

FOOD *Sense*

A MONTHLY FOOD
CO-OP FOR EVERYONE



CORTLAND COUNTY

What is it?

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

Who is eligible?

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

How does it work?

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

What is in a unit?

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

Cincinnatus	Cortland-Chenango Rural Services	2704 Lower Cincinnatus Rd.	Joanne Brown-Garringer	(607) 863-3828
Cortland	Grace Episcopal Church	13 Church St.	Kim Hill	(607) 345-8775
Tully	St. Leo's Church	10 Onondaga St.	Molly Hackett	(315) 696-5092