:** (585) 738-2170  
**E-mail:** [director@loopministries.org](mailto:director@loopministries.org)  
**Website:** <http://www.loopministries.org/>



## Resource Groups – M and N

“They desired only that we should remember the poor, the very thing which I also was eager to do.” **Galatians 2:10 (NKJV)**



### **Maplewood-Edgerton Emergency Kupboard (MEEK)**

(found within the Church of the Ascension)

2 Riverside Street

Rochester, NY 14613-1222

**Office Hours and Days of the Week:** Monday, Tuesday, Thursday and Friday, 9:00 a.m. – 11:30 a.m. Fourth Saturday, 9:00 a.m. – 11:00 a.m.

**Monthly Hours:** Every Saturday, 9:00 a.m. – 11:30 a.m. (Food Cupboard) Second and fourth Saturday, 9:00 a.m. – 11:30 a.m. (Care Closet) (Personal care items and cleaning products)

**Areas (Zip Codes) Served:** Zip codes (part of) 14606, (part of) 14608, 14613, (part of) 14615.

### **Eligibility:**

- Eligibility for the Food Cupboard is once a month.
- Eligibility for the Care Closet is once every 2 months.

**Required Documentation to Present:** Photo I.D. for yourself and each family member is required. You must have proof that you have lived in the area for the past 30 days. Your street address must appear on our street listing.

**General Background on This Group:** Church of the Ascension, in partnership with other faith communities, continues to offer you food to tide you over as there are, these days, ever increasing food emergencies. MEEK has overseen distributing more than 800,000 meals to 95,000 people over the last few decades.

**Phone:** (585) 458-4682

**E-mail:** [ascension@rochester.twcbc.com](mailto:ascension@rochester.twcbc.com)

**Website:** <https://www.ascensionroch.org/mEEK> or <https://www.facebook.com/MEEK585/>



### **Memorial AME (African Methodist Episcopal) Zion Church**

549 Clarissa Street

Rochester, NY 14608-2446

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 3:00 p.m.

**Meals Served Between These Hours on These Days:** Wednesdays, 4:30 p.m. – 7:00 p.m.

**Food pantry:** Wednesdays, 3:00 p.m. – 6:00 p.m. **Blood pressure screening** the third Wednesday of each month.

**Areas (Zip Codes) Served:** 14606, 14608, 14611 and 14619.

**General Background on This Group:** We offer a food pantry and clothing closet for the Rochester community. Individuals and families in need of help can receive non-perishable food items and gently used clean clothes.

**Contact Name, Title, and E-mail Address:** Rev. Derrill A. Blue, pastor,  
blue\_derrill@roberts.edu

**Phone:** (585) 546-5997

**E-mail:** memorial@memorialamez.com

**Website:** <https://www.memorialamezion.org/>



**Mission Share Outreach Center**

10 Cedarfield Commons  
Rochester, NY 14612-2337

**Office Hours and Days of the Week:** Tuesday – Thursday, 9:00 a.m. – 3:00 p.m.

**Areas (Zip Codes) Served:** 14468, 14612, 14615, 14616, and 14626.

**General Background on This Group:** We started in the winter of 1993 with a Christmas outreach that supplied a sit-down dinner and gifts for several families who needed aid. From there, we expanded our outreach efforts by supplying food on an ongoing basis; thus, the Food Pantry began.

We're a member of the Foodlink Network. Also, free, in-season, gently used clothing is available.

**Eligibility:** Income limits apply. One visit per month/household. No "Double-Dipping" – You can't access services from other area food pantries in the same month.

**Required Documentation to Present:** Photo I.D. is required at check-in. Proof of income and residency.

**Contact Name and Title:** Dan Astuto, Executive Director,  
director@missionshareoutreach.org

**Phone:** (585) 368-0744

**E-mail:** director@missionshareoutreach.org

**Website:** <https://www.missionshareoutreach.org/services>



**Monroe County Office for the Aging**

435 East Henrietta Rd., third floor  
Rochester, NY 14620-4629

**Office Hours and Days of the Week:** Monday – Friday, 8:00 a.m. – 5:00 p.m.

**Meals Served Between These Hours on These Days:** Serving lunch on Mondays, Wednesdays and Fridays at 11:30 a.m.

To make the necessary reservation, or to learn more about what we offer, **call** (585) 753-6280.

**General Background on This Group:** Senior citizens, people with disabilities, and homebound individuals are our clients.

We offer low cost or free Meals on Wheels, Medicare applications, federal government commodities, and congregate meals. We also offer field trips and other activities.

**Office For the Aging Goals**

1. Encourage safe, active, and independent lifestyles with timely and responsive systems of quality community-based services and supports;
2. Promote the rights of older adults and prevent their abuse, neglect and exploitation;
3. Empower older adults, individuals with disabilities, their families, and the public to make informed decisions about, and be able to access, existing health, long-term services and supports and other service options;
4. Promote job training and readiness skills for older adults who want to remain in the workforce, and to help care for our community’s older residents and individuals with disabilities needing support to support independence.

**Phone:** (585) 753-6280  
**E-mail:** [mcofa@monroecounty.gov](mailto:mcofa@monroecounty.gov)  
**Website:** <https://www.monroecounty.gov/aging>



**Mt. Olivet Baptist Church Food Pantry**

141 Adams Street  
Rochester, NY 14608-2211

**Office Hours and Days of the Week:** **Call** (585) 232-6742 for exact hours and days. Closed on major holidays

**Eligibility:** Clients can visit once a month

**Application Process:** We don't require an appointment or pre-registration.

**Required Documentation to Present:** A photo I.D. is required.

**Fees for Services:**

How do I get food?

You can receive food by visiting Mt. Olivet Baptist Church Community Meal Program, at 10:30 a.m. in 53 minutes.

Can someone deliver the food to my house?

Delivery services are very limited and are usually reserved for senior citizens or those with serious medical problems. If you believe you fall into either category, let us know and we can help you find options for you.

**Contact Name, Title, and E-mail Address:** Reverend Dr. Rickey Bernard Harvey, Senior Pastor, [mtolivetbc@mtolivetrocny.com](mailto:mtolivetbc@mtolivetrocny.com).

**Phone:** (585) 232-6742

**E-mail:** [mtolivetbc@mtolivetrocny.com](mailto:mtolivetbc@mtolivetrocny.com)

**Website:** <https://www.mt-olivetbaptistchurch.org/index.htm>



**Myground Foodbank (at Southeast Bible Baptist Church)**

1850 Fairport Nine Mile Point Road  
Penfield, NY 14526-1904

**Office Hours and Days of the Week:** Monday – Friday. **Call** (585) 388-0850 for exact hours.

**Meals Served Between These Hours on These Days:** Sundays, 12:15 p.m. – 1:10 p.m.

**Areas (Zip Codes) Served:** 14526.

**Eligibility:** Income eligibility. **Call** us at (585) 388-0850 for details. You can go to the food pantry bi-weekly.

**Additional Languages Used at This Location?** American Sign Language, Spanish, and Russian.

**Phone:** (585) 388-0850

**E-mail:** (Web Form)

**Website:** <https://myground.org/foodbank>



**New Bethel CME (Christian Methodist Episcopal) Church**

270 Scio Street  
Rochester, NY 14605-2623

**Office Hours and Days of the Week:** Monday – Friday, 10:00 a.m. – 3:00 p.m.

**Areas (Zip Codes) Served:** 14605, 14609, 14612 and 14621.

**General Background on This Group:** We offer weekly pantry services to feed homeless people and low-income families.

**Contact Name, Title, and E-mail Address:** Rev. Julius C. Clay, Doctor of Ministry,  
judetta101@gmail.com

**Phone:** (585) 232-3815  
**E-mail:** [newbethelcme270@gmail.com](mailto:newbethelcme270@gmail.com)  
**Website:** <http://newbethelcme.org/home.html>



**North Greece Road Church of Christ Food Pantry**

1039 North Greece Road  
Rochester, NY 14626-1022

**Office Hours and Days of the Week:** Wednesdays, 12:00 p.m. – 2:00 p.m.

**Eligibility: Call** (585) 256-0190 to confirm the hours of operation and eligibility requirements before visiting.

**General Background on This Group:** We supply a vital safety net for you if you're struggling to put food on the table. We work to supply a variety of nutritious food options, including fresh produce, dairy, and protein when available. This helps to ensure that you have access to healthy food options in your time of need.

