

# The Food Pantries for the Capital District Basic Needs Resource Guide



**Find Help Where You Need It:  
Albany County**

*Thank you to our sponsor:*



# Table of Contents

Pg. 4-5                   Hotline and Service Referral List

Pg. 6-9                   Albany County Resource Guide

The Food Pantries for the Capital District  
d/b/a The Food Pantries  
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## The Food Pantries for the Capital District

**Mission:** To address hunger in the Capital District through our member food pantries. We support our members by providing funding, purchasing, collecting and delivering food. We provide a forum for networking, coordination of services, education and training.

**Vision:** A dynamic network of well-stocked food pantries nourishing our hungry neighbors in the Capital District.

[www.TheFoodPantries.org](http://www.TheFoodPantries.org)

### ABOUT HUNGER IN THE CAPITAL DISTRICT

According to Feeding America, more than 2.16 million children and adults in New York are food insecure. Essentially, more than 11.1% of the population of NY do not have enough food to meet basic nutritional needs.

### New York State and Capital District hunger statistics (2018)

#### New York State

11.1% of total population = 2,166,060 people are food insecure

16.9% of children = 685,500 infants and children are food insecure

#### Albany County

10.2% of total population = 31,200 people are food insecure

15.7% of children = 9,010 infants and children are food insecure

#### Rensselaer County

10.3% of total population = 16,480 people are food insecure

17.9% of children = 5,680 infants and children are food insecure

#### Saratoga County

7.5% of total population = 16,990 people are food insecure

12.9% of children = 6,050 infants and children are food insecure

#### Schenectady County

10.0% of total population = 15,550 people are food insecure

16.6% of children = 5,550 infants and children are food insecure

### THE EFFECTS OF HUNGER ON YOUR NEIGHBORS AND THE COMMUNITY

Prolonged food insecurity can lead to a lifetime of poor health

Hungry children do not perform well in school

Hungry adults do not perform well in the workplace

Hungry senior citizens are forced to choose between medication and basic utilities and food

Hungry veterans choose between food and shelter

### TRUTH AND MYTH OF THE SNAP (formerly called food stamps) PROGRAM

MYTH-SNAP provides enough food to feed the hungry

TRUTH-At least 43% of the hungry in our 4 counties do not qualify for SNAP, according to Feeding America

TRUTH-SNAP benefit typically supply enough food for only 3 weeks of the month

TRUTH-Snap only provides approximately a \$4.67 per day food allowance, according to Center on Budget and Policy Priorities

TRUTH-Some people who are food insecure do not want to apply for SNAP—they just need short-term assistance or only visit a pantry to fill a gap in income

### WHO ARE "THE HUNGRY" IN OUR COMMUNITIES?

Single Parents

Veterans

Underemployed individuals

Senior Citizens

College Students

Babies and children of struggling families



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### ABOUT THE FOOD PANTRIES—QUICK FACTS

The Food Pantries is a coalition of more than 68 food pantries

Our service area is Albany, Rensselaer, Saratoga, and Schenectady Counties

The Food Pantries was founded in 1979

We collect food from food drives for free distribution to our member pantries

- The community can help by hosting Food and Fund Drives

\$1 can help provide 6.25 pounds of food to the hungry

All of the services we provide to our members are completely free for them to utilize

### HOW THE FOOD PANTRIES HELPS FEED THE HUNGRY IN OUR COMMUNITIES

In 2022, we helped fund, collect and deliver enough food for more than

**3.2 million meals and 282,033 pantry visits**

**Delivery Service**—3,630,485 pounds of food delivered to our member pantries

**Food Drives**—141, 969 pounds of food collected

**Donated Products Delivered**—206,363 pounds of donations distributed

**Infant Needs**— 64,230 diapers and 1,035 cans of formula distributed

**Food Funding**—Money is put on account at the food bank for our food pantries to pay for food, and we purchase milk vouchers, grocery store gift certificates and produce gift certificates.

