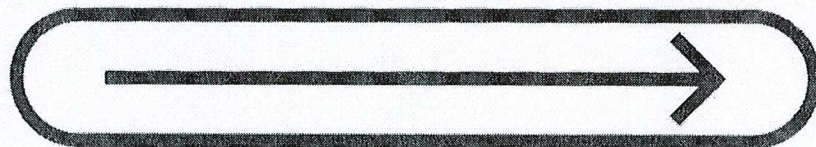
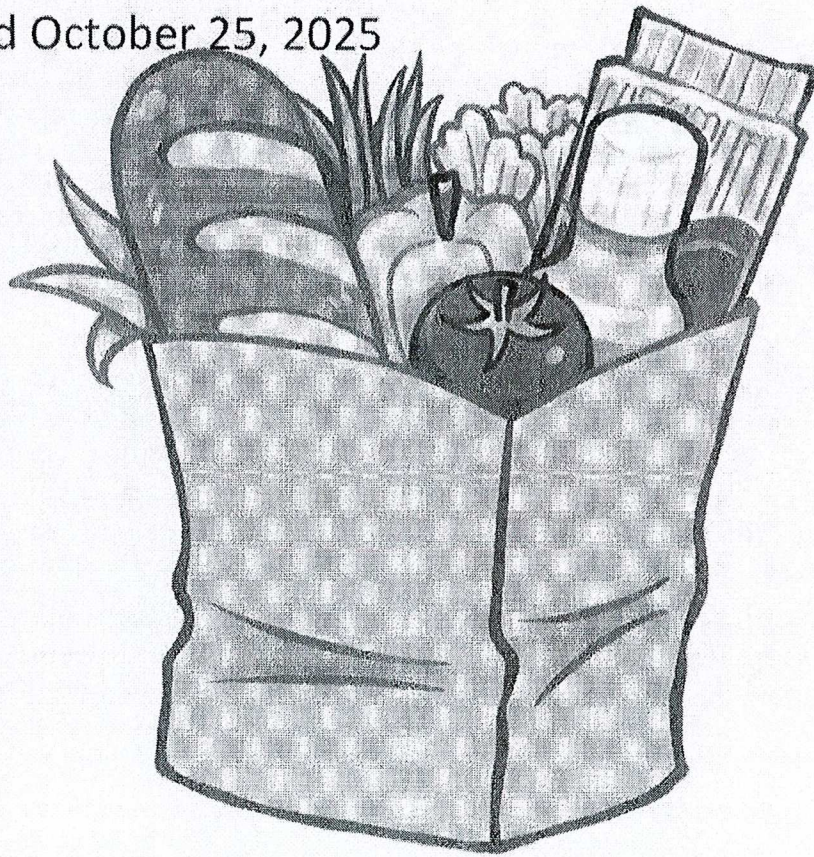


Monroe County Food Cupboards & Pantries

Updated October 25, 2025



Baden Street Settlement CITY NE

📍 13 Vienna Street Rochester, NY 14605

☎ 325-4910

Monday - Thursday 8:30am -12:30pm and 2:00pm - 3:30pm

Requirements: Bring verification of address, recommended to call first to verify eligibility Area served: 14605, 14609, 14621, parts of 14604

Barakah Muslim Charity

📍 584 Jefferson Ave Rochester, NY 14611

☎ 325-2621

Sunday 10:00am - 1:00pm

Thursday 5:00pm - 7:00pm

Requirements: Bring proof of family size

Languages: Arabic, Somali, Spanish. All are welcome.

Bethany House

📍 1111 Joseph Ave Rochester, NY 14621

☎ 454-4197

Tuesday - Thursday 10am-1pm

Requirements: Appointment only. Women as head-of-household only

Proof of family size required NO income guidelines or restrictions

Brighton Food Cupboard (Jewish Family Service of Rochester)

☎ 271-5355 Call for appointment

📍 Area served: 14607, 14610, 14618, 14620

The Brighton Food Cupboard follows a case management model. The model provides for client confidentiality as the clients do not come to the food cupboard, their case manager shops for them and delivers the food to their home. Individuals in the community who are in need of food should call 271- 5355 and ask to speak with the case manager. The case manager will arrange to meet with the individual and provide food.