**Phone:** (585) 256-0190  
**E-mail:** [NorthGreeceRoadCOC@gmail.com](mailto:NorthGreeceRoadCOC@gmail.com)  
**Website:** <https://northgreeceroadcoc.org/>



**Northwest Neighborhood Outreach Center**

1261 Dewey Ave  
Rochester, NY 14613-1149

**Office Hours and Days of the Week:** Monday – Friday, 8:00 a.m. – 2:00 p.m.

**Areas (Zip Codes) Served:** 14613.

**General Background on This Group:** We're an outreach center that contributes to the health of the Maplewood and Edgerton neighborhoods. Using "walk-in hospitality" to connect with our neighbors in need, our mission is to assess and address your needs at whatever point you are in life. Working in collaboration with other service providers, as well as using client peer support and encouragement, we help you advance toward self-sufficiency.

**Phone:** (585) 623-2379  
**E-mail:** nnocroc@gmail.com  
**Website:** <https://www.facebook.com/NW-Neighborhood-Outreach-Center-129717707209948/?fref=nf>



### Resource Groups – O and P

“The oppressor of the poor insults his maker, but he who is kind to the needy honors him.” **Proverbs 14:31 (Complete Jewish Bible)**



**Ogden Senior Center**  
200 South Union Street  
Spencerport, NY 14559-1444

**Office Hours and Days of the Week:** Monday, Wednesday, and Friday, 9:00 a.m. – 3:00 p.m.

**Meals Served Between These Hours on These Days:** Serving lunch on Mondays, Wednesdays, and Fridays at 12:00 p.m.

**General Background on This Group:** The Ogden Senior Center serves as a beautiful and spacious location for our Ogden Nutrition Program. Many programs and events take place on a regularly scheduled basis, including our weekly Coffee Club, exercise programs, card games, visits with Lifespan, educational programs, special guests, and so much more!

**Cards: Euchre and Mahjong:** Join us for various card games during the week. Our organized game play is listed below. We'll teach new people! Got a card game you enjoy? Let us know so we can incorporate it.

Ages: 60 years and over  
Days: Fridays  
Time: 9:00 a.m. Mahjong  
12:45 p.m. – 2:30 p.m. Euchre  
Cost: Free

**Coffee Club:** If you can't make it every day, do it on Mondays! Join us for coffee, socialization, and fun! Register for lunches for the week (or month), learn about the fantastic activities and events we have planned, or just catch up with friends. We hope to see you there!

Ages: 60 years and over  
Days: Mondays  
Time: 10:00 a.m.  
Cost: Free

**Eldersource/Lifespan Program:** We're excited for the return of our Eldersource/Lifespan program. Hollie, our Eldersource liaison will be at the Center monthly to help with services based on your individual needs. These needs may include housing options, respite, home care, and more. Take advantage of this terrific resource!

Ages: All eligible persons  
Days: The first Wednesday of each month  
Time: 10:00 a.m. – 12:00 p.m.  
Cost: Free

**Nutrition Program:** The Nutrition Program is administered by the Monroe County office for the Aging and is designed to help our community's older residents and visitors enjoy better health through improved nutrition. Stop in and socialize while enjoying a hot meal! Any person aged 60 or older, regardless of residency, and their spouses are eligible to receive a meal.

Other eligible person qualifications and our menu can be found online or by **calling** our office at (585) 617-6126. Reservations are recommended so that we order the proper amount of food. Please **call** in your reservation a minimum of 48 hours in advance.

**Phone:** (585) 617-6126  
**E-mail:** recreation@ogdenny.com, nutrition@ogdenny.com  
**Website:** [https://www.ogdenny.com/quality\\_of\\_life/ogden\\_senior\\_center.php](https://www.ogdenny.com/quality_of_life/ogden_senior_center.php)



**Open Arms Ministry**  
425 North Clinton Avenue  
Rochester, NY 14605-1875

**Office Hours and Days of the Week: Call** (585) 230-8458 for exact hours and days.

**General Background on This Group:** We have a food bank and other services on site, including a soup kitchen.

**Contact Name, Title, and E-mail Address:** Rev. Jenita E. Billings, pastor,  
jenitabillings@yahoo.com

**Phone:** (585) 230-8458



**E-mail:** openarmsminsfbf@gmail.com  
**Website:** <https://www.facebook.com/OpenArmsMins/>



**Outreach Community Center**

447 Genesee Street  
Rochester, NY 14611-3640

**Office Hours and Days of the Week:** Call (585) 328-0887 for exact hours and days.

**Meals Served Between These Hours on These Days:** Lunch is served on the second Saturday of every month, 12:00 p.m. – 3:00 p.m.

**Clothing Distribution:** Saturdays, 9:30 a.m. – 2:00 p.m.

**Areas (Zip Codes) Served:** 14606, 14608, 14611 and 14619.

**General Background on This Group:** We run several aid programs, distributing food and other support, such as Thanksgiving and Christmas meals and gifts for children. Our other services may include clothing, baby diapers and formula, and information on such resources as LIHEAP and low-income housing. Once you're signed up and placed in our system, you can receive groceries from the pantry once a month.

**Our rehab efforts specialize in the treatment of alcoholism, drug addiction, opioid addiction, and substance abuse.**

**Alcoholism:** Alcohol addiction is characterized by drinking alcohol compulsively, being unable to control how much you drink, and feeling anxious or stressed when you're not drinking. Our treatment for alcohol addiction may involve brief intervention, an outpatient program, or inpatient alcohol rehab in New York. The main goal of our treatment is to stop alcohol use to improve the quality of your life.

**Opioid Addiction:** Opioid rehabs specialize in supporting those recovering from opioid addiction. They treat those suffering from addiction to illegal opioids like heroin, as well as prescription drugs like oxycodone. These centers typically combine both physical as well as mental and emotional support to help stop addiction. Physical support often includes medical detox and subsequent medical support (including medication), and mental support includes in-depth therapy to address the underlying causes of addiction.

**Substance Abuse:** In New York you'll find substance abuse treatment programs that can help you address your addiction, and any co-occurring mental health disorders. These programs utilize evidence-based therapies such as cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and psychodynamic approaches to help you achieve recovery and new tools to sustain it. With various treatment options available, including outpatient, inpatient, and residential programs, you'll be able to find the resources and right level of care you need to effectively treat your addiction.

**Drug Addiction:** You'll participate in a variety of treatments that are designed to help you live a drug-free lifestyle.

Common methods of our treatment include group, individual, and family counseling, medication management, nutrition, exercise, and management of co-occurring mental health disorders.

**Children:** The Center takes a special interest in at-risk youth and children in low-income families, and/or families affected by abuse and addiction. A concerted effort is made to ensure that these young people learn that they don't have to repeat the same behaviors they've seen at home. The Center wants these children to understand that they're not the reason for the difficulties their parents face. Some of the young people at the Center take part in the mentor program which encourages them to stay in school and better themselves.

Children take part in games, role playing, singing and dancing as a way to build their social skills and help them discover their gifts and abilities. For many of these children, the activities at the Center supply a means of self-discovery.

**Phone:** (585) 328-0887  
**E-mail:** [outreach1@rochester.rr.com](mailto:outreach1@rochester.rr.com)  
**Website:** <https://www.outreachcommunitycenter.com/>



**Pearce (Free Methodist) Church Food Cupboard & Celebrate Recovery**

4322 Buffalo Road  
North Chili, NY 14514-1204

**Office Hours and Days of the Week:** Monday – Friday, 8:00 a.m. – 5:00 p.m. **Call** (585) 594-9488 for an appointment to visit our food cupboard; we're not able to accommodate walk-ins.

**Areas (Zip Codes) Served:** 14428, 14514, 14624.

**Details You Should Know About Taking Advantage of This Group:** Photo I.D. is required; you must provide your own transportation to and from the church food cupboard. We don't deliver.

