



Food Resources in Ithaca

**A Guide for Immigrants
& International Newcomers**

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Ithaca Welcomes Refugees (IWR) is a volunteer-led initiative, founded in December 2015, as a result of collective community reaction to the global refugee crisis. IWR works to foster a welcoming and fair environment for refugees and at-risk immigrants in our region.

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Welcome to Ithaca!

If you love food, Ithaca is a great place to live. We have many farmers, stores, and restaurants that offer fresh and healthy options. We also have several programs that make it easier and less expensive to buy healthy food.

We have developed this guide to provide people from other countries with information about how to access these food resources in Ithaca.

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1. Foods in Ithaca



Many different types of vegetables and fruit grow in Ithaca. Here are examples of foods grown in each season and some meals that can be made using these foods.

Spring (March-May)



Asparagus



Strawberries



Beets



Peas



Radishes



Spinach and other greens



Broccoli



Romaine & Iceberg Lettuce



Cauliflower

Summer (June-August)



Corn



Zucchini



Watermelon



Blueberries



Cucumbers



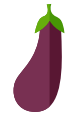
Green beans



Tomatoes



Peppers - Sweet and Hot



Eggplant

Spring Food Example



PHOTO CREDIT: BY THE HOME CHEF INDIA, WIKIMEDIA COMMONS

Pasta primavera

Pasta Primavera is pasta and fresh vegetables such as peas, asparagus, broccoli, onions, tomatoes, and peppers. It can have a cream or oil sauce.

Summer Food Example



Grilled meat and vegetables

Grilled food is cooked over direct heat on a grill. Common grilled foods are hamburgers, hotdogs, steak, chicken, salmon, shrimp, corn on the cob, zucchini, peppers, and tomatoes.

Fall (September-November)



Potatoes



Grapes



Apples



Leeks



Sweet potato



Carrots



Pumpkins



Cabbage -
Red/purple
and green



Winter Squash

Fall Food Example



PHOTO CREDIT: ALEXIS LAMSTER,
FLICKR.COM/PHOTOS/AMLAMSTER/6662208103

Stuffed Squash

Stuffed winter squash is squash filled with rice, vegetables, and meat or beans and cooked in the oven.

Winter (December-February)



Beets



Carrots



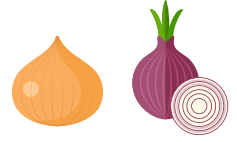
Turnips



Parsnip



Mushrooms



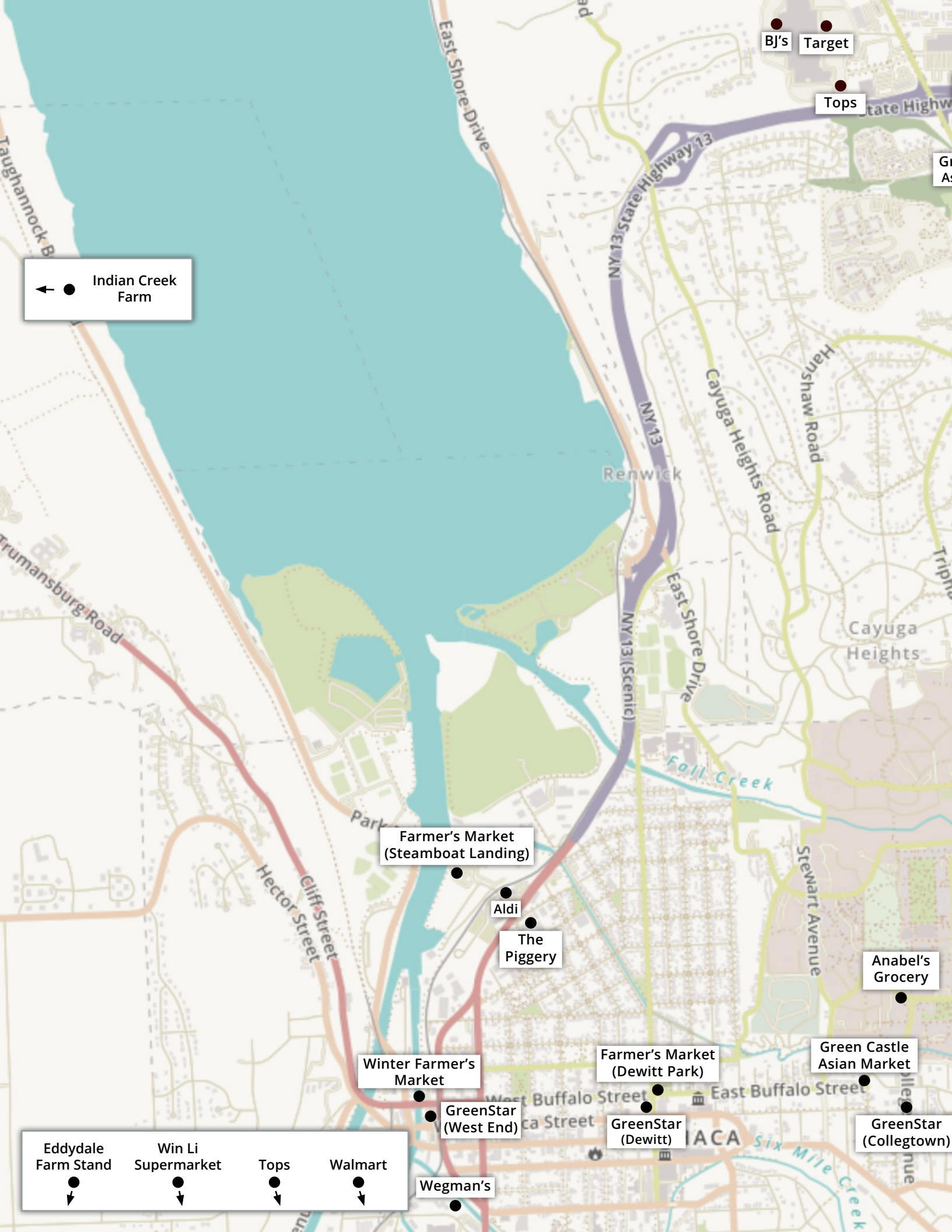
Onions -
Red and white

Winter Food Example



Chili

Chili is a spicy stew with beans, chili peppers, and tomatoes. The stew may also have meat (typically beef).