**Information and Referrals**— 8,741 people were referred to pantry services and additional programs.

### WHO WE SERVE THROUGH OUR MEMBER PANTRIES (2019 Numbers and Statistics)

Approximately 65,499 people access food from our member food pantries each year.

On average, an individual visits a pantry approximately 5 times each year. Some use a food pantry in the event of a crisis and some need food pantries to alleviate a chronic state of food insecurity.

**86,286 pantry visits by infants and children (ages 0-17)**

**159,054 pantry visits by adults (ages 18-59)**

**36,693 pantry visits by senior citizens (ages 60+)**



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\*Discounted rates are dependent on subsidy eligibility and are not available in all counties. Individual premium rate may vary.

# Hotline and Service Referral List

Adult Protective Services	(518) 447-7177
NYS HIV Hotline—AIDS Counseling and Testing Línea directa de SIDA en Español	(800) 541-2437 (800) 233-7432
Al-Anon <i>for Friends and Families of Alcoholics</i>	(518) 292-0577
Alcoholics Anonymous	(518) 463-0906
Alcoholism and Substance Abuse (OAS)	(800) 553-5790
Cancer Services (NYS)	(866) 442-2262
Child Abuse Hotline (National)*	(800) 422-4453
Child Health Plus (NYS)	(800) 698-4543
Children and Family Services (NYS Office)	(800) 345-5437
Crime Victims Assistance	(518) 457-5727
Domestic Violence Assistance (Unity House)	(518) 272-2370
Domestic Violence Hotline (Equinox)*	(518) 432-7865
Domestic Violence Hotline (Wellspring)*	(518) 584-8188
Eldercare Locator	(800) 677-1116
The Food Pantries for the Capital District	(518) 458-1167
Human Trafficking Hotline (National)*	(888) 373-7888
Hunger Hotline (USDA National) Línea Directa del Hambre (USDA Nacional Español) *24 hour hotlines and referrals	(866) 3-HUNGRY (866) 348-6479 (877) 8-HAMBRE (877) 842-6273

# Albany Clothing and Furniture Assistance

Capital City Rescue Mission	(518) 462-0459 ext. 259	Women - Wed, Fri 9:30 - 11:30 AM 1:30 - 3:30 PM Men - Tues, Thurs 9:30 - 11:30 AM 1:30 PM - 3:00 PM 95 Trinity Place
Grassroots Givers Community Store	(518) 817-5921	522 Washington Ave.
St. Mary's Outreach	(518) 462-4357	Tues, Thurs, Fri 9 AM - 11:30 AM 10 Lodge St, enter from Steuben St.
St. John's/St. Ann's Center	(518) 472-9091 ext. 14	Mon, Wed, Thurs, Fri 10 AM - 12 PM, 1 PM - 3 PM 88 4th Ave.
Sheridan Hollow Drop-In Center	(518) 694-8899	Mon—Fri 9:30 AM—2:00 PM 26 South Swan St. Please call ahead
Capital Region Furniture Bank	(518) 612-2265	Mon—Fri 8:30 AM—4:00 PM 5 Anderson Dr. Referral Required.

*\*Price points may vary - call ahead for availability and pricing*

## Albany Community Resources

Albany Community Action Partnership (ACAP)	(518) 463-3175 (518) 237-9201	333 Sheridan Ave. 145 Remsen St., Cohoes
Catholic Charities of the Diocese of Albany	(518) 453-6650	40 North Main Ave.
Equinox Chemical Dependency, Domestic Violence, and Mental Health Services	(518) 435-9931	500 Central Ave.
Legal Aid Society	(518) 462-6765	95 Central Ave.
Trinity Alliance of the Capital Region	(518) 449-5155	15 Trinity Place

## Albany County Social Services

Albany DSS	(518) 447-7300	162 Washington Ave.
Albany County Department for Aging	(518) 447-7198	162 Washington Ave.