Cameron Community Food Pantry

📍 48 Cameron St Rochester, NY 14606

☎ 254-2697 ext. 114

Thursday - Friday 10am - 11:45am

Requirements: Call for appointment. ID required

Carolyn's Cupboard at Abundant Grace Church

📍 4292 Lake Avenue Rochester, NY 14612

☎ 585-621-4490

4th Friday of each month 6pm to 8pm

Required: ID and piece of mail

Area Served: 14612 / Charlotte

Charles Settlement House

📍 71 Parkway Rochester, NY 14608

☎ 277-0810

Monday - Friday 9am to 4pm

Requirements: appointment walk-ins served upon availability of staff

Area Served: Parts of (14611 14612 and 14615) 14608, 14606, 14613, 14624

Catholic Family Center

📍 1645 St Paul St

☎ 232-2050

Monday - Thursday 9am - 12:30pm

Area served: Rochester

Requirements: ID for each household member. Call for appointment

Church of Love Faith Center

📍 700 Exchange Street Rochester, NY 14608

☎ 454-3270 / 449-8472

Monday and Saturday 10am - 12am

Requirements: Proof of address, quick intake onsite Area Served: 14608, 14611, 14619

Community Food Cupboard

📍 11 Nester Street Rochester, NY 14621

☎ 325-4990 Call for appointment

Area Served: 14604, 14605, 14609, 14617 14621, 14622 has Halah meat options

Community Place of Greater Rochester

📍 145 Parsells Avenue Rochester, NY 14605

☎ 288-0021

Tuesday - Thursday 9:00am - 2:30pm appointment only

Friday 9:00am - 2:30pm walk in

Area Served: 14605 14609, 14607, 14610, 14621

Dimitri House

📍 102 North Union Street Rochester 14607

☎ 325-1796

Hours: Monday, Wednesday, Thursday, Friday 9:30 - 11:30 Area Served: 14604, 14605, 14607 and 14609 Requirements: short phone intake

Family Restoration Project

📍 360 Wellington Ave 14619

☎ 328-9270

Wed and Fri from 9:00 am - 1:30 pm

Requirements: photo ID, proof of address and proof of family size Area served: 14608, 14611, 14619 and 14620

GNOC Hope Shop

📍 916 North Goodman Street, Rochester NY 14609

☎ 434-1600

Friday 11:30am - 1:30pm.

A warm meal is provided as well as fellowship, prayer, and free groceries

Greece Ecumenical Food Shelf Inc.

📍 500 Maiden Lane Rochester, NY 14616

☎ 683-9674

Monday - Friday 9am to 3pm

Requirements: register via voicemail, get a call back Area Served: Greece, Charlotte Delivery for housebound

Holy Cross Church

📍 4492 Lake Avenue Rochester, NY 14612

☎ 663-2244

Thursdays 2:30pm - 4:15pm (excluding 5th Thursdays) Requirements: ID

Area Served: Charlotte area only

Community Place of Greater Rochester

📍 145 Parsells Avenue Rochester, NY 14605

☎ 288-0021

Tuesday - Thursday 9:00am - 2:30pm appointment only

Friday 9:00am - 2:30pm walk in

Area Served: 14605 14609, 14607, 14610, 14621

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📍 102 North Union Street Rochester 14607

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Holy Cross Church

📍 4492 Lake Avenue Rochester, NY 14612

☎ 663-2244

Thursdays 2:30pm - 4:15pm (excluding 5th Thursdays) Requirements: ID

Area Served: Charlotte area only

House of Mercy

📍 285 Ormond St Rochester, NY 14605

☎ 546-2580

Wednesdays 10am -11:30am & 1pm - 2:30pm Area Served: All of Monroe County

Irondequoit Community Cupboard

📍 2841 Culver Road Rochester, NY 14622

☎ 336-9107

Distribution Hours: Tuesday & Saturday 9:30am – 11:00am Office Hours: Monday &

Wednesday 9:00am – 4:00pm Friday 9:00am-12:00pm

Requirements: Appointment, Current bill at address

Area Served: Irondequoit

Joseph's Place of Sacred Heart Convent

📍 287 Flower City Park Rochester, NY 14615

☎ 505-7800 (call during the following times)

Mondays 1:00pm - 3:00pm

Tuesdays 9:00am - 11:00 am

Second Wednesday of each month from 5 to 7 pm

Third Wednesday of each month from 1 to 3 pm

Fourth Wednesday of each month from 1 to 3 pm

Saturdays 9:00am - 11:00am

Requirements: Call during office hours to make appointment

Areas served: part of 14606 and part of 14608 (north of Lyell Ave. and east of Mt. Read Blvd.), all of 14613, part of 14615

Loop Ministries at Lutheran Church of the Incarnate Word

📍 597 East Ave 14607

☎ 738-2170

Tuesdays and Thursdays 10am to 12pm

Requirements: Proof of address or ID is required for first visit. (Additional groceries may be available for individuals with families; proof of the number of household residents is required.)