**Eligibility:** Those living in the zip code areas listed above

**Our Food Cupboard Team** works together to help provide a generous supply of food for over 1,000 individuals each year. Volunteers and donations from our church family and community help make this outreach possible.

**The Celebrate Recovery Community Group** meets on Monday evenings at 6:30 p.m. in the Loft at Pearce. This is a safe place where you can be set free from your hurts, habits, and hang-ups. Celebrate Recovery is an open meeting, and everyone is welcome. To learn more, contact: [cr@pearcechurch.org](mailto:cr@pearcechurch.org)

**Phone:** (585) 594-9488  
**E-mail:** pearce@pearcechurch.org  
**Website:** <https://www.pearcechurch.org/>



**Penfield Ecumenical Food Shelf**

1618 Jackson Road  
Penfield, NY 14526-9737

**Office Hours and Days of the Week:** Open every Wednesday. By appointment only. Please **call** (585) 234-0799 at least one week in advance to make your appointment.

**Areas (Zip Codes) Served:** 14625 and 14526 and families of children in the Penfield School District.

**Eligibility:** Every week, you can pick up items such as fresh fruit, vegetables, eggs and baked goods. You can also drop in once every two months to pick up non-perishable staples like canned goods, boxed goods (like pasta and cereal), bags of flour and sugar, coffee and tea, etc.

**Application Process:** Pre-registration is required. **Call** (585) 234-0799, leave a message and wait for a **call** back, usually within 24 hours. Please include your address in your message.

**Required Documentation to Present:** Proof of your address is required.

**General Background on This Group:** Our mission is to alleviate food insecurity in the Penfield community by providing nutritious food to those in need in a compassionate, respectful and non-judgmental manner. For a lengthy and detailed review of the Penfield Ecumenical Foodshelf, go to:

**Phone:** (585) 234-0799 or (585) 698-4911  
**E-mail:** penfieldfoodshelf@gmail.com  
**Website:** <https://www.penfeldecumenicalfoodshelf.com/>



**Perinton Food Shelf**

P.O. Box 381  
Fairport, NY 14450-0381

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 5:00 p.m. **Call** (585) 425-7410 for an appointment.

**Areas (Zip Codes) Served:** 14450.

**Phone:** (585) 425-7410  
**E-mail:** [contactus@perintonfoodshelf.org](mailto:contactus@perintonfoodshelf.org)

**Website:** <https://perintonfoodshelf.org/>



**Pittsford Food Cupboard**

3800 Monroe Avenue, Suite 26  
Pittsford, NY 14534-1330

**Office Hours and Days of the Week:** Tuesdays, 9:30 a.m. – 1:30 p.m., Fridays, 9:30 a.m. – 1:30 p.m., first and third Saturdays, 9:30 a.m. – 11:30 a.m. **Call** (585) 264-9860 for an appointment.

**Areas (Zip Codes) Served:** 14445, 14472, 14506, 14534, 14607, 14610, 14618, and 14620.

**Details You Should Know About Taking Advantage of This Group:** The Pittsford Food Cupboard is supported largely by the Pittsford Community. We were established in 1998 to serve the need in Pittsford, Mendon, Honeoye Falls, Brighton, East Rochester and some areas in the city of Rochester. This past year The Pittsford Food Cupboard provided food supplies to over 4,000 households, totaling over 9,400 people. We could not have done this without the Pittsford Community.

**Eligibility:** You may come every 2 weeks.

**Application Process:** You can obtain referrals from agencies or people who visit the Cupboard because they heard about us by word of mouth. You'll be screened to assure you qualify, then you're given the opportunity to select groceries from the shelves at the Food Cupboard.

**Contact Name and Title, and E-mail Address:** Claire M. Zaepfel, Client Services Coordinator, [clairezef@msn.com](mailto:clairezef@msn.com).

**Phone:** (585) 264-9860

**E-mail:** [pittfoodcup14534@gmail.com](mailto:pittfoodcup14534@gmail.com)

**Website:** <https://www.pittsfordfoodcupboard.net/>



**Pittsford Senior Center**

35 Lincoln Avenue  
Pittsford, NY 14534-1923

**Office Hours and Days of the Week:** Monday – Thursday, 8:00 a.m. – 9:00 p.m., Fridays, 8:00 a.m. – 6:00 p.m., Saturdays, 9:00 a.m. – 5:00 p.m.

**Meals Served Between These Hours on These Days:** Serving lunch, Mondays, Wednesdays, and Fridays at 12:00 p.m.

**Is Transportation Available to and/or From This Group's Location?** Transportation may be available by **calling** the Center's Coordinator at (585) 248-6280.

**Phone:** (585) 248-6280 or (585) 248-6235  
**E-mail:** (Web Form)  
**Website:** <https://www.townofpittsford.org/seniors>



**Place of Hope**

87 North Clinton Avenue  
Rochester, NY 14604-1455

**Office Hours and Days of the Week:** Call (585) 546-7220 for exact hours and days.

**Application Process:** You must apply for Monroe County Department of Human Services aid, but you'll be admitted even if turned down. Call (585) 546-7220 for application information.

**General Background on This Group:** We provide emergency, transitional shelter to single women, women with children, families with children and men with children.

**Phone:** (585) 546-7220, ext. 6601  
**E-mail:** [ccfcs@fcscharities.org](mailto:ccfcs@fcscharities.org)  
**Website:** <http://cfcrochester.org>



**Prayer House Church of God by Faith**

270 Cumberland Street  
Rochester, NY 14605-2854

**Office Hours and Days of the Week:** Call (585) 244-3940 for exact hours and days.

**Meals Served Between These Hours on These Days:** Serving lunch Tuesdays and Thursdays at 11:30 a.m.

**Eligibility:** Who is eligible to receive meals? Any person aged 60 or older, regardless of residency, is eligible for a meal. A spouse of any age of an eligible participant as defined above. Disabled persons under the age of 60 who reside at the home of an eligible participant and accompany that person to the meal site. Disabled persons under the age of 60 who reside in housing facilities where congregate meals are served.

**Fees for Services:** The suggested meal contribution is \$3.50 per meal. No eligible person can be denied a meal because of inability or unwillingness to contribute.

**General Background on This Group:** We invite you, your family, or a friend to join our Senior Meals Center.

**Phone:** (585) 244-3940  
**E-mail:** Prayerhouse270@gmail.com  
**Website:** <https://prayerhousecogbf.org>



## Resource Groups – Q and R

**“But do not forget to do good and to share, for with such sacrifices God is well pleased.” Hebrews 13:16 (NKJV)**



### **Rochester Family Mission**

388 Tremont Street  
Rochester, NY 14608-2316

**Office Hours and Days of the Week:** Monday – Thursday, 10:00 a.m. – 2:00 p.m.

**Meals Served Between These Hours on These Days:** Foodlink Referral Pantry Mondays and Tuesdays, 9:00 a.m. – 2:00 p.m.; Wednesdays, 9:00 a.m. – 2:00 p.m. and 4:00 p.m. – 6:00 p.m. Emergency Walk-ins, Thursdays, 9:00 a.m. – 2:00 p.m. Mobile Food Pantry, every third Friday, 5:00 p.m. – 7:00 p.m.

**Areas (Zip Codes) Served:** 14606, 14608, 14611 and 14619.

**General Background on This Group:** We provide you with food and strive to lift you out of poverty. We offer up to 4 days’ supply of perishable or non-perishable food. There’s also a soup kitchen as well as a free mobile food pantry. Meat, coffee, sandwiches, milk, cereal, and many other food and meal items are offered.

**Hot Meals:** Every Wednesday evening from 4:00 p.m. – 5:00 p.m., we provide a hot meal to you who live in Monroe County. We use to-go containers when serving you. The Meals2Go program is on a first-come, first-served basis while supplies last. So stop by if you need assistance.

**Delivery:** Monday – Thursday, 9:00 a.m. – 2:00 p.m. We deliver food to seniors and anyone with disabilities that live within Monroe County. This service is provided based on volunteers’ availability.

**Clothing Room:** Mondays and Tuesdays, 9:00 a.m. – 2:00 p.m. Our Clothing Room is a boutique-style room filled with men, women, and children’s clothing and accessories, free of charge.