BJ's Target

Tops

← ● Indian Creek Farm

Farmer's Market (Steamboat Landing)

Aldi

The Piggery

Anabel's Grocery

Winter Farmer's Market

Farmer's Market (Dewitt Park)

Green Castle Asian Market

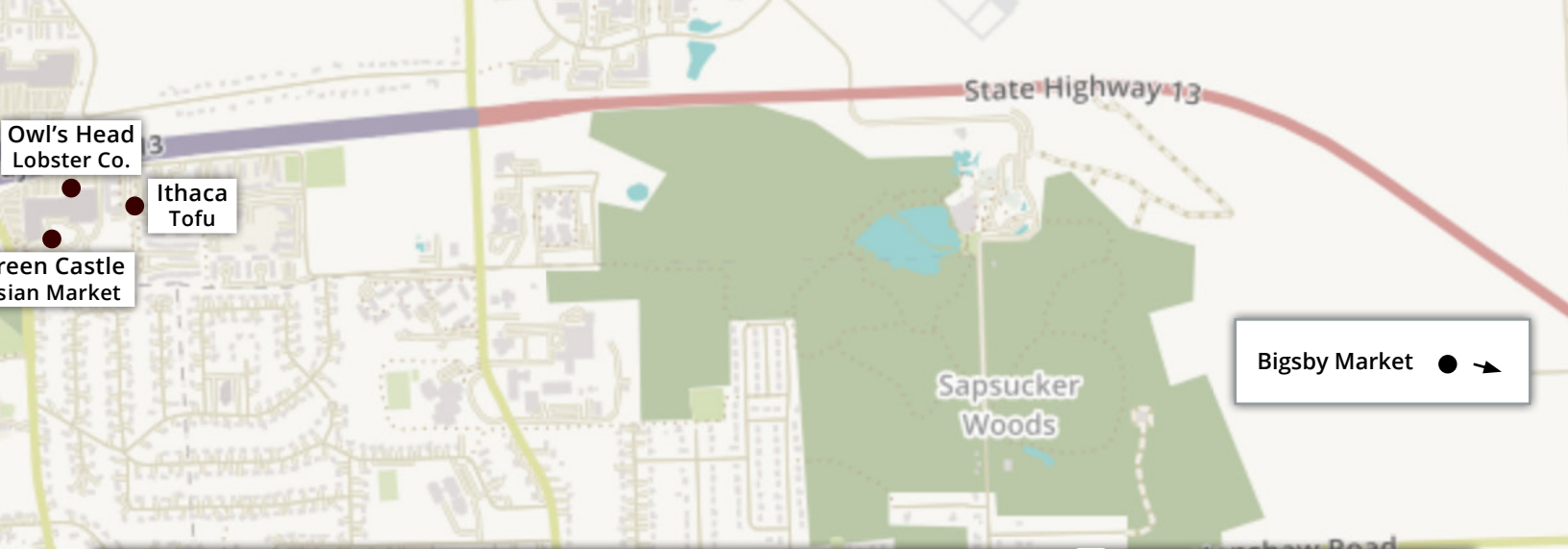
Eddydale Farm Stand
Win Li Supermarket
Tops
Walmart

GreenStar (West End)

GreenStar (Dewitt)

GreenStar (Collegtown)

Wegman's



2. Places to Buy Food



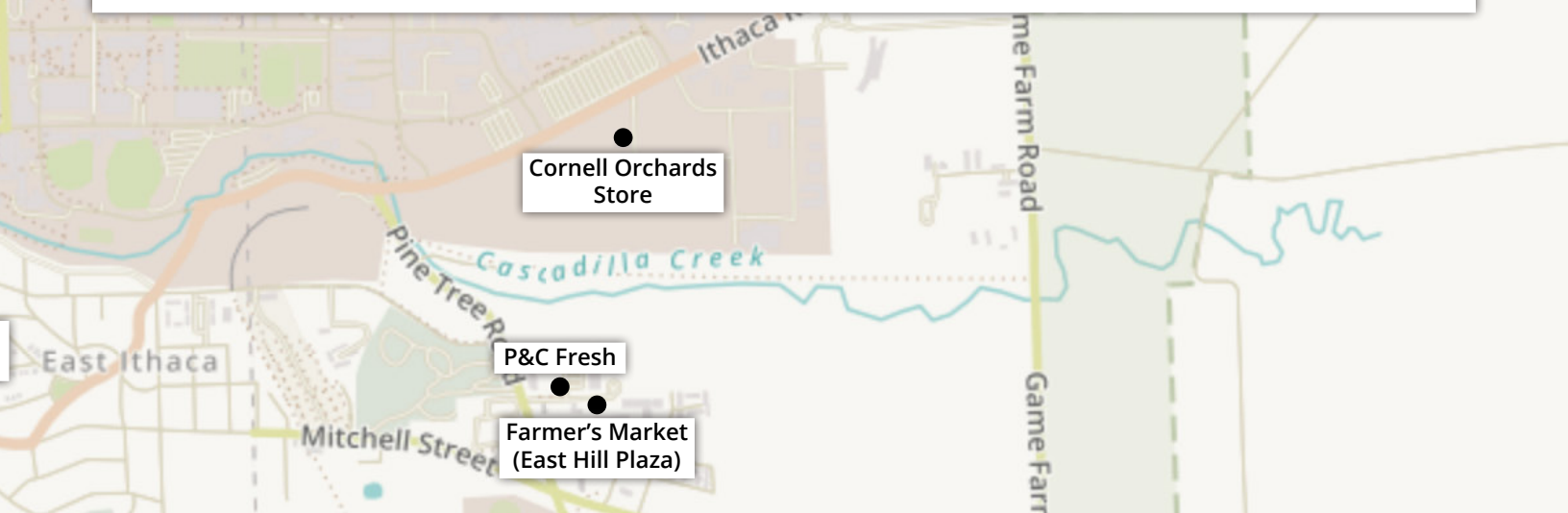
Food Stores in Ithaca

There are many ways to buy healthy food in Ithaca: shopping at grocery stores, farmers' markets, and farm stands; participating in a community supported agriculture program; and group buying through cultural associations, WeChat, WhatsApp, and Facebook.

Here is information about places to buy food in Ithaca.


These symbols mean:

- Low Cost
- Medium Cost
- High Cost
- TCAT bus information
- Hours
- Coupons
- Membership



Aldi

Low-cost food market

 505 3rd Street

 Bus: 13; Bus stop: Aldi


 Mon-Sun 9am-8pm

 No membership required

Anabel's Grocery

Small food store for Cornell students

 Anabel Taylor Hall, 548 College Avenue

 Bus: 10, 30, 32, 51, 70, 72, 90, 92, 93; Bus stop: Anabel Taylor Hall (Cornell University)


 Tue-Thu 3pm-9pm


 Must have a Cornell ID.


BJ's

Store that sells food and other items in large packages

 40 Graham Road West

 Bus: 13, 30, 70, 77; Bus stop: YMCA


 Mon-Sat 9am-9pm; Sun 9am-7pm


 Membership is required; members must pay for a card.

Collegetown Mini-Mart: Indian Grocery

Small Indian food store

 155 Dryden Road

 Bus: 10, 30, 32, 51, 70, 72, 90, 92, 93; Bus stop: Schwartz CPA


 Mon-Sat 10:30am-8:30pm; Sun 12:30pm-7pm


 No membership required

Fish Truck (Owl's Head Lobster Co.)

Truck that sells fresh fish and seafood in the parking lot of Triphammer Marketplace

 Triphammer Marketplace, 2255 North Triphammer Road

 Bus: 30, 32, 70, 72; Bus stop: Triphammer @ Triphammer Marketplace or Cinema @ Uptown

 Fri 6:45am-12pm

 No membership required


Green Castle Asian Market - 2 Locations


Small Asian food store

 No membership required

@ Triphammer Rd


 Triphammer Marketplace, 2255 North Triphammer Road


 Bus: 30, 32, 70, 72; Bus stop: Triphammer @ Triphammer Marketplace or Cinema @ Uptown

 Mon-Sat 10:30am-8:30pm; Sun 12:30pm-7pm

@ Collegetown

 321 Eddy Street


 Bus: 30, 32, 51, 70, 72, 90; Bus stop: Collegetown Crossing

 Mon-Sat 11am-9pm; Sun 12:30pm-9pm

Greenstar Coop - 3 Locations

Local and organic food store

 [greenstar.coop/deals](https://www.greenstar.coop/deals)

 Membership is \$10; members get discounts.

