

## Brought to you by:

Stage One Food Policy Council

*Who are we?*

We are a group of community organizations and members who work together to improve the availability of healthy foods to the people of Jefferson County.

Our Mission:

To ensure all Jefferson County residents have adequate access to affordable, fresh, and nutritious foods.



Jefferson County Public Health Services

W: <http://www.co.jefferson.ny.us/index.aspx?page=96>

North Country Prenatal/Perinatal Council, Inc.

W: <http://www.ncppc.org/>

North County Children's Clinic/WIC

W: <http://www.childrens-clinic.org/>

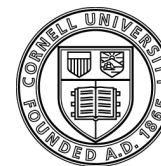
Cornell Cooperative Extension Association of Jefferson County

W: [www.ccejefferson.org](http://www.ccejefferson.org)



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Cornell University  
Cooperative Extension  
Jefferson County

203 N. Hamilton St. ♦ Watertown, New York 13601-2948



## Struggling to Make Ends Meet?

## Check out these programs in Jefferson County that can Help

## Resources:

**www.mybenefits.ny.gov:** One stop shop for some programs listed in this brochure including food stamp benefits, WIC and more! Find out what you qualify for from the privacy of your home.

**Food Stamp Benefits (EBT card):** Recent changes to the Food Stamp Program make it easier for households to qualify, even if you are working. To apply visit:

- mybenefits.ny.gov
- Nutrition Outreach Education Program (NOEP) located at Community Action Planning Council: 782-4900
- Department of Social Services: 782-9030

**Farmers' Markets:** EBT cards can be used at designated farmers' markets. Coupons to use at designated markets are available from Office of the Aging and WIC.

**Food Pantries:** Emergency food assistance to individuals and families. To find the food pantry closest to you, go to [www.foodbankcny.org](http://www.foodbankcny.org) or call 788-8450 for a complete listing of food pantries in Jefferson County.

**Food Sense:** A program for anyone designed to help stretch food dollars. Orders cost \$15.50 and can be prepaid by **EBT card** or cash. For more information on food packages and specials call: Adams area 232-4521, Watertown area 782-8440 or 782-9432.

**Angel Food:** A program for anyone designed to help stretch food dollars. There are a variety of packages with a variety of prices. **EBT cards** and cash are accepted! To find the site closest to you and learn more about their food packages visit:

<http://www.angelfoodministries.com/hosts.asp>

## Organizations:

**Cornell University Cooperative Extension of Jefferson County (CCE):** Offers a variety of programming including Nutrition and Health Programs, everything from feeding an infant to making quick low cost healthy meals. For more information call 788-8450.

**Community Action Planning Council (CAPC):** Offers a variety of services that meet a variety of needs. Nutrition Outreach Education Program (NOEP) and the food pantry are valuable assets to a family table. Call 782-4900 for more information.

**Department of Social Services (DSS):** Along with filling out paperwork for food stamps, this organization can help you sign up for HEAP and a variety of other helpful programs.

**Army Emergency Relief (AER):** Is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER's mission is to provide emergency financial assistance to soldiers and their families. Call 772-6560.

**North Country Children's Clinic/Women, Infants and Children (NCCC/WIC):** Primary Care, Dental, and school based health clinics are available to the public. **WIC** is a program that ensures pregnant and/or breastfeeding women, infants, and children under 5 get the healthy foods they need. Call 782-9222 for more information.

**Community Supported Agriculture (CSA):** Buying a CSA share can provide your family with fresh vegetables and fruits throughout the growing season. Some CSA shares can be bought with an EBT card. For more information call 788-8450

## Community Activities:

- **Dollar Dinners:** Dinners are provided for \$1 at participating churches in the Jefferson County area throughout the winter months. For a listing of Dollar Dinners in the Watertown Area visit [www.watertownurbanmission.com/dollardinnerschedule.htm](http://www.watertownurbanmission.com/dollardinnerschedule.htm) or call 782-8440.
- **Summer Feeding Program:** CAPC is a sponsor of the Summer Food Service Program. Free breakfasts, lunches, and snacks are served to children through eighteen years of age, at various sites throughout the county. New Summer Food sites and Volunteer Site-Supervisors are always welcomed. Call 782-4900.
- **Free and reduced Lunches for School age children:** is available to help families stretch food dollars by giving children lunch at a reduced price. Contact your local school district and speak to the Food Service Director to fill out an application.
- **Office of the Aging Nutrition Program:** The Jefferson County Office for the Aging Nutrition Program offers a variety of services to meet the nutritional needs of persons 60 years and older. Services include: **Home Delivered Meals Program, Congregate Meal Sites, Information and Referrals, Nutrition Education and Nutrition Counseling.** Call 785-3191 for more information.
- **Salvation Army Soup Kitchen:** Salvation Army of Watertown Soup Kitchen 723 State Street, Watertown, NY 13601 Hours Of Operation: Monday through Saturday, 11:30AM to 1:00 PM Call 782-4470