



Outreach & Distribution to non-profit community programs

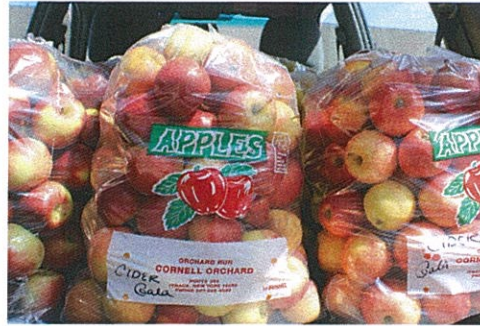
- Dryden O.U.R.S. and Y.O.U.R.S
- Healthy Tuesdays at Groton Public Library
- Ithaca Kitchen Cupboard
- Ithaca Youth Bureau
- Outreach to residents in Ithaca and Newfield
- Outreach to low income work sites in Ithaca
- Red Cross Friendship Center (for lunches made by Temple Beth-El volunteers)
- Rescue Mission at Court Street Place
- Tompkins County Probation Department, Alternatives to Incarceration Program
- Women's Opportunity Center
- Youth Farm Project
- And many others, when food is available

FDN needs your help

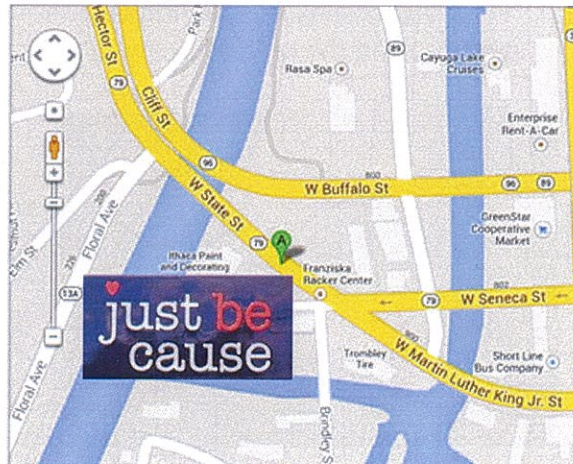
- Become a volunteer - a variety of opportunities are available
- Donate food or organize a food drive
- Make a financial gift to help FDN continue its work 364 days a year

Our mission is to rescue fresh nutritious food from stores and farms that would otherwise be thrown away and redistribute it to our neighbors in need.

Celebrating 25 years of Rescuing Food, Reducing Hunger



We are located in the **Just Be Cause Not-for-Profit Development Center**
1013 W. State/MLK Jr. Street
Ithaca, NY 14850



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About

Friendship Donations Network (FDN), founded in 1988 by Sara Pines, MSW, Ph.D., is an innovative and transformative program that saves nutritious food that would otherwise be wasted. We redirect food to people in need, keeping it out of the landfill. An extensive network of 235 volunteers from 30 hunger relief programs pick up donations of mostly perishable excess and day-old food from Ithaca's food outlets. At each daily program, pantry volunteers distribute the food to our neighbors in need.

Donors include:

- Area farms and CSAs (in season)
- BJs Wholesale Club
- Chipotle
- Cornell University (including Cornell Dairy Store, Cornell Orchards, Homer C. Thompson Research Farm, and Cornell Dining)
- Full Plate Farm Collective
- Greenstar Cooperative Market
- Individual community members
- Ithaca Bakery
- Ithaca College
- P&C Fresh
- Regional Access
- Tops Friendly Markets
- Wegmans (anchor donor)
- West Haven Farm

Service to the Community

Over 2000 people are served weekly through 30 hunger relief programs. Each pantry receives 1,000-1,500 lbs of mostly fresh, perishable food donations daily: fruits, vegetables, bakery items, a variety of dairy and deli items, eggs, and other groceries.



Over 500,000 lbs. of good food is diverted from the landfill each year!



Hunger Relief Programs Served by Friendship Donations Network

- Loaves and Fishes: Free Meals Mon.-Fri.
- Bread of Life Pantry, Candor
- Catlin First Methodist Church Pantry
- Danby Food Pantry
- Reach Out For Christ Church Pantry
- Grace Lee Wesleyan Church Pantry
- Halsey Valley Helping Hands Pantry
- Immaculate Conception Church Pantry
- Interlaken Reformed Church Pantry
- Lansing Food Pantry
- McLean Community Church Pantry
- Northern Light Learning Center Pantry
- Overlook Apartments Pantry
- Sovereign Grace Baptist Church Pantry
- West Village Apartments Pantry
- Workers' Center Pantry at Linderman Creek Apartments

For a complete listing of our current programs and schedule please visit our website: www.friendshipdonations.org/pantry-schedule

Friendship Donations Network is a 501(c)3 charitable organization.