@ West End


 701 West Buffalo Street


 Bus: 14, 21; Bus stop: State @ Meadow (Bus 14) and Seneca @ Fulton (Bus 21)

 Mon-Sun 7am-11pm

@ Collegetown

 307 Collegetown Avenue


 Bus: 30, 32, 51, 70, 72, 90; Bus stop: Collegetown Crossing

 Mon-Fri 8am-11pm; Sat-Sun 9am-11pm

@ Dewitt Park

 215 North Cayuga Street

 Bus: many; Bus stop: Ithaca Commons - Seneca Street

 Mon-Sat 8am-9pm; Sun 9am-8pm

Ithaca Tofu 💰

Asian food store

📍 23 Cinema Drive

🚌 Bus: 32, 72; Bus stop: Cinema @ Sheraton or Cinema @ Uptown

🕒 Mon-Sat 10am-8pm; Sun 10am-7pm

👤 No membership required

P&C Fresh 💰💰

Grocery store

📍 East Hill Plaza; 315 Pine Tree Hill Road

🚌 Bus: 51, 52*, 82, 92, 93; Bus stop: East Hill Plaza, *Pine Tree @ East Hill Plaza (Bus 52)

🕒 Open 24 hours

👤 No membership required

The Piggery 💰💰

Store that sells local meat

📍 423 Franklin Street

🚌 Bus: 13; Bus stop: Third @ Adams

🕒 Mon-Fri 11am-7pm;
Sat 9am-7pm; Sun 9am-5pm

👤 No membership required

Target 💰

Large store that sells food and other items

📍 Ithaca Mall, 40 Catherwood Road

🚌 Bus: 13, 30, 70, 77; Bus stop: Shops at Ithaca Mall

🕒 Tue-Fri 8am-11pm; Sat-Mon 7am-12am

👤 No membership required

Tops - 2 Locations 💰

Large grocery store with many types of food

🕒 Open all hours

📄 topsmarkets.com/CouponCentral

👤 Membership is free; members get discounts.

@ S. Meadow St

📍 710 South Meadow Street

🚌 Bus: 15, 67; Bus stop: Tops Supermarket Ithaca (Bus 15), Meadow @ Wood (Bus 67)

@ N. Triphammer Rd

📍 2300 North Triphammer Road

🚌 Bus: 13, 30, 70, 77;
Bus stop: Tops Supermarket

Walmart 💰

Large store that sells food and other items

📍 135 Fairgrounds Memorial Parkway

🚌 Bus: 15; Bus stop: Walmart

🕒 Open 24 hours

📄 walmart.com/store/5240/ithaca-ny/coupons

👤 No membership required

Wegman's 💰

Large grocery store with many types of food

📍 500 South Meadow Street

🚌 Bus: 15; Bus stop: Wegman's

🕒 Open 24 hours

👤 Membership is free; members get discounts.

Win Li 💰

Asian food store

📍 374 Elmira Road

🚌 Bus: 67; Bus stop: Elmira Rd @ Spencer Rd

🕒 Sun-Wed 11am-9:30pm; Thu-Sat 11am-10pm

👤 No membership required

Grocery Delivery

Some stores deliver groceries to your house for an extra cost. You can shop online and select a time for the food to be delivered. P&C Fresh delivers groceries using the Rosie shopping service (www.rosieapp.com). Tops and Wegmans deliver groceries using Instacart (www.instacart.com/grocery-delivery/ithaca-ny).

Food Stores Outside of Ithaca

Many people shop for some foods outside of Ithaca.

In Syracuse, you can buy Middle Eastern and Persian food at Samir's Imported Foods and the Jerusalem Super Market. You can buy Asian foods at the Asia Food Market.

In Binghamton, you can buy halal meats at Maines Food and Party Warehouse.

In New Jersey, you can buy Korean foods at H Mart stores and Japanese foods at Mitsuwa Marketplace.



Paying Less for Food in Stores

There are many programs that lower the cost of food.

Memberships and Coupons

Memberships and coupons can make food cheaper. Wegmans, Tops, and GreenStar have membership programs. Members receive *coupons* and can use their membership card to get *discounts* on some foods. Anyone can get a membership at these stores. To sign up, visit the Customer Service Desk in the store.

There are also member-only stores that sell food in large packages for a low cost. At these stores, you must pay each year to be a member. You cannot shop at the store unless you have a membership. In Ithaca, BJ's is a member-only store. Costco and Sam's Club are member-only stores in other cities.

Food Assistance Programs

There are also programs to help people with less money buy healthy food. SNAP is the Supplemental Nutrition Assistance Program. SNAP participants receive a card called an Electronic Benefit Transfer (EBT) card. Each month, the government will add money to the card. SNAP can be used to buy food. Eligibility and the amount of the benefit are based on income, the number of people that live in the house, and other factors.

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. This program is available to low-income pregnant women and low-income families with children ages 0-5 years. WIC benefits can only be used to buy some foods.

To find out if you are eligible for SNAP or WIC, visit t or go to the Department of Social Services at 320 West State Street.

Places to Get Local Food

Farmers Market

A farmers' market is a market where farmers sell vegetables, fruits, and other local foods.

Ithaca has a large farmers' market that is open every weekend. In the summer, this market is located at Steamboat Landing by Cayuga Lake and many people enjoy visiting the market to buy local foods, eat lunch, meet farmers and friends, and listen to music. There are also smaller farmers' markets downtown and at East Hill Plaza during the summer, and a winter market near the GreenStar West End location.

Most farmers accept bank cards or EBT, but some only accept cash.

Farmer's Market (Four Locations) \$\$\$

Local product, prepared foods

@ Steamboat Landing

- 📍 545 Third Street
- 🚌 Bus: 13; Bus stop: Aldi
- 🕒 Sat: Apr-Oct, 9am-3pm; Nov-Dec, 10am-2pm
- 🕒 Sun: May-Oct, 10am-3pm; Nov, 10am-2pm
- 🕒 Thu "Night Market": July-Sept, 5pm-8pm

@ Dewitt Park

- 📍 102 East Court Street
- 🚌 Bus: many;
- 🚏 Bus stop: Ithaca Commons - Seneca Street
- 🕒 Tues in May-Oct, 9am-2pm

@ East Hill Plaza

- 📍 380 Pine Tree Road
- 🚌 Bus: 51, 52, 82, 92, 93; Pine Tree @ East Hill Plaza (Bus 51, 52, 92, and 93), Ciser (Bus 82)
- 🕒 Wed in June-Oct, 4pm-7pm

@ Winter Market

- 📍 The Space at Greenstar, 700 West Buffalo St
- 🚌 Outbound Bus: 14, 20, 21; Bus stops: Seneca @ Fulton (Bus 20, 21), Ithaca Bus Station (Bus 14)
- 🚌 Inbound Bus: 14, 21; Bus stops: State @ Fulton (Bus 14) and Buffalo @ Fulton (Bus 21)
- 🕒 Sat in Jan-Mar 10:30am-2pm



PHOTO CREDITS: KENNETH ZIRKEL/WIKIMEDIA (TOP), SANDRA REPP (BOTTOM)



Paying Less for Food at the Farmers' Market

If you participate in the SNAP program, you can use your benefits to buy food at farmers' markets. Before you shop, go to the manager's office or table and tell them that you would like to use your EBT card. They will help you.

