



Healthy Food For All

A non-profit partnership of local farms & Cooperative Extension of Tompkins County

Everyone deserves quality, nutritious food!

To Sign-Up, Step 1: Determine Eligibility

Eligibility is self-determined based on the number of adults and children in your household and the corresponding upper limit for gross income (before taxes) listed in the charts below.

If you are unemployed or have recently experienced a change in household income due to COVID-19 measures, please determine your eligibility based on expected income and/or unemployment insurance benefits over the next 6 months; for more information about unemployment benefits, including recent provisions that may make more benefits available to you and how to apply, please visit:

www.ny.gov/services/get-unemployment-assistance

We are committed to making local, healthy food available to as many of our neighbors as possible during this time of uncertainty. In addition to subsidized shares through Healthy Food For All, many of our farms also offer sliding scales and other options for reduced-price, farm-fresh produce. Please inquire directly with a farm if you're interested in learning more.

HOUSEHOLDS WITH CHILDREN*

Household Size	Monthly Income	Annual Income
1	\$1,872	\$22,459
2	\$2,538	\$30,451
3	\$3,204	\$38,443
4	\$3,870	\$46,435
5	\$4,536	\$54,427
6	\$5,202	\$62,419
7	\$5,868	\$70,411
each additional	+\$666	+\$7,992

ADULT ONLY HOUSEHOLDS*

Household Size	Monthly Income		Annual Income	
	Earners	Elderly/Disabled	Earners	Elderly/Disabled
1	\$1,518	\$1,316	\$18,216	\$15,792
2	\$2,058	\$1,784	\$24,696	\$21,408
3	\$2,598	\$2,252	\$31,176	\$27,024
4	\$3,138	\$2,720	\$37,656	\$32,640

*SNAP Standards as of October 1, 2018.

Step 2: Choose Seasonal Membership – or – Pay-As-You-Go Membership

SEASONAL SHARES - SUMMER / FALL / WINTER

Pre-packed box or fill your own bag every week with assorted produce. Some farms also offer u-pick berries, herbs, flowers and more!

Pick-up options in Ithaca & surrounding towns, or home delivery to certain areas.

Seasonal memberships start at \$100

SNAP / EBT accepted

Monthly payment plans available

PAY AS YOU GO

Buy the produce you want anytime throughout the year at one of our participating farms at Farmer's Markets

Pay As You Go memberships start at \$20

SNAP / EBT accepted*

**Due to COVID-19, options for paying with EBT at market may be limited; contact 607-272-2292 x242 for instructions.*

Step 3: Choose a farm (see reverse side for options)

SEASONAL SHARES

Sign-up online
or contact
the farm

Full Plate Farm Collective: 607-379-2866
One Size Share \$287 (Deposit \$60)
Fill Your Bag Wed 3-7 at 1605 Rte 96
Thurs 4-7 at Press Bay Alley
Sat 10-2 at 23 Nelson Rd., Danby
Boxed shares Thurs throughout Ithaca. U-Pick available.

Here We Are Farm: 206-660-8958
Half Share \$100 or Single Share \$200 (Deposit \$50)
Fill Your Bag Wed 4-7 at East Hill Plaza Farmers Market
Sun 10-3 at the Ithaca Famers Market
Bagged orders for pick up or home delivery in Ithaca

Early Morning & Main Street Farms: 607-218-2101
Price: TBD
Fill Your Bag Thurs. 4-6 in Cortland
Sat 9-3 and Sun 10-3 at the Ithaca Famers Market

Nook and Cranny Farm: 607-539-6580
3 Share Sizes (Deposit \$50):
Personal \$240 / Small \$290 / Large \$360
Available in Spring, Summer and Fall
Fill Your Bag Tues 9-2 at Dewitt Park Farmers Market,
Wed 4-7 at East Hill Plaza Farmers Market,
Sun after 3pm at the farm, 424 Harford Rd, Brooktondale

Plowbreak Farm: 508-274-1375
Single \$235 (Deposit \$50) or 2 Adult \$325 (Deposit \$60)
Fill Your Bag Thurs. 4:30-7:30 at 516 W State St, Ithaca
Boxes on Wed 2-5 @ the farm, 4106 Covert Rd, Burdett

Sweet Land Farm
Single \$275 (Deposit \$55) or 2 Adult \$325 (Deposit \$65)
Fill Your Bag Tues or Fri 1-7 at the farm,
9732 Rte 96, Trumansburg. U-pick available.

TC3 Farm
Regular \$220 (Deposit \$50) / Deluxe \$270 (Deposit \$60)
Fill Your Bag Tues. 3-6 at 100 Cortland Rd, Dryden
Full Season or Fall Only

West Haven Farm: (607) 280-6628
Single \$200 (Deposit \$50) or 2 Adult \$325 (Dep \$55)
Fill Your Bag Tues 3-7 at 27 Rachel Carson Way, Ithaca
Wed 3-7 downtown or Sat 9-3 at Ithaca Farmers Market.
Pre-packed boxes Thur at PressBay Alley. U-pick available.

* Seasonal Share prices includes 50% discount.
** Children under 12 are included for free in household prices.
*** Pay What You Can available for single parents w/ kids under 5.

PAY-AS-YOU-GO

Enroll with the
farm at
market*

No commitment.
Buy any produce you want, when you want it.

Purchase credit in \$20 increments to spend at one farm below.

Healthy Food For All will match your dollar up to \$200 a year to give you a total of \$400 to purchase produce.

Buried Treasures Farm
Sat 9-3 & Sun 10-3 at the Ithaca Farmers Market

Nook and Cranny Farm
Tues 9-2 at the Dewitt Park Farmers Market
Wed 4-7 at the East Hill Farmers Market
Sat 9-3 & Sun 10-3 at the Ithaca Farmers Market

Six Circles Farm
Sat 9-3 & Sun 10-3 at the Ithaca Farmers Market

Stick and Stone Farm
Sat 9-3 & Sun 10-3 at the Ithaca Farmers Market

West Haven Farm
Sat 9-3 & Sun 10-3 at the Ithaca Farmers Market

PICK YOUR OWN FRUIT

Kestrel Perch Berry Farm - 607-275-0272
Tue-Sat at the farm
220 Rachel Carson Way, Ithaca, NY

More Info

www.HealthyFoodForAll.org/enroll
info@HealthyFoodForAll.org
607-272-2292 ext. 242

**Limited memberships available,
so don't delay!**

