

DISCOUNT FOOD STORES Syracuse Area

**Information Provided by:
Cornell Cooperative Extension-Onondaga County**

Store/Address	Hours of Operation	Value Items	Area of City/County
Freihofer Bakery Outlet 2301 Teall Ave. (Lyncourt Plaza) Syracuse Accepts cash, checks, EBT	M-F 9 am-6 pm Sat. 9 am-5 pm Sun. 9 am-4 pm	<ul style="list-style-type: none"> Breads, rolls, assorted baked goods 	East
Maines Cash & Carry Warehouse 3150 Erie Blvd. East, Dewitt 446-1413 Accepts cash and EBT	M-Sat. 9 am-8 pm Sun. 11 am-5 pm	<ul style="list-style-type: none"> Meats, frozen foods 	Nearest cross street: Thompson Road East
Save-A-Lot 220 S. Geddes Street Syracuse 13203 474-1092 Accepts cash and EBT	M-Sat. 9 am-8 pm Sun. 10 am-6 pm	<ul style="list-style-type: none"> Save up to 40% on everyday items. 29¢ canned vegetables everyday 	Nearest cross street: Geddes and W. Fayette West
Save-A-Lot 197 Downer Street Baldwinsville 13027 656-6846 Accepts cash and EBT	M-Sat. 9 am-8 pm Sun. 10 am-6 pm	<ul style="list-style-type: none"> Save up to 40% on everyday items. 29¢ canned vegetables everyday 	West
Northway Discount Grocery 212 W. Division Street Syracuse 13204 422-9979 Accepts cash, check, credit card, EBT	M-Thurs. 8 am-7pm Fri. 8 am-8 pm Sat. 9 am-6 pm Sun. Closed	<ul style="list-style-type: none"> Frozen foods and dairy items. Also, canned, packaged foods and baby items (diapers) 	Downtown
Downtown Farmer's Market Parking Lot at S. Salina & Washington Streets Syracuse 422-8284 Accepts, cash, FMNP checks from WIC	Tues. 7 am-4 pm mid-June to mid-October	<ul style="list-style-type: none"> Produce, plants, cheese, baked goods, jam & honey, and homemade crafts 	Downtown
Stroehmann's Bear & Pulaski Streets Syracuse Accepts cash, check, EBT	M-Sat. 8 am-6 pm Sun. Closed	<ul style="list-style-type: none"> Breads, rolls, assorted baked goods 	West of Downtown
Aldi's Supermarket 3512 Brewerton Road N. Syracuse 13212	M-Thurs. 9 am-7 pm Fri. 9 am-8 pm Sat. 9 am-7 pm	<ul style="list-style-type: none"> Canned goods, paper/household products, some dairy, meats and 	Nearest cross street: Lawrence Avenue Off Rt. 81N (exit 25)

N. Syracuse 13212 Accepts cash and EBT	Sat. 9 am-7 pm Sun. Closed	dairy, meats and produce	North
Freihofer's Bakery Outlet 6195 Rt. 31, Lakeshore Hts. Plaza Cicero 13039 Accepts cash and EBT	M-F 9 am-6 pm Sat. 9 am-5 pm Sun. 9 am-4 pm	<ul style="list-style-type: none"> Breads, rolls, assorted baked goods 	North
Stroehmann's 865 S. Bay Road N. Syracuse Accepts cash, checks, EBT	M-Sat. 8 am-6 pm Sun. Closed	<ul style="list-style-type: none"> Breads, rolls, assorted baked goods 	North
Tripifoods Cash-Carry Warehouse 799 E. Hiawatha Blvd. Syracuse 425-7400 Accepts cash only	M-Thurs. 7:30 am-3 pm Fri. 7:30 am-5 pm Sat. 7:30 am-1 pm Sun. Closed	<ul style="list-style-type: none"> This is a true "warehouse" - frozen foods, dry goods, candy. No produce. 	Nearest cross street: 4th North and Hiawatha North
Hostess Bakery Molloy Road Mattydale	M-Sat. 9 am-4 pm	<ul style="list-style-type: none"> Cookies, bread, muffins 	Nearest cross street: Towpath Road North
Buda's Produce 2100 Park Street, Syracuse 476-0740 Accepts cash, checks (\$20 min.), EBT	M-F 8:30 am-5 pm Sat. 7:30 am-2 pm Sun. 10 am-2 pm	<ul style="list-style-type: none"> Meats, produce, grocery items 	Nearest cross street: Hiawatha Blvd. North
Central NY Regional Mkt. Authority 2100 Park Street, Syracuse 422-8647 Accepts cash, FMNP checks from WIC	Sat. 7 am-2 pm (Year Round) Thurs. 11 am-7 pm (May-Oct.)	<ul style="list-style-type: none"> Produce 	Nearest cross street: Hiawatha Blvd. North
Syracuse Real Food Co-op 618 Kensington Road Syracuse 472-1385 Accepts cash, checks, EBT, Visa, Mastercard	Everyday 8 am-9 pm	<ul style="list-style-type: none"> Natural Foods Produce 	Nearest cross street: Westcott Street
Grace's Discount Foods Deli & Groceries 371 South 5th St. (near Nestle's) Fulton Accepts cash, checks, EBT	M-Sat. 9 am-8 pm Sun. Closed	<ul style="list-style-type: none"> Frozen foods, Deli meats, canned goods, feminine hygiene products, diapers 	Rt. 481 to Fulton. Right at Nestle's. Second left (store two blocks down on right) North