Farm Stand or Farm Store

A farm stand or farm store is a small market or store near the road where you can buy vegetables and fruit from the farmer. Some of these farms also let customers pick their own vegetables or fruit. Look for “pick-your-own” or “u-pick” signs.

Farm stands and farm stores sometimes sell vegetables and fruit at a lower cost than the grocery store or farmers’ market.



PHOTO CREDIT: THE BIGSBY MARKET (LEFT), JEFF KATRIS, INDIANCREEKFARMITHACA.COM (RIGHT)

Bigsbys Market

Farm stand, local produce

📍 1418 Dryden Rd, Freeville, NY

🚌 Bus: 40, 43, 75; Bus stop: raise arm to alert bus to stop

🕒 Mon-Sun 9am-7pm

Eddydale Farm Stand

Farm stand, local produce

📍 827 Elmira Road

🚌 Bus: 67; Bus stop: Elmira Rd @ Enfield Falls

🕒 Mon-Sat 8am-5:30pm; Sun 9am-5pm
(Closed Sundays in Jan, Feb, Mar)

Indian Creek Farm

At this farm, you can also pick your own produce, including apples, pears, and peaches.

📍 1408 Trumansburg Road

🚌 Bus: 14, 21; Trumansburg Rd @ Hayts, Trumansburg Rd @ Dubois

🕒 July-Nov Mon-Sun 8am-8pm (until it gets dark early, then closes ½ hour before dark)

Cornell Orchards Store

Farm stand, local products

📍 709 Dryden Rd, Ithaca, NY 14850

🚌 Bus: 51, 52; Bus stop: Boyce Thompson Institute (seven minute walk)

🕒 Mon-Fri 10am-6pm; Sat-Sun 11am-5pm

Community Supported Agriculture

Community supported agriculture (CSA) is a popular way to buy fresh, organic vegetables and fruit. In a CSA program, people pay to become members of a local farm. As a member, you get a box or bag of vegetables from the farm each week from June to October. Usually, the farmer chooses the vegetables.

A CSA membership for a family costs about \$500-\$600. You pay for the whole year in June. You pay even for weeks that you do not pick up vegetables.

For a list of CSA farms near Ithaca, visit cctompkins.org/agriculture/buy-local/csa-directory.



PHOTO CREDIT: LEAH CONNOR (LEFT), CHRISTOPHER PAQUETTE, WIKIMEDIA COMMON (RIGHT)



Paying Less for Vegetables and Fruit from a CSA

There are two programs that offer CSA shares for families who cannot pay \$500-\$600.



Healthy Food for All (HFFA)

www.healthyfoodforall.org/

WIC or SNAP lets families buy a CSA membership for 1/2 of the regular cost.

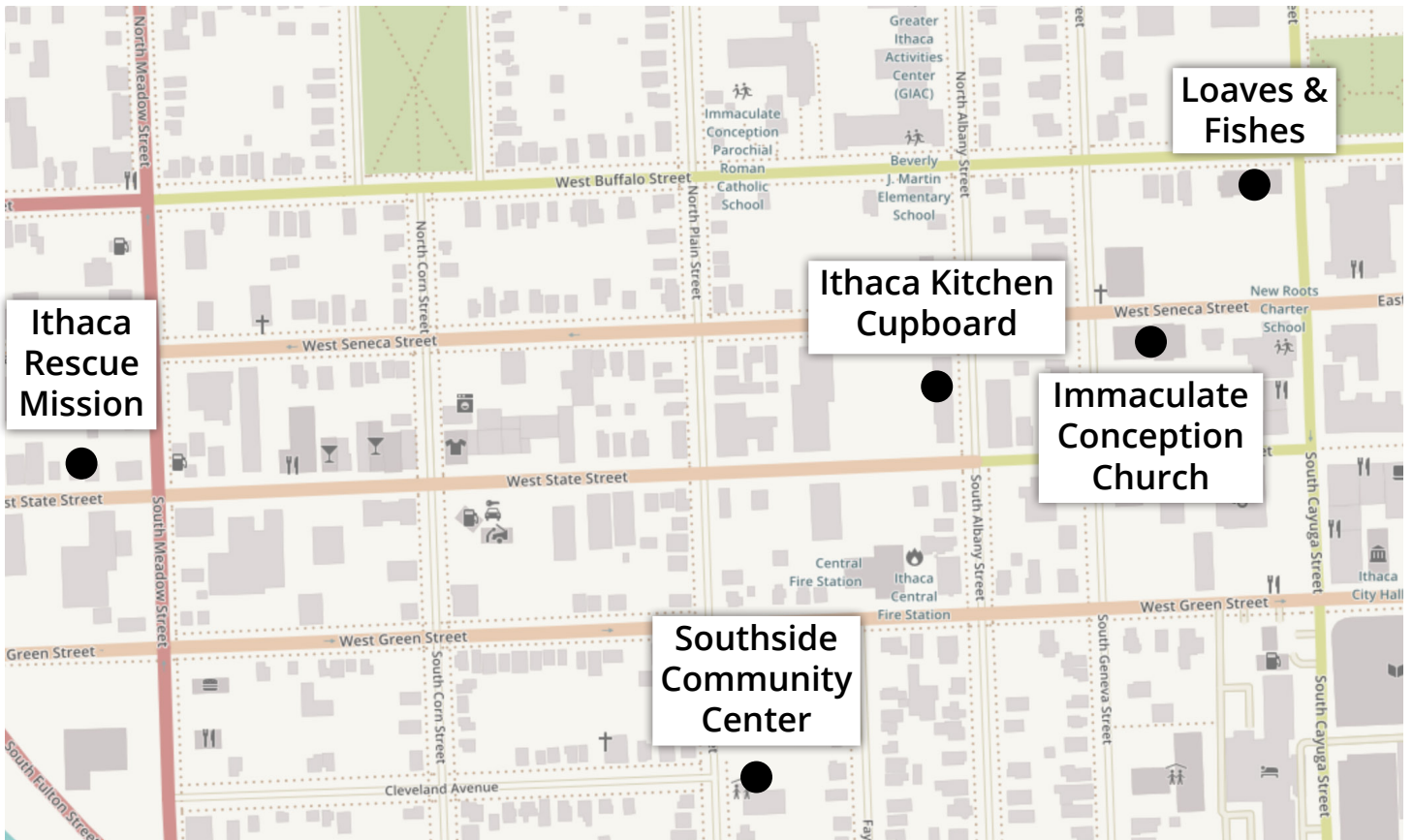




Harvest Box

www.youthfarmproject.org/harvest-box.html

This program allows members to pay each week when you pick up the vegetables. If you cannot pick up or do not want vegetables, you do not have to pay. You can pay for your box of vegetables with SNAP benefits.

3. Places to Get Free Food






-  A *food pantry* is a place for people in need to get free food to cook at home.
-  A *soup kitchen* is a place where anyone can go to eat free food. Soup kitchens serve many types of food, not only soup.

Places to Get Free Food in Ithaca

There are many places in Ithaca that have free food. Here are some of the food pantries and soup kitchens near the center of Ithaca. For a list of all food pantries and soup kitchens in Tompkins County and when they are open, visit <https://friendshipdonations.org/programs/>.




