

Volunteering On Site:



— I'd like to help food program clients as they select their food in the Emergency Food Cupboard (Mon, Wed, Fri, 9:00 am - 12:00 pm).

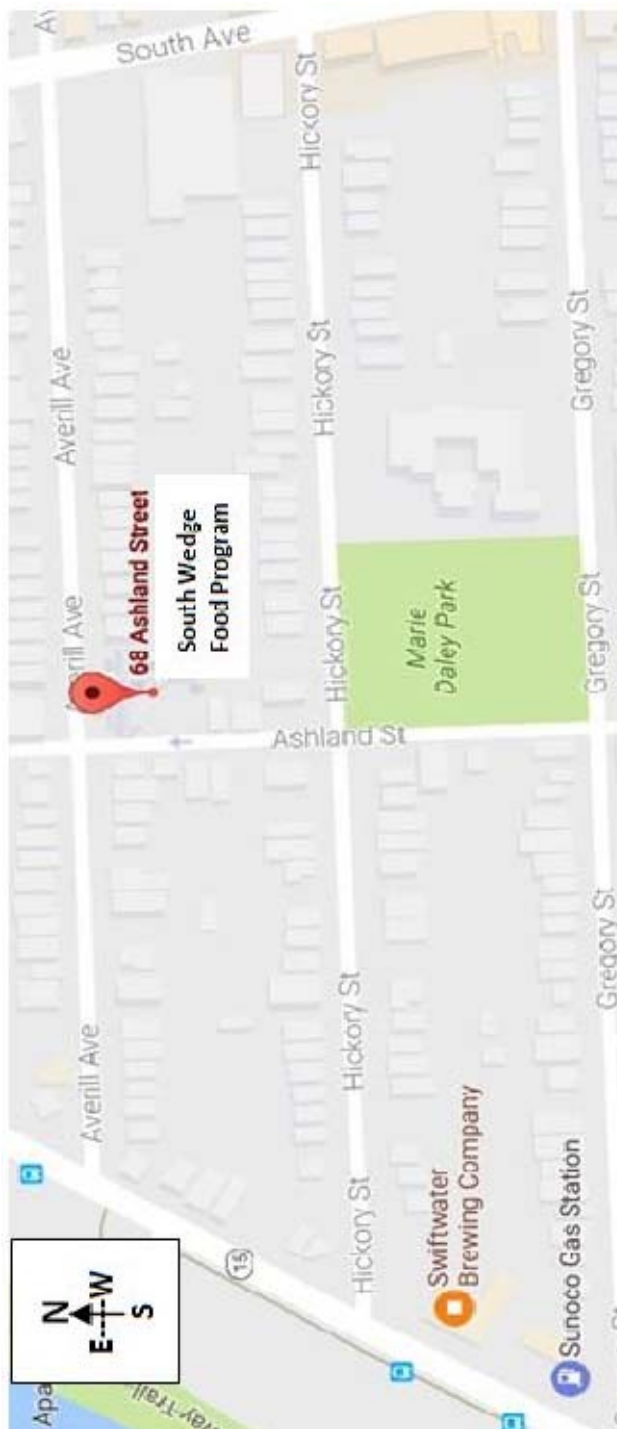
— I can help enter food client info into the online system (Mon, Wed, Fri, 9:00 am -12:00 pm).

— I'd like to help at the Mobile Pantry (2nd & 4th Tuesdays of the month, 7:00 am - 9:30 am).

— I can help in the Community Garden (times vary, please ask). This is an outdoor activity good for individuals or a family.

— I can help with food stocking (1st, 3rd or 5th Tuesday of the month, usually 7:30 am; requires lifting 40 lbs. or more).

Healthy Eating



Email: SouthWedgeFoodRochester@gmail.com

South Wedge



Food Program

Feeding Rochester since the '70s

68 Ashland Street
Rochester, NY 14620

Email: SouthWedgeFoodRochester@gmail.com



Proud
Member
Of
Foodlink



South Wedge Food Program:

(1) Emergency Food Cupboard

The food cupboard helps feed over 2,000 people annually. Food comes from Foodlink, food drives, and is purchased from grants received and from donated funds, such as the United Way. Clients choose the food that best meets their needs.

(2) Foodlink Mobile Pantry

On the 2nd and 4th Tuesdays, the Foodlink mobile pantry distributes fresh produce and the food cupboard distributes a range of other items to help families and individuals maintain a healthy diet.

(3) Alison Clarke Community Garden

In 2012, a grant was received from Foodlink to start a community garden to supply healthy food for our food cupboard clients.

(4) Holiday Basket Distribution

Many baskets of food are assembled at Thanksgiving and Christmas and given to those in need.

Note: The South Wedge Food Program requires proof of identity, but welcomes and serves everyone from any zip code, unlike many other programs which restrict aid to specific zip codes.



Other ways to help SWFP:

— I would like to receive occasional e-mail updates from the South Wedge Food Program., with news or volunteer opportunities.

— I'd like more info about the East Ave Grocery Run (1st Sat. in Nov.) to run/walk in support of the SWFP (family friendly). Choose the SWFP team on your Grocery Run registrations.

— I've got a large vehicle. Contact me to pick up food (usually Thursdays at 8:00 am).

— I want to donate food or other items. Please contact me to discuss the proposed donation.

— Please contact me to explore other ways I might help, such as hosting a food drive.



Financial Donations

Financial donations may be made by check to: "Calvary St. Andrews" with "South Wedge Food Program" in the memo line.

If you donate through the United Way, you may choose United Way donor option #1620

History

There has been a food cupboard in the historic Calvary St. Andrews Church since the early 1970s. The South Wedge Food Program remains true to their original mission to feed Rochester's hungry.



Partners

- Foodlink
- Third Presbyterian Church
- The East Avenue Grocery Run
- Friends and neighbors like you!

The garden is named for Alison Clarke, a Rochester community organizer and neighbor.