Area served: Rochester

Maplewood-Edgerton Emergency Kupboard (MEEK) at Church of the Ascension

📍 2 Riverside St (intersects with Lake Ave) Rochester, NY 14613 📞 458-4682

Saturdays 9am - 11:30am

Requirements: Proof of address and IDs for all in household

Area Served: part of 14606, part of 14608, all of 14613, part of 14615

New Bethel CME Church

📍 270 Scio Street Rochester, NY 14605

📞 232-3815

Tuesday 12:00pm - 2:00pm

Area served: 14605, 14608, 14621

St. Andrew's Food Cupboard Inc.

📍 892 Portland Ave 14621

📞 338-1764

Tuesday - Friday 9am - 11:30am

Requirements: Walk-in accepted with ID & proof of address for all members of the household

Area served: all of 14609, 14613, 14615, 14621

St. Mark's and St. John's Episcopal Church

📍 1245 Culver Road Rochester, NY 14609

📞 654-9229

Wednesdays 10:30am -12:00pm

Requirements: Registration onsite

Area Served:14609

St. Mary Regis Food Cupboard

📍 316 Bay St Rochester, NY 14605

📞 654- 9229

Monday, Tuesday, Thursday 11:00am - 1:00pm

Area Served:14605, 14609, 14621

St. Michaels Food Cupboard at Rochester HOPE

📍 869 N Clinton Avenue Saturday 9:30 am - 3:30 pm

Requirements: none

Area served: ANY

St. Peter's Kitchen

📍 681 Brown Street Rochester, NY 14611

☎ 235-6511

Tuesday and Thursday 9:30am to 11am

Area served: 14604, 14606, 14608, 14611, 14614, and 14619

Requirements: ID for all in household (preferred)

Appointment Required

Salvation Army CITY DOWNTOWN

📍 70 Liberty Pole Way

Monday - Friday 9:00am to 3:00pm

Requirements: Birth certificate or insurance card for any children in house

Area Served: Monroe County

S.W.E.M. Community Services

📍 1049 Wegman Rd Rochester, NY 14624

☎ 235-4491

Tuesday - Friday 10:30am - 1pm

Requirements: Call for Appt

Area Served: 14428, 14514, 14546, 14559, 14606, 14608, 14611, 14614, 14619, 14623, and 14624

The People's Pantry of Rochester

📍 555 Ave D, Rochester, NY 14621

Wednesday, Friday, Saturday 9:30am - 12:00pm

Requirements: need to show id or proof of address

Area Served: ALL

Third Presbyterian Church

📍 4 Meigs Street Rochester, NY 14607

☎ 271-6513

Monday and Thursday 9:15am - 11:45am

Requirements: ID preferred

Area Served: Monroe County

Trillium Health

📍 259 Monroe Ave

☎ 545-7220

Monday 1:00pm - 4:00pm

Wednesday 9:00am - 12:00pm & 2:00pm - 4:00pm

Thursday 1:00pm - 4:00pm

Friday 9:00am - 1:00pm

Area Served: ANY

Zion Hill Missionary Baptist Church

📍 250 Dr. Samuel McCree Way Rochester, NY 14611

☎ 328-4660

Tuesday - Thursday 11am - 2pm

Requirements: ID

Emergency Grocery Help

What it is

- Community-funded help: up to \$150
- Wegmans gift card to cover groceries you'd normally buy with SNAP
- Not a government program

Requirements

- An email address to get confirmation.
- Valid photo ID at pickup.
- Able to pick up at a listed Wegmans in Rochester or Syracuse

3 quick steps

- Apply online: jeffknauss.com/snap
- Watch for confirmation email.
- Pick up at your chosen Wegmans (bring ID)

First Come First Serve, limited supply

Details & donations at the link