**Counseling:** Monday – Thursday, by appointment only. We provide counseling that may include depression, anxiety, relationships, or family issues. We see you:

- In-person,
- By phone, or
- On Zoom.

All of our counselors are licensed.

**Contact Name, Title, and E-mail Address:** Warren E. Meeks, Jr., Executive Director,  
w.meeksjr@rochesterfamilymission.org

**Phone:** (585) 436-7523  
**E-mail:** dr.bthomas@RFMission.org  
**Website:** <https://www.rfmission.org/>



**Rush-Henrietta Area Food Terminal (FISH / RHAFT, Inc.)**

P.O. Box 302  
Henrietta, NY 14467-0302

**Office Hours and Days of the Week:** Monday – Thursday, 9:00 a.m. – 3:00 p.m.

**Areas (Zip Codes) Served:** Rush-Henrietta Central School District; 14467; 14586 and parts of 14534, 14543 and 14623.

**Eligibility:** Emergency food only; must be qualified; deliveries only.

**General Background on This Group:** In our last program year, FISH dispatchers and drivers arranged and provided transportation for 159 clients unable to drive themselves, on 1,396 occasions (about 27 fulfilled rides per week), traveling 35,089 miles.

RHAFT Verifiers & Packer/Drivers – supported by Cupboard Tenders, plus food/material buyers and suppliers – provided emergency relief to 223 families faced with a food shortage or a difficult situation, on 384 occasions (about 7 deliveries/week).

Last December, 49 families (108 children and 94 adults) received a Holiday Basket from RHAFT or a community partner, through the Adopt-a-Family program. RHAFT, R-H Rotary & other community partners, also provided 332 gifts to 368 senior citizens and/or persons with disabilities, plus 10 baskets to families of incarcerated persons.

**Phone:** (585) 453-2370 (answering service; leave message with request for food and a volunteer will return your call.)  
**E-mail:** fishrhaft50-cwbk@gmx.com  
**Website:** <https://fishrhaftinc.org/rhaft/>



**Resource Group – S**

“He who gives to the poor will lack nothing, but he who hides his eyes will get curses in plenty.” **Proverbs 28:27 (Complete Jewish Bible)**



**Salvation Army of Rochester Area Services**

70 Liberty Pole Way  
Rochester, NY 14604-1410

**Office Hours and Days of the Week:** Call (585) 987-9540 for exact hours and days.

**Meals Served Between These Hours on These Days:** Soup kitchen: Saturdays, 9:00 a.m., Sundays, 9:00 a.m. and 12:30 p.m.

**Areas (Zip Codes) Served:** All downtown areas in Rochester with a focus on 14604.

**General Background on This Group:** Through the Emergency and Family Services program (EFS), the Salvation Army of Greater Rochester supplies food and hygiene bags to those in need once every six months. You can apply for free or low-cost food and groceries. Also on site are shelters, a thrift store, and limited amounts of emergency financial aid. Case workers will also help you apply for food stamps, low-income housing, and other public aid.

**Eligibility:** Call (585) 987-9540 for detailed information.

**Contact Name, Title, and E-mail Address:** Torsha Hawkins, Director of Social Services, rthawkins@yahoo.com

**Phone:** (585) 987-9540

**E-mail:** rthawkins@yahoo.com

**Website:** <https://rochesterny.salvationarmy.org/empire/rochester/>



**Salvation Army Rochester Temple Corps**

915 North Clinton Avenue  
Rochester, NY 14621-4523

**Office Hours and Days of the Week:** Call (585) 987-9540 for exact hours and days.

**Meals Served Between These Hours on These Days:** Food pantry: Wednesdays and Fridays, 9:00 a.m. until the food is gone. First-come, first-served basis.

**Eligibility:** Food pantry serves families twice per month.

**Contact Name, Title, and E-mail Address:** Torsha Hawkins, Director of Social Services, rthawkins@yahoo.com.



**Phone:** (585) 987-9540  
**E-mail:** rthawkins@yahoo.com  
**Website:** <https://rochesterny.salvationarmy.org/empire/rochester/>



**Sister M. Regis Food Cupboard (at St. Francis Xavier Cabrini Parish)**

316 Bay Street  
Rochester, NY 14605-1616

**Office Hours and Days of the Week:** Mondays, Tuesdays, and Thursdays, 11:00 a.m. – 2:00 p.m.

**Areas (Zip Codes) Served:** 14605, 14607, and 14609. Will only cover certain streets in these zip codes. **Call** (585) 325-4041 for more information.

**General Background on This Group:** The food pantry is in the basement of the building, but an electric chair is available if you can't take the stairs. Food is handed to those in wheelchairs and unable to go downstairs.

**Eligibility:** Residents of area served.

**Application Process:** To apply for and obtain food, you must go to the food pantry in person.

**Required Documentation to Present:** Photo I.D. and proof of address are required.

**Phone:** (585) 325-4041  
**E-mail:** 211fingerlakes@goodwillfingerlakes.org  
**Website:** <https://211lifeline.org/detail.php?id=8891692>



**Spartan Shelf**

1139 Maiden Lane  
Rochester, NY 14615-1127

**Office Hours and Days of the Week:** **Call** (585) 966-5183 for exact hours and days.

**General Background on This Group:** Olympia believes in cultivating an environment that maximizes the potential of every child. Our faculty and staff are committed to developing trusting relationships with students, families, and community partners in an effort to provide a robust educational experience.

Academically, Olympia offers a wide variety of accelerated courses through Advanced Placement (AP), Early College High School, Dual Enrollment, Project Lead the Way, and Advancement Via Individual Determination (AVID). Each of these programs – accessible to every Spartan – provides the opportunity to earn college credit through partnerships with the College Board, Monroe

Community College, Rochester Institute of Technology, and The College at Brockport. Additionally, Olympia's academic intervention systems are designed to meet a range of individual needs, with the goal of maximizing learning for ALL students.

Olympia opened in September 1959. The name Olympia was chosen because of its association with ancient Greece. The fact that Mt. Olympus was the mythological dwelling place of the gods was not lost on the School Board who chose the name. The name of Spartans for the athletic teams comes from the Greek city-state of Sparta, the strongest and most courageous city-state.

**Phone:** (585) 966-5183  
**E-mail:** [community.information@greececsd.org](mailto:community.information@greececsd.org)  
**Website:** <https://www.greececsd.org/Domain/12>



**Spencerport Area Ecumenical Food Shelf**

4997 Ridge Road West  
Spencerport, NY 14559-1512

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 5:00 p.m.

**Areas (Zip Codes) Served:** 14559. Spencerport School District Deliveries only.

**General Background on This Group:** We provide food and some paper supplies to those who are in need and living in the Spencerport Central School District. The food pantry is a project of Spencerport Ecumenical Ministries member churches. **Call** (585) 397-0290 to access its services.

We are here to support the residents of Spencerport and the surrounding area. If you are in need of food and household supplies, and live in the Spencerport School District, please contact us at 397-0290. We will deliver food and supplies to your home!

**Eligibility:** Resident of Spencerport School District. **Call** (585) 397-0290 for more information.

**Contact Name, Title, and E-mail Address:** Dick J. Gallagher, Treasurer, [djgallag@rochester.rr.com](mailto:djgallag@rochester.rr.com).

**Phone:** (585) 397-0290  
**E-mail:** [djgallag@rochester.rr.com](mailto:djgallag@rochester.rr.com)  
**Website:** <https://www.communitywishbook.org/spencerport-area-ecumenical-foodshelf.html>



**St. Joseph's Neighborhood Center**

417 South Avenue  
Rochester, NY 14620-1009

**Office Hours and Days of the Week:** **Call** (585) 325-5260 for exact hours and days.

**Application Process:** Services are by appointment only. Please **call** (585) 325-5260 for an appointment.

**Fees for Services:** We offer a sliding fee scale for services provided based on the Federal Poverty Guidelines. Our Health Care Access department will help you determine your fees. The maximum fee is \$50.00. (We are not a free clinic.)

**General Background on This Group:** St. Joseph's Neighborhood Center, in the tradition of the Sisters of St. Joseph, seeks to identify and respond to the unique health and social needs of individuals and communities in the greater Rochester region. We supply comprehensive health care, social work services and counseling to uninsured or underinsured individuals and families.

