

2020 Ulster County Food Resource Guide and Tips

FARMERS MARKETS Please social distance and wear your masks!

- **Kingston Farmers Market** - *You can sign up for special pick up/shopping details on [website](#) Ulster County Court parking lot Saturdays from 9:00 am-2:00 pm
- The Kingston Waterfront Farmers Market, T.R. Gallo Park. Sundays at 3:00 pm
- [YMCA Farm Stand](#) Thursdays from 3:30-6:00 pm Outside the main entrance of the YMCA, Kingston

FARM STAND INFORMATION by County [LINK HERE](#)

INFORMATION AND ACCESS TO FOOD

[ULSTER UNITED WAY](#)

ULSTER CORPS FOOD PANTRY LIST [LINK HERE](#)

COMMUNITY ACTION [LINK HERE](#)

PEOPLES PLACE [LINK HERE](#)

*Detailed information on [Facebook updates](#)

GENERAL SHOPPING TIPS

Try to limit your close exposure to others, wash your hands, and avoid touching your face.

Try to shop once every two weeks and only one person per household at the store when possible.

7.20.20 *Ulster County Shopping Guide, by Tasha Ortloff, Raising HOPE, Assistant Program Director*

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SHOPPING TIPS – #1 HAVE A PLAN

Have a clear list, do not linger or visit - the less time you can spend in that grocery store the lower the risk. Call the store before you go to see when slow times and senior hours are. Article with [additional shopping tips here](#).

CURBSIDE PICK UP SHOPPING INFO *Section your food order email list into categories such as produce, bulk, groceries, dairy and meat. Include your phone number/name. If using curbside try to add a tip for your front line shopper.

MOTHER EARTH - email: mekcurbside@gmail.com They are filling curbside orders Wednesday, Thursday and Friday from 10-6 (no extra fee)

ADAMS FAIRACRE FARMS - email: kcurbside@adamsfarms.com Filing orders all week. (no extra fee)

[AMAZON PANTRY](#) (Accepts EBT) no shipping charge if order over \$35 order +Prime \$5.99 monthly.

SHOPRITE, HANNAFORD, PRICE CHOPPER and WALMART
All have curbside pick up service variations with shopping service fee.

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