Immaculate Conception Church

All people can get free food at the food pantry.

-  113 North Geneva Street
-  Bus: many; Bus stop: Ithaca Commons - Seneca Street
-  Tue 1pm-2pm

Loaves and Fishes

Loaves and Fishes provides community meals. Everyone is invited.

-  210 North Cayuga Street
-  Bus: many; Bus stop: Ithaca Commons - Seneca Street
-  Mon, Wed & Fri 12pm-1pm; Tue & Thu 5:30pm-6:30pm




Rescue Mission Friendship Center

All people can get free food here, but you must complete a form.

-  618 West State Street
-  Bus 14, 21; Bus stop: State @ Meadow (Bus 14) and Seneca @ Fulton (Bus 21)
- Free Meal: Tues & Thurs 12pm-1pm; Sat 4pm-5pm
-  Food Pantry: Mon 2pm-4pm; Tues-Fri 9am-11am and 2pm-4pm; Sat 2pm-4pm




Ithaca Kitchen Cupboard

You must live in Ithaca to get free food at the food pantry. You must bring an ID for each person in your house and a document that shows your address (for example: a bill you receive in the mail).

-  Salvation Army office, 150 North Albany St
-  Bus: many; Bus stop: Albany @ Salvation Army
-  Mon-Thu 1:30pm-3pm, Fri 1pm-2:30pm

Southside Community Center

All people can get free food here.

-  305 South Plain Street
-  Bus 15; Bus Stop: Plain @ Center
-  1st and last Sat of each month: 12pm-2pm
Emergency food pantry: everyday 4pm-6pm

4. Growing Food in Ithaca



Gardening can be a great way to save money and grow the vegetables and fruits that you and your family enjoy. There are many resources in Ithaca to help you start growing your own food. Here are some places you can go to garden and to get resources and advice.

Community Garden



PHOTO CREDIT: DAN LEVITCH, ITHACACOMMUNITYGARDENS.ORG

A *community garden* is a garden where different people can grow food. Each person rents a part of the garden called a *plot* to grow food.

Here are six main community gardens in Ithaca.

Floral Avenue Community Garden, Floral Avenue & Route 13A

Project Growing Hope Ithaca Community Garden, Route 13 & State Street (near Aldi)

Community Garden at Linderman Creek Apartments - West Hill, Route 79

Cornell Community Garden East Hill, Freese Road between Hanshaw Road & Dryden Road

Fallen Tree Community Garden, 128 Muriel Street

Songbird Community Garden, Route 13 South & Route 327

It costs \$15-50 to rent a plot for one year. Water and tools are available to use for free.

If you would like to learn more about renting a plot in a community garden, visit <http://cctompkins.org/gardening/community-connections/community-gardens>.

Resources for Growing Food

Seeds & Equipment

Most stores that sell food and other items also sell some seeds. For a larger selection of seeds, visit Agway (213 South Fulton Street), Home Depot (410 Elmira Road) or Lowe's Home Improvement (130 Fairgrounds Memorial Parkway).

Free seeds are available from February to May at the Seed Cabinet at Cornell Cooperative Extension of Tompkins County (615 Willow Avenue). Each family can take 10 free packets of seeds per month. For more information, contact Chrys Gardener at 607- 272-2292 or cab69@cornell.edu.



PHOTO CREDIT: SANDRA REPP

At most stores that sell food, SNAP can be used to buy vegetable seeds.

Classes and Programs

There are many classes and programs to help you learn to grow, sell, buy, and cook healthy food. Most classes are free or for a low cost.



PHOTO CREDIT: SANDRA REPP



PHOTO CREDIT: GROUNDSWELLCENTER.ORG

Cornell Cooperative Extension of Tompkins County

<http://ccetompkins.org/gardening>

Cornell Cooperative Extension has resources to help you grow food at your home or in a community garden. The Seed to Supper program is a series of five classes to teach you how to start a vegetable garden. Classes are free. For more information about the Seed to Supper program, contact Chrys Gardener at cab69@cornell.edu or 607-272-2292.

Cornell Cooperative Extension also has free cooking and nutrition classes for people who do not have much money. For more information about these classes, call Lisa Parrilla Kaltman at ljp9@cornell.edu or 607-272-2292.

Groundswell Center for Local Food and Farming

Groundswellcenter.org

The Groundswell Center has classes to teach you how to grow food in Ithaca. The Incubator Farm is a program to help you start a farm business and earn money. For a low cost, you can rent a plot of land at the Incubator Farm, borrow tools, and get help planning a business and selling vegetables.

The Incubator Farm is two miles from downtown Ithaca. Translators that speak different languages are available at classes. For more information, contact Liz Coakley at liz@groundswellcenter.org or 607-352-7644.

5. Getting More Involved



Volunteering

Organizations in Ithaca that provide healthy food always need help. Volunteering is a good way to learn more about food, meet new people, practice English, share your culture, and learn about our community. If you are interested, here are some local food programs that are looking for volunteers.



PHOTO CREDIT: LOAVES & FISHES



PHOTO CREDIT: CHRYS GARDENER

Loaves & Fishes

www.loaves.org

Loaves and Fishes offers free meals to everyone. Lunch is served on Monday, Wednesday, and Friday. Dinner is served on Tuesday and Thursday. Volunteers prepare food, cook meals, wash dishes, and clean up. Volunteers also eat a free meal. For more information call 607-272-5457 or email info@loaves.org.

Cornell Cooperative Extension of Tompkins County

www.ccetompkins.org

Cornell Cooperative Extension of Tompkins County offers many programs on growing, selling, buying, and cooking healthy food. Volunteers are needed to help at the Ithaca Farmers' Market and to help maintain gardens in Ithaca. For more information contact Chrys Gardener at 607-272-2292 or cab69@cornell.edu.



PHOTO CREDIT: FRIENDSHIPDONATIONS.ORG



PHOTO CREDIT: DURST BRENEISER IN THEITHACAN.ORG

The Friendship Donations Network

<https://friendshipdonations.org/>

Friendship Donations Network gets fresh, healthy food from stores and farms and gives it to people in need. There are many volunteer opportunities, including transporting and sorting food donations. For more information call 607-216-9522 or email info@friendshipdonations.org.

Ithaca Kitchen Cupboard

www.facebook.com/ithacakitchencupboard/

Ithaca Kitchen Cupboard is a food pantry located in The Salvation Army. Volunteers are needed to distribute food. For more information call 607-273-2400.

Cultural Associations

There are many organizations in Ithaca that support different cultural communities. They sometimes organize parties and holiday meals for members.

Ithaca Asian American Association (IAAA)

<https://www.facebook.com/IthacaAsianAmericanAssociationiaaa/> or <http://www.ithacaaaa.org>

IAAA promotes, educates, and celebrates Asian and Asian American heritage and cultures.

Latino Civic Association of Tompkins County (LCA)

<http://www.lca-of-tc.org>

The LCA strives to foster a united Latino community, strengthen Latino identity, and promote solidarity, cultural pride and engagement.

Moosalla Noor – Islamic Community Outreach Services (ICOS)

<http://icosithaca.org>

ICOS supports and encourages Ithaca’s Muslim community and seeks to educate people of all backgrounds about Islam. ICOS also has an Islamic school for children and coordinates group buying for halal meat. Some meat is available immediately, while other meat needs to be ordered.