2023 SJNC Statistics:

1,569 patients, clients and neighbors seen by staff.

5,189 visits to the Center.

60% of our patients identify as women.

35% of our regular patients fall below the federal poverty level.

28% of our patients have insurance and cannot afford to use it.

Services

- Primary Health Care
- Physical Examinations
- Work Physicals
- School Physicals
- Specialist Consultations
- Lab Work
- Vision and Hearing Screenings
- Nutrition Education
- Diabetes Education
- Smoking Cessation
- Gynecology
- Chiropractic, physical therapy, and therapeutic massage
- Mental Health Care
- Individual, family, and group counseling
- Psychiatry
- Supportive Services (removing barriers to care)
- Care Coordination
- Legal and Financial Counseling
- Healthcare Access: insurance eligibility screening, application assistance, Medicaid and NYS Exchange Enrollment

**Phone:** (585) 325-5260

**E-mail:** [info@sjncenter.org](mailto:info@sjncenter.org)

**Website:** <http://www.sjncenter.org>



**St. Luke Tabernacle Community Church (Baptist)**

1261 Dewey Avenue  
Rochester, NY 14613-1149

**Office Hours and Days of the Week:** Monday – Friday, 8:00 a.m. – 2:00 p.m.

**Areas (Zip Codes) Served:** 14613.

**Phone:** (585) 623-2379  
**E-mail:** stluketcc@outlook.com  
**Website:** <https://stluketcc.org/>



**St. Mark’s and St. John’s Episcopal Church**

1245 Culver Road  
Rochester, NY 14609-5340

**Office Hours and Days of the Week:** Every Wednesday, 10:30 a.m. – 12:00 p.m.

**Meals Served Between These Hours on These Days:** Every Wednesday, 10:30 a.m. – 12:00 p.m.

**Areas (Zip Codes) Served:** 14609.

**General Background on This Group:** Every third Wednesday of the month, we offer food, clothing, a book exchange, and a mending station as well as a healing service (at 10:00 a.m.) to anyone who wants to join us. We’re committed to accompanying our neighbors, especially those living in extreme poverty, because we believe that is what Jesus would do. Delivery is available.

**Phone:** (585) 654-9229  
**E-mail:** [admin@stmarksandstjohns.org](mailto:admin@stmarksandstjohns.org)  
**Website:** <https://www.stmarksandstjohns.org/>



**St. Peter’s Kitchen**

681 Brown Street  
Rochester, NY 14611-2355

**Office Hours and Days of the Week:** Monday – Friday, 8:00 a.m. – 4:00 p.m.

**Meals Served Between These Hours on These Days:** Monday – Friday, 12:00 p.m. – 1:00 p.m.  
Eat in or take out.

We serve lunch daily, Monday through Friday from 12:00 p.m. to 1:00 p.m.

We strive to serve a well-balanced and nutritional meal, including all the recommended food groups. Our Meals Most Often Include

- Protein rich main dish
- Vegetable or tossed salad
- Pasta, potato or rice
- Fruit
- Beverage
- Dessert

**Other Services Available During Lunch Program:** Guests are also welcome to use the phone and request copy or fax services, as well as inquire about other services and resources available to them throughout the Rochester area.

**Food Pantry:** Tuesdays and Thursdays, 9:30 a.m. – 11:00 a.m.

**Areas (Zip Codes) Served:** 14604, 14606, 14608, 14611, and 14619.

**General Background on This Group:** We strive to build a stronger community by welcoming all of you in need, treating everyone with love, and trying to eradicate hunger in downtown Rochester. You can schedule an appointment by **calling** (585) 235-6511, but walk-ins are welcome.

Learn about the variety of programs we offer, ways to get involved, updates regarding events, and exciting things happening down at the Kitchen. Our services include:

- Hot Lunch Program
- Community Garden
- Phone, Fax and Copy Services
- Food Pantry
- Holiday Meals
- Holiday Food Baskets
- Emergency Services for Rent, Utilities, etc.

We started as a once-a-week Saturday soup and sandwich program. Today we serve a well-balanced lunch to 200+ people a day, Monday through Friday. Our guests come from all walks of life; many face issues related to addiction, mental & physical illness, homelessness, and severe poverty. We are a non-referral agency meaning anyone who walks through our door is welcome.

Some food programs require income documentation to be served. We feel basic, life-giving services like food and compassion should be open to all people.

**Eligibility:** Resident of area served. Can be used once a month.

**Required Documentation to Present:** Photo I.D., proof of address and number of household members are required.

**Contact Name, Title, and E-mail Address:** Bob Boyd, Executive Director,  
bob@stpeterskitchen.org

**Phone:** (585) 235-6511  
**E-mail:** info@stpeterskitchen.org  
**Website:** https://stpeterskitchen.org/



**Stand Strong Christian Ministry Center**

100 Morncrest Drive  
Rochester, NY 14624-2920

**Office Hours and Days of the Week:** Call (585) 355-4128 for exact hours and days.

**Details You Should Know About Taking Advantage of This Group:** We supply free food, perishable items, and emergency aid if you're in crisis situations.

**Contact Name, Title, and E-mail Address:** Jason Jimenez, Founder & President,  
jjimen21@gmail.com, jjimen21@hotmail.com

**Phone:** (585) 355-4128  
**E-mail:** info@standstrongministries.org  
**Website:** https://www.standstrongministries.org/



**STAR Medical Transportation**

55 Troup Street  
Rochester, NY 14608-2053

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 3:00 p.m.

**General Background on This Group:** Our program offers transportation for medical appointments, grocery shopping, and other essential errands. Shopping can include shopping with the participant and/or shopping for the person. Other supports include the arrangement of friendly visiting, phone reassurance, referrals to other community resources, and a membership choice called Homeworks that supplies low-cost home maintenance/repair support.

To register **call** (585) 262-7050. You'll receive an intake packet in the mail, and you'll need to return the signed paperwork. After this has been returned, you can begin using the transportation service and a driver will be assigned to you. Requests for rides should be made 5 days in advance.

**Fees for Services:** Clients are identified as a Fee or Donation participant at intake based on their monthly income. Donation clients will be asked for a voluntary donation at the time of service. Fee clients pay \$10.00 per one way trip, \$13.00 for a short round trip (under 10 miles), \$17.00 for a round trip (11-30 miles) and \$20.00 for a round trip more than 30 miles.

**Phone:** (585) 262-7050  
**E-mail:** [cfc@cfcrochester.org](mailto:cfc@cfcrochester.org)  
**Website:** <https://www.fcscharities.org/services/older-and-vulnerable-adult-services/#star>



**SWEM Community Services Inc.**

1049 Wegman Road  
Rochester, NY 14624

**Office Hours and Days of the Week:** Monday – Friday, 10:30 a.m. – 1:30 p.m. **Call** (585) 235-4491 prior to arrival. One time registration taken over the phone, Appts for shopping (Client Choice) taken prior to arrival, over the phone also. Pre-packed Emergency Bags of food are also available if shopping is not convenient. NO Walk-Ins please.

**Areas (Zip Codes) Served:** 14428, 14514, 14546, 14559, 14606, 14608, 14611, 14614, 14619, 14623 west of the river and 14624.

**Eligibility:** Must live in one of the 11 zip codes we service.

**Application Process:** One time registration taken over the phone prior to making appointments for food.

**Required Documentation to Present:** Photo I.D. with current address is required; if you have moved, bring mail to show your valid address.

**Fees for Services:** Free.

**General Background on This Group:** In operation for 50+ years. An emergency bag of groceries may be passed on to low income and working poor families in Monroe County. The content of the bag of food will vary but may be both fresh and/or canned groceries and other supplies if available. Client Choice Shopping is also available.

**Phone:** (585) 235-4491  
**E-mail:** [swem.services1@gmail.com](mailto:swem.services1@gmail.com)  
**Website:** <https://ststephensrochester.churchcenter.com/home>



**SWAN Inc. Montgomery Neighborhood Center**

Southwest Area Neighborhood Center  
10 Cady Street  
Rochester, NY 14608-2399

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 4:30 p.m.

