

FOR IMMEDIATE RELEASE

Food Available in Kingston for People in Need

Kingston, NY-People who live near Kingston who get SNAP benefits may have a hard time getting enough food in February because February SNAP benefits were given out early due to the government shutdown. February benefits may run out sooner than usual. There may be a gap of as many as 50 days between February and March benefits.

No one should go without enough food! The Eat Smart NY Program at Cornell Cooperative Extension of Ulster County and the Eat Well Kingston focus team are working to make sure that all Kingston residents know where they can go to get healthy food in their neighborhood.

There are more than 10 food pantries and soup kitchens in the Kingston area. To find a map of them go to <http://www.ulstercorps.org/HungerProject/UCAT-Pantries-Map-dec2018.pdf> Many agencies are trying to increase the amount of food they can give out. Individuals or families who are struggling should contact any of the agencies below to find out more about where to get food and how to stretch food money.

- Cornell Cooperative Extension of Ulster County, (845) 340-3990
- Community Action, (845) 338-8750
- People's Place, (845) 338-4030
- YMCA of Ulster County, (845) 338-3810
- Everette Hodge Center, (845) 331-9683

On Wednesday, February 13, at 3pm, there will be a one-hour workshop about stretching food dollars put on by Cornell Cooperative Extension of Ulster County and Eat Smart NY. It is called *Eating Healthy on a Budget*. The workshop is free and open to the public. It is at 232 Plaza Rd, Kingston, NY 12401. Please contact Katie Sheehan-Lopez, kms369@cornell.edu, 845-340-3990 x334 to let her know you are coming.

For information about Cornell Cooperative Extension of Ulster County's community programs and events go to ulster.cce.cornell.edu/. Stay connected to CCEUC on [Facebook](#), and [Instagram](#).

Cornell Cooperative Extension of Ulster County provides equal program and employment opportunities. Please contact the office at 845-340-3990 if you have any special needs.

Please share this information with family and friends so no one in our community goes without food.

Heidi Kirschner
CEO/President
YMCA of Kingston and Ulster County