There are also international, cultural, and religious organizations at Cornell University and Ithaca College. For more information about student organizations at Cornell University and Ithaca College, visit <http://orgsync.rso.cornell.edu> and <http://icosemaorgs.orgsync.com>.

Farming and Gardening Activities for Children and Teenagers

Here are programs in Ithaca that teach children and teenagers about growing food.



Tompkins County 4-H Program

cctompkins.org/4-h-youth

The 4-H Program has activities for children and teenagers (ages 5-19 years) related to the environment, science, health, and community leadership.



Ithaca Children's Garden

ithacachildrengarden.org

Ithaca Children's Garden is a public garden where children can play and learn about the environment and gardening. The Teen Urban Farmers program teaches teenagers (ages 14-18 years) about gardening and pays them to work in the summer.



Youth Farm Project

www.youthfarmproject.org

The Youth Farm Project is a summer program that teaches teenagers (ages 14-18 years) about growing and selling food and pays them to work on the farm in the summer.

6. Eating in a Restaurant



Ithaca has many different kinds of restaurants with a variety of food. Some of the common types of restaurants are: *sit down restaurants, buffets, fast food chains, and diners.*

The most popular days to visit restaurants or eat with friends are Friday and Saturday. Many restaurants open at 11:00 AM and stop cooking at 10:00 PM. You should not arrive later than 9:30 PM to eat dinner.

At a sit-down restaurant or a buffet, a *host* or *hostess* will ask you how many people are in your group and will bring you to a table. If no tables are available, they will add your name to a waiting list and will bring you to a table when it is ready. The host or hostess also will bring you a menu.

Ordering Dressing

If you order a salad, you will be asked, “What type of dressing do you want?” Here are common dressings:

Ranch – A white dressing made of mayonnaise, onion, garlic, mustard, salt, and spices

French – A red or orange dressing made of ketchup, mayonnaise, onion, vinegar, and spices

Italian – A dressing made of oil, vinegar, garlic, onion, salt, and spices

Balsamic Vinaigrette – A dressing made of oil, vinegar, mustard, onion, salt, and spices

Ordering Meat

If you are ordering meat, you might be asked “How do you want your meat cooked?”

There are usually five options:

Rare - Cooked on the outside and 75% red on the inside

Medium rare - Cooked on the outside and 50% red on the inside

Medium - Cooked on the outside and pink on the inside

Medium well - Cooked on the outside and pink and brown on the inside

Well done - 100% brown on the inside

Ordering Eggs

If you are ordering eggs, you might be asked “How do you want your eggs cooked?” Here are common ways to order eggs:

Hard boiled – The egg is cooked in its shell in boiling water

Soft boiled – The egg is cooked in its shell in boiling water, but is only ½ cooked

Scrambled – The egg is cooked outside of its shell and the white and the yolk are mixed together

Omelet – The white and yolk are mixed, fried, and folded with vegetables, cheese, or meat inside

Sunny side up – The egg is cracked into a pan and not mixed or turned

Over easy – Eggs are cooked sunny side up and then turned

Paying

When you finish eating, your server will bring you the *bill* or the *check*, usually in a black pouch. At most sit-down restaurants you can pay with cash or a bank card.

After you receive the bill, you can put your cash payment or your bank card in the black pouch with the bill. If you are paying with a bank card, the server will bring the bill back to the table for you to sign and add a tip. Usually there will be two copies of your receipt. One is the “merchant copy” and the other is the “customer copy”. The customer copy is for you to keep. The merchant copy is for the restaurant to keep. In the United States, it is common for each person in a group to pay for their own food and drink at a restaurant or bar. This is called *splitting the bill*.

Tipping

Tip is required (15-20% or more)	Tip is appreciated, but not required (usually \$1-2)	No tip needed
Sit down restaurant	Cafe	Fast food restaurant
Buffet	Takeout food (you pick up)	
Diner		
Food delivery		
Bar		

At restaurants and bars in the United States, you are expected to tip the server 15-20% of the total bill. People who serve food and drinks in restaurants and bars usually earn \$2-3/hour and rely on tips for income. You should not tip less than 15%. Another word for tip is *gratuity*. In some restaurants, the tip will be added to the bill by the restaurant for groups of 6 or more people.

Bill without a tip included	Bill with a tip included
<p>The Local Diner Ithaca, NY (607) 123-4567</p> <p>Table: 4 Order #50135 12/28/2017 3:55pm</p> <hr/> <p>1 Coffee.....\$1.99 1 Orange Juice.....\$2.99 2 Pancakes.....\$8.99 1 Omelette.....\$7.99</p> <p>Subtotal: \$21.96 State Tax: \$1.76 Total: \$23.72</p> <p>Tip: \$4.74 Total: \$28.46</p> <p>Thank you! Merchant Copy</p>	<p>The Local Diner Ithaca, NY (607) 123-4567</p> <p>Table: 4 Order #50135 12/28/2017 3:55pm</p> <hr/> <p>1 Coffee.....\$1.99 1 Orange Juice.....\$2.99 2 Pancakes.....\$8.99 1 Omelette.....\$7.99</p> <p>Subtotal: \$21.96 State Tax: \$1.76 Included Gratuity (20%): \$4.74 Total: \$28.46</p> <p>Thank you! Merchant Copy</p>

7. Transportation



There are different ways that people get to food resources in Ithaca. You may be able to walk or ride a bicycle to some stores. For stores that are farther away, you may travel on a bus, use a taxi or ride-sharing service, or drive a car.