**Meals Served Between These Hours on These Days:** Monday – Friday, 12:00 p.m. – 1:30 p.m.

**Areas (Zip Codes) Served:** 14608, 14611, 14619.

**Is Transportation Available to and/or From This Group’s Location?** Transportation may be available by **calling** the Center’s Coordinator at (585) 436-3090.

**General Background on This Group:** The Family Emergency Services Program is sponsored by the United Way to provide household assistance to over 1,400 households per year. Examples of our services include:

- Rental/mortgage aid
- Security Deposit Assistance
- RG&E aid
- \$25.00 emergency food vouchers for Walmart/Tops
- Furniture/appliance aid (beds, frames, refrigerators, stoves)
- Referrals to neighborhood food pantries
- Bus passes for doctor visits, court appearances, parole meetings, DHS interviews, others with proof of appointment

**Phone:** (585) 436-3090

**E-mail:** towens@swanonline.org

**Website:** <https://www.swanonline.org>



**Resource Group – T**

“But whoever has this world’s goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him?” **1 John 3:17 (NKJV)**



**The Community Food Cupboard of Rochester**

11 Nester Street  
Rochester, NY 14621-2424

**Office Hours and Days of the Week:** Wednesdays, and Fridays, 9:00 a.m. – 4:00 p.m. **Call** (585) 325-4990 for an appointment.

**Meals Served Between These Hours on These Days:** Hot meals and fellowship, first Wednesday of the month, 11:00 a.m. – 1:00 p.m.

**Areas (Zip Codes) Served:** 14604, 14605, 14609, 14617, 14621 and 14622.



**General Background on This Group:** Senior Basket Program – Provides food for low-income seniors. Emergency Program – Provides food to clients every 3 months (through referral). Long-Term Family Program – **call** (585) 325-4990 for information. Senior program monthly.

**Fees for Services:** Free. Our programs don't charge for food, meals or other services. There are a few caveats, though. Different programs have different requirements. For instance, people accessing our food pantries through the Family Services departments have to be in some kind of emergency situation. That just means we're not a place where people would get weekly groceries and we may also request certain budget or household information for our services.

Our senior centers supply meals each weekday. There's no charge but, as part of the Monroe County senior nutrition program, we must request a donation. No one's denied a meal if they're unable to make a donation. In some of our youth programs, there may be a registration fee (for instance, summer camp), but there are no ongoing charges for meals, program supplies, etc.

**Contact Name, Title, and E-mail Address:** Scott C. Benjamin, President and Chief Executive Officer, scott.benjamin@cshroc.org, sbenjamin@communityplace.org

**Phone:** (585) 325-4990  
**E-mail:** foodcupboard@frontier.com  
**Website:** <https://rochesterfoodcupboard.org/>



**The Community Place of Greater Rochester, Inc.**

145 Parsells Avenue  
Rochester, NY 14609-5118

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 4:00 p.m.

**Meals Served Between These Hours on These Days:** **Call** (585) 288-0021 for exact hours and days.

**Areas (Zip Codes) Served:** 14607, 14609, 14610, 14621, and parts of 14605.

**General Background on This Group:** Many social services and aid programs are offered. Everything from housing to food aid, hot meals, and shelter. There are also feminine products, free personal hygiene or cleaning supplies, and clothes/blankets.

Clients can get food every 3 months; the amount depends on household size. Foodlink giveaway every Monday starting at 10:00 a.m. until all the food is given away

- 57 Central Park, Rochester, NY 14605, **Call** (585) 327-7200
- 145 Parsells Avenue, Rochester, NY 14605, **Call** (585) 288-0021
- 500 Carter Street, Rochester, NY 14621, **Call** (585) 336-4697

**Phone:** (585) 288-0021  
**E-mail:** [development@communityplace.org](mailto:development@communityplace.org)  
**Website:** <https://www.communityplace.org/programs/>



**The Esther Project, Inc.**  
15 Del Verde Road  
Rochester, NY 14624-2401

**Office Hours and Days of the Week: Call** (585) 851-8195 for exact hours and days.

**General Background on This Group:** Housing is a social determinant of health along with accessible and quality healthcare and access to quality education which can lead to economic stability. Stabilizing housing, making a clean and safe place for a woman to put her head down every single night is what every woman deserves.

Homelessness is unsafe for everyone, but women (and children) are particularly vulnerable without stable and safe housing. As of 2022, women accounted for 38% of people experiencing homelessness in the U.S., according to the United States Department of Housing and Urban Development. In addition, high rates of domestic, physical and sexual abuse exacerbate the increasing rate of homelessness among women.

The Esther Projects aims to see women once homeless empowered, employed and thriving!

**Contact Name, Title, and E-mail Address:** Cheryl Snead, Executive Director,  
[Cheryl.Snead@TheEstherProjectINC.com](mailto:Cheryl.Snead@TheEstherProjectINC.com)

**Phone:** (585) 851-8195  
**E-mail:** [theestherprojectrochester@gmail.com](mailto:theestherprojectrochester@gmail.com)  
**Website:** <http://www.theestherprojectinc.com/>



**The Lodge on the Canal**  
133 State Street  
Brockport, NY 14420-2025

**Office Hours and Days of the Week: Call** (585) 637-8161 To make the necessary reservation, or to learn more about what this location offers, and for the exact hours and days.

**Meals Served Between These Hours on These Days:** Serving lunch Tuesday – Friday, at 12:00 p.m.

**Is Transportation Available to and/or From This Group's Location?** Transportation may be available by **calling** the Center's Coordinator at (585) 637-8161.

**Phone:** (585) 637-8161  
**E-mail:** MCOFA@monroecounty.gov  
**Website:** <https://www.monroecounty.gov/aging-centers>



**The People’s Pantry**

555 Avenue D (at the corner of Joseph Avenue)  
Rochester, NY 14621-4633

**Office Hours and Days of the Week:** We are open Wednesdays, Fridays and Saturdays from 9:30 a.m. to 12:00 p.m. for grocery pick-up. You are welcome to come once a week and please bring a photo I.D. We don’t make deliveries. **Call** (585) 325-4950 for additional information.

**Areas (Zip Codes) Served:** All of Monroe County with a focus on the 14621 neighborhood.

**General Background on This Group:** The mission of The People’s Pantry is to provide groceries to individuals and families to help mitigate the effects of food insecurity with dignity and without bias/discrimination.

**Phone:** (585) 325-4950  
**E-mail:** [info@peoples-pantry.org](mailto:info@peoples-pantry.org)  
**Website:** <https://peoples-pantry.org/>

**General Background on This Group:** Our Emergency Food Cupboard serves you if you’re in need, regardless of where you live. We can serve you and your family with food once every month. A photo I.D. is required, showing where you live. We can also take a referral from a community agency or a church.

**Emergency Program:** Mondays, Wednesdays and Saturdays, 9:00 a.m. – 12:00 p.m. **Call** Lifespan (585) 244-8400 or go to the Lifespan website: [www.lifespan-roch.org](http://www.lifespan-roch.org)

For assistance from other organizations that might be able to help, **call** the area social service line at 211, or online at [www.lifeline.org](http://www.lifeline.org).



**The Word of the Cross Food Pantry**

76 North Union Street  
Rochester, NY 14607-1341

**Office Hours and Days of the Week:** **Call** (585) 288-8120 for exact hours and days.

**Eligibility:** Food will be given per household size.

**Required Documentation:** A Photo I.D. for everyone in the household is required.

**Application Process:** Walk-in during open hours.

**Phone:** (585) 288-8120

**E-mail:** (Web Form)

**Website:** <https://www.facebook.com/pages/The-Word-of-The-Cross/113950458635652>



**Third Presbyterian Church (Celebration Center)**

4 Meigs Street  
Rochester, NY 14607-2013

**Office Hours and Days of the Week:** Thursdays, 9:15 a.m. – 11:45 a.m.

**Areas (Zip Codes) Served:** 14604, 14607 and 14620.

**General Background on This Group:** Volunteers prepare bags of emergency grocery items. In addition to basic food items, you “shop” for bread, milk, yogurt, meat, and fresh fruit and vegetables.