Riding the Bus

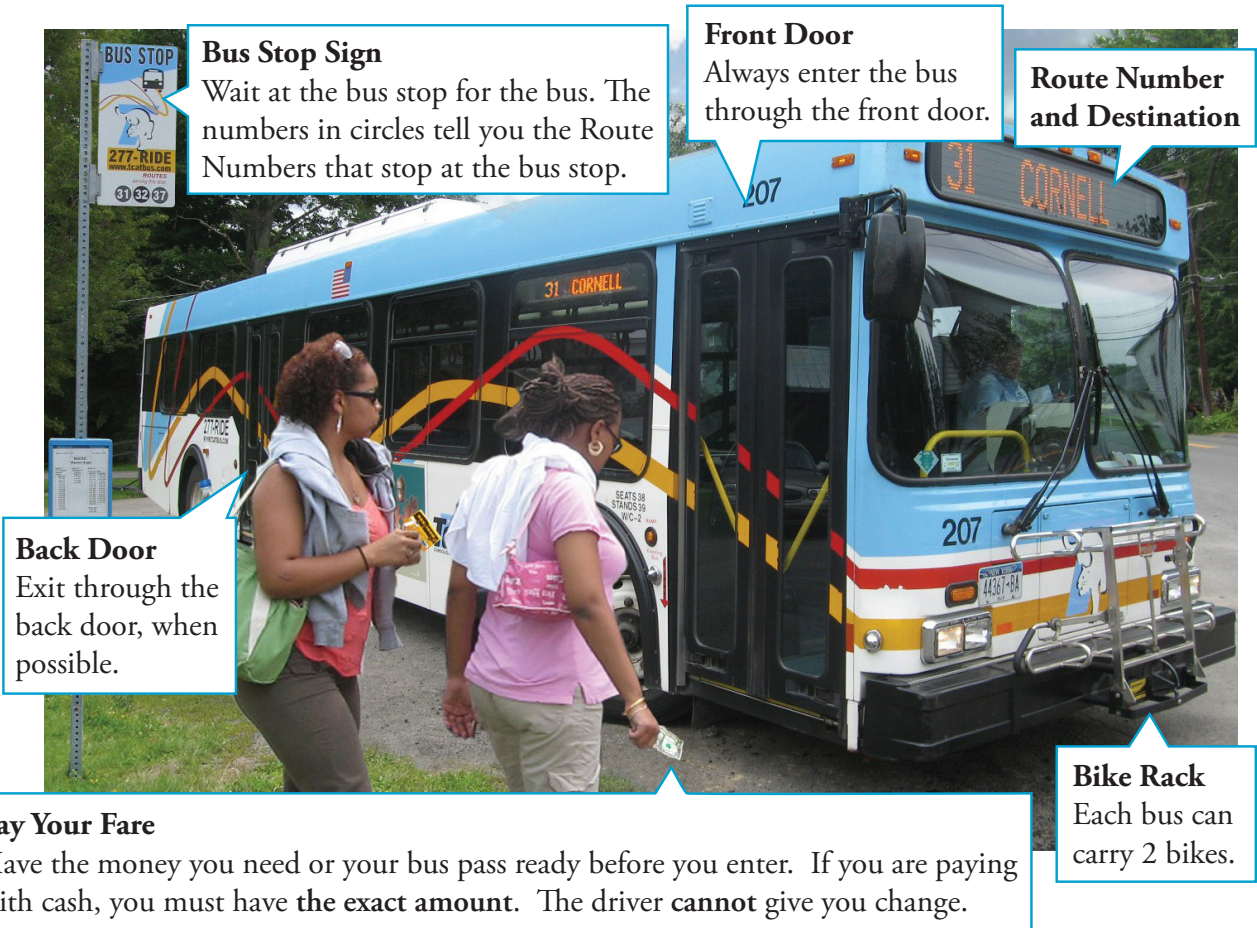


PHOTO CREDIT: JENN JENNINGS FOR TCAT INC.

If you cannot walk or ride a bicycle, the bus is the cheapest way to get to the store. The local bus system is called TCAT pronounced as "T-cat". TCAT stands for Tompkins Consolidated Area Transit. For more information about the bus system, schedules, and maps, visit the website at www.tcatbus.com.

You can get schedules on your phone at www.tcatbus.com/apps.

A *fare* is the money you pay to ride the bus. You always pay your fare when you get on the bus. There is no

fare for children ages 0-5 years. Adults ages 18-59 pay the full fare. The fare is lower cost for older children (ages 6-17 years) and older adults (age 60+ years). To find out the bus fare, visit www.tcatbus.com/ride/fare-pass-options/.

To save money, buy a bus pass. A *bus pass* is a card that can be used for many bus trips. You can find more information about where you can find a bus pass at www.tcatbus.com/ride/where-to-buy/.

If you need to ride two or more buses to get to your destination, you can ask for a transfer. A *transfer* lets you to pay for one trip even if you have to take more than one bus to complete your trip. For example, if you need to ride two buses to go to Wegmans, you can request a transfer so that you only have to pay one fare. Transfers are free.

Tips for Riding the Bus

- No smoking on the bus or at the bus stop.
- No eating or drinking on the bus.
- To make the bus stop, pull the yellow cord hanging by the windows on the bus before the stop.
- If you need help, ask the bus driver.

Taxi and Ride-Sharing Services

There are several taxi companies in Ithaca. To take a taxi, you must call the company and tell them your name, phone number, current location, and where you want to go. They will tell you how long you will wait for a taxi to arrive.

Collegetown Cab
(607) 588-8888

University Taxi
(607) 272-3333

Cayuga Taxi
(607) 277-8294

You can also use the Uber and Lyft ride-sharing services. These services are more expensive than the TCAT bus, but less expensive than taxis. You can download apps for Uber and Lyft and find more information on their websites.



Ithaca Carshare

Ithaca Carshare is a program that allows members to borrow a car. Members receive a special card that they can use to unlock Ithaca Carshare cars when they need to drive. Members pay a monthly or yearly membership fee and also pay based on how much they drive.



To be eligible, you must be at least 18 years old and have held a full and unrestricted license for at least two full years. All driving records must have a “valid” status and must have no suspensions in the past three years.

If you have a license from another country, you must provide an official copy of your driving record that lists any violations, collisions, or suspensions. More information is available on the website.

Learn more at <http://ithacacarshare.org>

8. Other Important Information

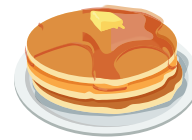


Meals in the US

In the United States, people eat many different foods. Here is information about the meals eaten in the US.

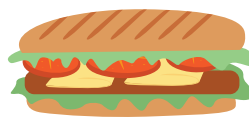
Most Americans eat three meals a day: breakfast, lunch, and dinner. If you get hungry between meals, you can eat a *snack*.

Breakfast



Common foods for breakfast include cereal, oatmeal, eggs, bacon, pancakes, yogurt, fruit, toast, and bagels.

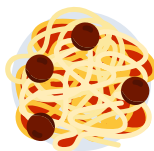
Lunch



Common foods for lunch include sandwiches, soups, salads, and *leftovers*.

Brunch is a meal that combines the words breakfast and lunch. People usually eat brunch on weekends between 10:00am and 12:00pm.

Dinner



The largest meal of the day is typically dinner which often has a protein such as meat or beans, a starch such as potatoes or rice or pasta, and a vegetable.

Cooking in a US Kitchen

Many different foods are popular in America and people often use the internet or cookbooks to learn about new foods and find new recipes. Here is information about US kitchens.

Measurements



PHOTO CREDIT: GEOFFREY WHITEWAY, STOCKVAULT.NET



PHOTO CREDIT: FLICKR.COM/PHOTOS/124561666@N02/14211307198/

In the United States, we measure with cups, teaspoons, and tablespoons. You can buy measuring cups and measuring spoons at a grocery store.

Most other countries use the Metric system. If you are using a recipe from another country, you may need to convert measurements from Metric to the US system.

Converting: Metric to US

1 milliliter (mL)	1/5 teaspoon (ts)
5 milliliter (mL)	1 teaspoon (ts)
15 milliliter (mL)	1 tablespoon (tb)
30 milliliter (mL)	1 fluid ounce (fl oz)
50 milliliter (mL)	1/5 cup (c)
240 milliliter (mL)	1 cup (c)
470 milliliter (mL)	2 cups (c) / 1 pint (pt)
.95 liter (L)	4 cups (c) / 1 quart (qt)
3.8 liter (L)	4 quarts (qt) / 1 gallon (g)
28 grams (g)	1 ounce (oz)
454 grams (g)	1 pound (lb)

Using a Stove

American kitchens usually have both an oven and a stovetop. An oven can be used for baking food like cookies, cakes, or bread, or for roasting meats or vegetables. A stovetop can be used to boil water, make soups, or sauté or pan-fry meats or vegetables.



Most countries measure temperature in Celsius. In the United States, we measure temperature in Fahrenheit. Most food is cooked 350-400 degrees Fahrenheit (350-400°F). This is the same as 177-204 degrees Celsius (177-204°C).