**Eligibility:** You’re eligible once every month and need to show a photo I.D. and proof of address.

**Phone:** (585) 271-6513

**E-mail:** [tpullano@thirdpresbyterian.org](mailto:tpullano@thirdpresbyterian.org)

**Website:** <https://www.thirdpresbyterian.org/outreach/food-cupboard/>



**Resource Groups – U through Z**

“He who despises his fellow sins,  
but he who shows compassion to the humble is happy.” **Proverbs 14:21**  
**(Complete Jewish Bible)**



**United Way of Greater Rochester and the Finger Lakes**

75 College Avenue  
Rochester, NY 14607-1009

**Office Hours and Days of the Week:** Call (585) 242-6400 for exact hours and days.

**General Background on This Group:** United Way of Greater Rochester’s mission is to unite the good will and resources of the Greater Rochester community so that all of you can thrive.

**Phone:** (585) 242-6400

**E-mail:** [contactus@unitedwayrocflx.org](mailto:contactus@unitedwayrocflx.org)

**Website:** <https://unitedwayrocflx.org>



**Veterans Outreach Pantry**

447 South Avenue  
Rochester, NY 14620-1020

**Office Hours and Days of the Week:** Monday – Friday, 8:30 a.m. – 4:30 p.m.

**General Background on This Group:** We offer a wide variety of services. Our care managers will help guide you to the support you need and serve as a link to the following services:

- Comprehensive care management services
- VOC’s Female Veteran & Families Program
- VOC’s Quartermaster program (Clothing, household goods, and food support)
- Link to on-site and off-site community partners focused on serving veterans:
  - Education – RIT’s Veterans Upward Bound Program
  - Veterans Benefits (VA) – New York State Division of Veterans Affairs and Monroe County Veterans Service Agency
  - And many more!
- Housing search, placement aid, and referral to veteran-friendly landlords
- Veteran camaraderie programs and events
- Notary public services

**Phone:** (585) 546-1081  
**E-mail:** [info@vocroc.org](mailto:info@vocroc.org)  
**Website:** <https://vocroc.org/>



**Volunteers of America**

175 Ward Street  
Rochester, NY 14605-1847

**Office Hours and Days of the Week: Call** (585) 454-1151 for exact hours and days, and to make an appointment.

**Areas (Zip Codes) Served:** 14611 and 14613

**General Background on This Group:** Volunteers of America (VOA) supplies long-term solutions to homelessness, poverty, addiction, education, and criminal behavior through more than thirty-four different programs and services in our community. Since 1896, VOA has touched the lives of more than one million people across Upstate New York – from homeless families and individuals to weakened seniors, struggling veterans, impoverished children, men, and women who’ve been incarcerated, and those recovering from addiction.

Volunteers of America's Emergency Food Pantry will distribute food to families and individuals in need.

**Phone:** (585) 454-1151 ext. 7461  
**E-mail:** [info@voaupny.org](mailto:info@voaupny.org)  
**Website:** <https://www.voaupny.org/>



**Volunteers of America Upstate New York**

214 Lake Avenue  
Rochester, NY 14608-1208

**General Background on This Group:** We help those in local communities emerge from poverty, become more self-reliant and reach their full potential. To those ends, the VOA provides childcare, housing and support services for the homeless, employment services, life skills training and other forms of assistance.

**Office Hours and Days of the Week: Call** (585) 647-1150 for exact hours and days.

**General Background on This Group:** Volunteers of America Upstate New York empower people in our community to rise out of poverty, move toward self-reliance, and reach their full potential. We accomplish this by providing long-term solutions to homelessness, poverty, addiction, illiteracy and criminal behavior through more than 30 essential programs and services. Each year, we serve 5,000 people in three key areas: homelessness prevention, childhood education and reentry programs.

**Phone:** (585) 647-1150  
**E-mail:** [info@voaupny.org](mailto:info@voaupny.org)  
**Website:** <https://www.voaupny.org>



**Warrior Salute Veteran Services**

441 Pembroke Drive, Suite 5  
Penfield, NY 14526-2046

**Office Hours and Days of the Week: Call** (585) 364-3171 for exact hours and days.

**General Background on This Group:** Warrior Salute provides clinical therapies, including art therapy and a S.M.A.R.T. recovery program, for veterans who have been diagnosed with post-traumatic stress disorder, traumatic brain injury and military sexual trauma. Therapy can be given via telehealth. Veterans can also make use of case management services and transitional housing.

“When veterans return home with the scars of active duty, our country and communities owe them the very best support to say, “thank you.” Warrior Salute Veterans Services is a Penfield-based subsidiary of CDS Life Transitions, a not-for-profit organization dedicated to easing veterans back

into civilian life with a wide range of transitional services, including counseling, housing, and career support. After years of service, many heroes return home to find a new battle before them. While some struggle to find work and a place to live, others grapple with mental health challenges like post-traumatic stress disorder (PTSD) and the effects of military sexual trauma (MST).”

No matter what their struggles are, Warrior Salute Veterans Services will supply valuable resources and a personalized plan of action. Our range of support programs includes:

Individual and group mental health counseling, including support therapies like:

- Art and music
- Vocational rehabilitation
- Career counseling and job placement
- Housing and independent living skills
- Female-only counseling groups and residential options

Securing veteran aid is simple. Vets or their loved ones can apply for veteran aid by visiting the Warrior Salute Veteran Services website and downloading an intake form. In each unique case, the team is committed to naming the needs of service members and their families, offering a helping hand and compassionate network of support and empowering vets to take their rightful places in the community and live the lives they’ve fought for.

If you know a hero who needs help transitioning to life after active duty, **call** us for aid. To learn more about our selection of programs, **call** (585) 364-3171, or visit our website.

**Phone:** (585) 364-3171  
**E-mail:** [info@warriorsalute.com](mailto:info@warriorsalute.com)  
**Website:** <https://www.facebook.com/WarriorSalute>



**Webster Hope Inc.**  
1450 Ridge Road East  
Webster, NY 14580-3619

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 3:00 p.m. **Call** (585) 265-6694 for more information.

Mondays, 5:00 p.m. – 7:00 p.m., Tuesdays, 10:00 a.m. – 12:00 p.m., Wednesdays, 3:00 p.m. – 5:00 p.m., Thursdays, 5:00 p.m. – 7:00 p.m.

**Areas (Zip Codes) Served:** 14580.

**Eligibility:** Webster residents only.

**Required Documentation to Present:** Address verification for all members of your household is required. We require an official piece of mail, RG&E bill, lease, pay stub, etc. We don't take driver's licenses or junk mail.

**General Background on This Group:** We have an extensive food pantry plus two floors of clothing and household items. Visit us during our hours of operation or **call** us at (585) 265-6694 to discuss your situation.

The mission of Webster Hope is to serve the needs of residents in the 14580 zip code. Our volunteers embrace the spirit of compassion as we provide food, clothing, household goods and furniture to those in need. Financial assistance, with the emphasis on preventing homelessness, is available.

Webster Hope, Inc. prohibits discrimination on bases (i.e. characteristics) of race, color, national origin (including limited English proficiency), age, sex (including gender identity and sexual orientation) or disability. We do not discriminate against anyone based on religion or religious belief.

All protected classes have equal access to Webster Hope's services.

**Contact Name, Title, and E-mail Address:** Margery Morgan, Director, HOPE Ministry, Margery.Morgan@dor.org

**Phone:** (585) 265-6694 or (585) 734-9586

**E-mail:** websternyhope@gmail.com

**Website:** <https://www.holytrinityweb.com/weekly/hope-ministry-news/>



**Webster Senior Center**

1350 Chiyoda Drive  
Webster, NY 14580-9777

**Office Hours and Days of the Week:** Monday – Friday, 8:00 a.m. – 9:00 p.m.; Saturday and Sunday, 7:00 a.m. – 6:00 p.m.

**Meals Served Between These Hours on These Days:** Serving lunch Monday – Friday at 12:00 p.m.

**General Background on This Group:** Whether you are seeking friendship, exercise, educational programs or recreational and leisure activities the Webster Recreation Center is committed to providing these opportunities for 55+ residents of the Town of Webster. You are also invited to stop by to see our facilities firsthand. We welcome you to share your ideas about what we can do to enrich your experience with us. Our 55+ Coordinator, Daphne Geoca, welcomes both inquiries and suggestions at (585) 872-7103, ext. 7105.