Converting: Celsius to Fahrenheit

149°C	300°F
163°C	325°F
177°C	350°F
191°C	375°F
204°C	400°F

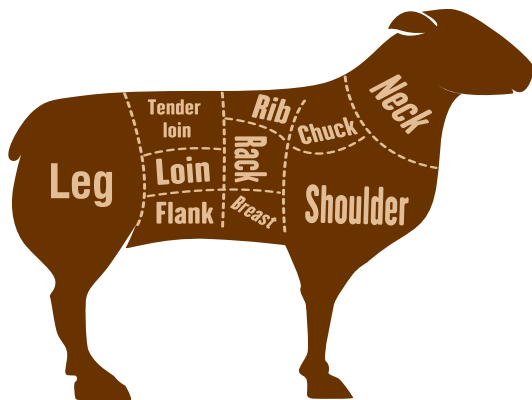
Houses and apartments in the United States should have smoke alarms. If you are cooking a food with a lot of smoke, the smoke alarm may make a loud noise. If there is not a fire, open the windows so that the smoke can leave your house. The alarm will stop after a short time.



Buying Meat

Some people in the United States eat meat, although vegetarian and vegan diets are becoming more popular. The most common meats are chicken, beef, pork, turkey, duck, and lamb (baby sheep). Poultry means chicken, turkey, and duck. Beef, pork, and lamb are red meats. Here is information about different parts of the animal and words used for different meats.

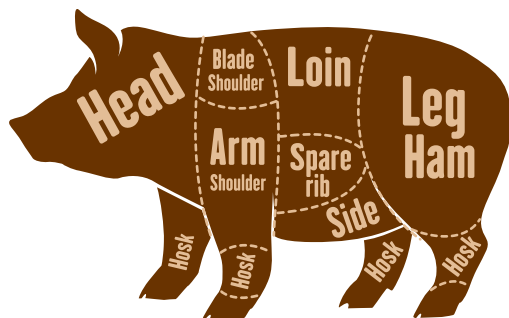
This section provides more information about parts of the animal and different words that are used for different meats.



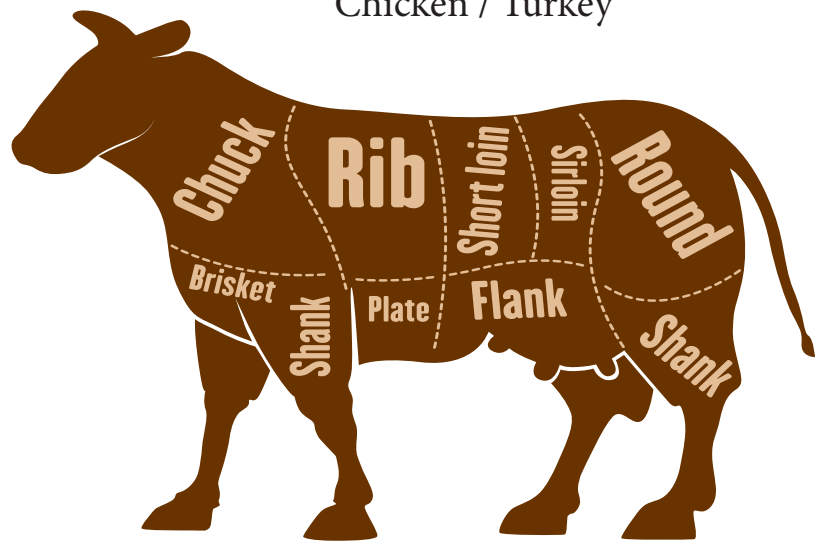
Lamb



Chicken / Turkey



Pork



Beef

Other Words for Pork (Pig Meat)

- Ham
- Pancetta
- Prosciutto
- Sausage
- Bacon (*May or may not be pork*)
- Hot dogs (*May or may not be pork*)
- Ribs (*May or may not be pork*)
- Jerky (*May or may not be pork*)
- Gelatin (*May or may not be pork*)
- Salami (*May or may not be pork*)
- Chorizo
- Bratwurst
- Kielbasa
- Lard

Other Words for Beef (Cow Meat)

- Hamburger
- Steak (different types are ribeye, sirloin, filet mignon, skirt steak, porterhouse, T-bone)
- Tenderloin
- Pastrami
- Salami (*May or may not be beef*)
- Ribs (*May or may not be beef*)
- Jerky (*May or may not be beef*)

Glossary of Vocabulary Words

All-you-can-eat – A type of buffet restaurant where after you finish one plate, you can go to get a new plate and eat more food without paying extra

Appetizer – A small amount of food served before the main course or entree

Brunch – A meal that combines the words breakfast and lunch because it is usually eaten between 10:00 AM and 12:00 PM

Buffet – A restaurant where you get your own food from a long table with many different dishes

Burner – A hot area on a stove top where food is cooked

Bus pass – A bus card that can be used for many trips on the bus

Check – A paper that tells you how much money you need to pay for your food; also known as a bill

Community garden – A garden where many people can grow food for their own families

Community supported agriculture (CSA) – A program in which people can pay in the spring to become a ‘member’ of a local farm; members get vegetables from the farm every week between June and October

Coupon – Tickets that lower the cost of a food

Dessert – A sweet food eaten after a meal

Diner – A restaurant that serves breakfast all day and is usually open 24 hours

Discount – A cheaper price

Dressing – A sauce that is put on top of salads

Entrée – The main food eaten in a meal

Fare – The money you pay to ride the bus

Farmers’ market – A market where farmers sell vegetables, fruits, and other local food products

Farm stand – A small market near the road where you can buy vegetables and fruit from the farmer

Fast food – Food that can be prepared and served quickly; examples include hamburgers, french fries, chicken nuggets, hot dogs, pizza, tacos, and sandwiches

Fast food chain – A restaurant that prepares food quickly and has a counter to order and receive your food; examples include McDonalds, Subway, Dunkin Donuts, and Chipotle

Food pantry – A place for people in need to get free food to cook at home

Halal meat – Meat from animals that are killed in accordance with Islamic religious dietary law

Host / hostess – The person who finds you a table in a sit-down restaurant

Kosher foods – Foods that have been prepared according to Jewish religious dietary laws

Leftovers – Extra food from another meal

Oven – A kitchen appliance that provides heat for baking and roasting food; usually under a stovetop

Plot – A piece of land in a community garden or on a farm that you can rent to grow food; usually about 200 square feet

Potluck – A meal shared by a group of people in a person's home in which each guest is expected to bring a part of the meal, or a dish, to share with everyone

Server – The person who serves customers at their tables in a sit-down restaurant; also known as a waiter or waitress

Side dish – A food item that is served with the main meal; examples include vegetables, a salad, or a starch such as French fries

Sit-down restaurant – A restaurant where you sit at a table, have a menu, and order food from a server

Snack – A small amount of food eaten between meals

Soup kitchen – A place for anyone to get a free meal

Splitting the bill – When each person in a group pays for their own food and drink at a restaurant or bar

Stovetop – A kitchen appliance that provides heat for cooking food in pots; usually on top of an oven

Takeout – Food that is made in a restaurant that you take home to eat; also known as takeaway food or carry-out food

Tip – Money you give to someone to pay them for their services; also called gratuity

Transfer – A ticket that allows you to ride two or more buses to get to your destination

Food Labels & Icons



Halal meat



Kosher foods



Organic foods



Foods certified free of genetically-modified organisms (GMOs)



Grown in New York
*Some locally-grown foods
have this symbol*

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