Webster residents who are 55+ can request a ride from their door to the Webster Recreation Center and back home again on Tuesdays and Thursdays. Schedule a ride by **calling** (585) 872-7103, ext. 7385 no later than 8:00 a.m. the day of the ride.

**Lunch Club 60:** A delicious, hot meal is served at The Webster Recreation Center, Monday through Friday, at 12:00 p.m. This nutritious lunch is served cafeteria-style for our Lunch Club 60 members. There is a \$3.50 suggested contribution for those 60 and older, and a \$7.50 charge for those under 60. Although registration isn't required, except for special celebrations, participants must fill out a form to be sent to the county.

**Transportation:** We are pleased to announce the return of transportation to/from the Webster Recreation Center! Webster residents who are 55+ can request a ride from their door to ours and back home again on Tuesdays and Thursdays. Thursday's ride home includes a stop for groceries. Pickup will be between 9:00 a.m. – 10:00 a.m. Return ride will leave the Recreation Center at the conclusion of Lunch Club 60 between 12:30 p.m. – 1:00 p.m. Limited seats are available on these days and for field trips. The program is available to any resident of Webster, 55 years of age or older. \$2.00 round trip per person/per day. You may request transportation by **calling** (585) 872-7103 ext. 7385 no later than 8:00 a.m. the day of the ride. You will need to supply your name, address, phone number, and requested date(s) for the van.

**Eldersource:** A trained case manager is available the fourth Tuesday of each month from 9:00 a.m. – 11:30 a.m. to help individuals aged 60 and older and their families sort through the maze of available services, benefits and health insurance for senior citizens and the paperwork that goes with it. No appointment is necessary, and services are offered on a first come, first served basis.

**Recreational and Leisure Programs/Activities:** The Webster Recreation center is dedicated to supporting and enhancing the lives of adults 55 years and older by supplying programs and services that promote active, independent, and healthy lifestyles.

- Seminars/Educational Programs/Talks on Tuesdays – Throughout the year we offer programs that will expand your knowledge, teach you a new skill or help you maintain a healthy lifestyle. Recent seminars have supplied information on how to protect yourself from the latest scams, how to organize your personal and financial information and ways to avoid falls and keep your body limber.
- Fitness Classes – We offer various fitness and health related programs geared to the needs of 55+ individuals. Theraband, Chair Yoga, Zumba Gold, Line Dancing, and Better Balance Bootcamp just to name a few.
- Holidays/Theme Parties – There is always something worth celebrating at the Webster Senior Center. Join us for our themed luncheons.
- Bridge/Euchre/Mahjong/Scrabble/Bingo/Rummikub – If you love to play these games there's a time set aside for playing with others who also enjoy playing.

- Visionaries – This support group helps those who are experiencing problems with their vision. The group is helped by one of its members and is being held at the recreation center the first Wednesday of each month at 10:30 a.m. Guest speakers are sometimes featured at these meetings as well as occasional trips.
- and so much more...

WSPS supplies transportation Monday to Friday, 9:00 a.m. – 2:30 p.m. for retirees and disabled residents who live within the Webster School district to the following appointments: Medical, Dental, Dialysis, Chemotherapy, Physical Therapy, Pharmacy, Banking. To schedule a ride **call** (585) 216-7829 or visit [www.websterwasps.com](http://www.websterwasps.com)

**Phone:** (585) 872-7102  
**E-mail:** [parksandrec@ci.webster.ny.us](mailto:parksandrec@ci.webster.ny.us)  
**Website:** <https://www.ci.webster.ny.us/facilities/facility/details/Webster-Recreation-Center-1>



**Wesley FOC United Methodist Church Food Pantry**

2009 Dewey Avenue  
 Rochester, NY 14615-2229

**Office Hours and Days of the Week: Call** (585) 402-8493 for exact hours and days.

**Contact Name, Title, and E-mail Address:** Rev. Stephen McKnight, pastor, [asakmack@gmail.com](mailto:asakmack@gmail.com)

**Phone:** (585) 402-8493  
**E-mail:** [asakmack@gmail.com](mailto:asakmack@gmail.com)  
**Website:** <https://healthworkforce.211lifeline.org/detailprint.php?id=63547081&sid=63547089>



**Wheatland Senior Center**

22 Main Street  
 Scottsville, NY 14546-1358

**Office Hours and Days of the Week: Call** (585) 889-1284 for exact hours and days.

**Meals Served Between These Hours on These Days:** Serving lunch on Mondays, Wednesdays, and Thursdays at 12:30 p.m. To make the necessary reservation, or to learn more about what this location offers, **call** (585) 889-1284.

**General Background on This Group:** Sponsored by the Town of Wheatland, the senior center offers a nutritious lunch, social and recreational activities, art class, exercise class, guest speakers, trips, case management services and transportation to the center. Recreational, social, educational and health-related programs, activities and services are offered in a warm and friendly environment that are intended to help senior citizens maintain their independence in the community. This includes a lunchtime hot meal program.

**Phone:** (585) 889-1284  
**E-mail:** seniors@townofwheatland.org  
**Website:** <https://www.townofwheatland.org/senior-center>



**Wilson Commencement Park**

251 Joseph Avenue #279  
Rochester, NY 14605-1911

**Office Hours and Days of the Week:** Call (585) 263-7930 for exact hours and days.

**General Background on This Group:** Wilson Commencement Park supplies quality housing and support services to help low-income single parents build stable, independent and productive lives.

**Phone:** (585) 263-7930  
**E-mail:** (Web Form)  
**Website:** <https://www.wcpark.org>



**Women, Infants and Children (WIC) Supplementary Food Program**

691 St. Paul Street, fourth floor  
Rochester, NY 14605-1706

**Office Hours and Days of the Week:** Monday – Friday, 9:00 a.m. – 3:00 p.m.

**General Background on This Group:** The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is available to low to moderate income pregnant women, recently delivered women, breastfeeding women, infants, and children up to age 5 who are at nutrition risk. Fathers can also bring their children to apply for WIC. You may apply for WIC if you're working or unemployed.

The foods provided through WIC are a good source of nutrients often missing from the diets of women and young children.

**Phone:** (585) 753-4942  
**E-mail:** NYSWIC@health.ny.gov  
**Website:** [https://www.wicprograms.org/ci/ny-north\\_greece](https://www.wicprograms.org/ci/ny-north_greece)



**Yellow Ribbon Cupboard – I AM ISIAH**

1100 University Avenue  
Rochester, NY 14607-1653

**Office Hours and Days of the Week:** Call (585) 441-9941 for exact hours and days.

**General Background on This Group:** I AM ISIAH is a non-profit organization whose mission is to increase suicide awareness and promote a healthy quality of life by supplying guidance and aid using community resources. The organization is strictly run by resolute volunteers who strive to make a difference in our community.

**Phone:** (585) 441-9941  
**E-mail:** HOPE@iamisiah.org  
**Website:** <https://www.iamisiah.org/>



**Zion Hill Missionary Baptist Church**

250 Dr. Samuel McCree Way  
Rochester, NY 14611-3433

**Office Hours and Days of the Week:** Tuesdays and Thursdays, 9:00 a.m. – 2:00 p.m.

**Breakfast Served Between These Hours on These Days:** Tuesdays and Thursdays, 8:00 a.m. – 10:00 a.m. More than 10,000 free breakfasts were served last year.

**Food Pantry:** Tuesdays and Thursdays, 11:00 a.m. – 2:00 p.m.

**Areas (Zip Codes) Served** 14608, 14611 and 14619.

**Eligibility:** You can visit the pantry once per month and shop free of charge. You can receive 3 days' worth of groceries which is a value of over \$100.00 which will stretch grocery budget/free up money for other bills such as gas and rent.

**Required Documentation to Present:** Photo I.D. is required.

**Fees for Services:** Free.

**Phone:** (585) 328-4660  
**E-mail:** [pastord@zion-hill.org](mailto:pastord@zion-hill.org)  
**Website:** <https://www.zion-hill.org/>