## Albany Housing and Shelter Assistance

Albany Housing Authority	(518) 641-7500	200 S Pearl St.
Department of Social Services: HEAP, weatherization, emergency heat	(518) 447-7323	162 Washington Ave
Homeless Action Committee Outreach Van	(518)-495-0663	2 PM–10PM Mobile Assistance for Homeless Persons
Homeless and Travelers Aid (HATAS)	(518) 463-2124 (24 Hrs) Call for shelter placement	138 Central Ave.
NY Connects	(518) 447- 7177	Resource Directory
Sheridan Hollow Drop in Center	(518) 694-8899	26 South Swan St.
United Tenants of Albany	(518) 436- 8997	255 Orange St., Suite 104
Equinox–Youth Outreach Center	(518) 407-0376	95 Central Ave. Youth Living Assistance

Meals on Wheels <i>Home Delivered Meals for Seniors</i>	(518) 465-6465
Medicaid Helpline	(800) 541-2831
Narcotics Anonymous	(888) 399-5519
Poison Control*	(800) 222-1222
Psychiatric Center (Capital District Psychiatric Center)	(518) 549-6000
Psychiatric CDPC Crisis Unit and Crisis Mobile Unit	(518) 549-6500
Sexual Assault Crisis Hotline	(518) 447-7716
Social Security Administration	(866) 253-9183
Summer Food Program (USDA)	(518) 486-1086
Suicide Prevention Hotline (National) *	(800) 273-8255
Mortgage Help (Homeowner's Hope Hotline)	(888) 995-4673

**This is not a comprehensive list,  
for more information regarding  
human service and support agencies please call:**

**United Way: Dial 211**

**For Emergencies: Dial 911**

\*24 hour hotlines and referrals

# ALBANY COUNTY

## Albany Food Assistance

To find the pantry that serves your neighborhood call:  
**The Food Pantries for the Capital District – (518) 458-1167**

For SNAP (Food Stamp) eligibility prescreening and application information:  
**NOEP Albany (Nutrition Outreach and Education Program) – (518) 462-6765 ext.327**  
**SNAP Albany (Supplemental Nutrition Assistance Program) - (518) 447-2551**

Information about the Women, Infants, and Children Program (WIC):  
**Albany Women’s Health Center of Albany Med. College - (518) 432-4033, 220 Green St.**  
**Cohoes Family Care Mom’s Program - (518) 235-7282, 55 Mohawk St., Cohoes**

Information about Summer Meals:  
 Dial 211, or text “Food” to 877-877

## Albany Medical Assistance

Albany County Health Department	(518) 447-4580	8:30 AM - 4:30 AM 175 Green St.
Albany County Cancer Services Program	(518) 525-8680	Free Cancer Screening
Alliance for Positive Health	(518) 434-4686	Testing for HIV and STDs
Cancer Services of Albany	(518) 525-8680	Call for Locations
Capital City Rescue Mission	(518) 462-0459	Free Medical Clinic Tues, Fri 9:00 AM - 3:00 PM 88 Trinity Place
Capital District Psychiatric Center	(518) 549-6000	24 Hour Assistance
Damien Center (AIDS Community Center Peer Programing, Referrals)	(518) 449-7119	M- F 8 AM– 6:30 PM First Lutheran Church at 646 State St.
Healthy Families New York	(518) 447-7054	Home based program for expectant and new parents
Healthy Capital District Initiative (Insurance Assistance)	(518) 462-7040	M-F 8 AM–3 PM
Medicaid/Medicare	(518) 447-7300	
Planned Parenthood Albany	(518) 434-5678	855 Central Ave. Albany, NY 12206
Whitney Young Jr. Health Services	(518) 465-4771	920 Lark Drive

# Albany Community Meals

## BREAKFAST

Wed, Thurs;	7:30 AM - 8:30 AM	FOCUS Churches	85 Chestnut St. (518) 443-0460
Daily	6:30 AM	Capital City Rescue Mission	259 S. Pearl St. (518) 462-0459

## LUNCH

Mon, Thurs	11:45AM - 1:00 PM	Sister Maureen Joyce Center	369 Livingston Ave. (518) 462-9885
Tues, Sat	11:30 AM - 1:00 PM	St. John’s/St. Ann’s	88 4th Ave. (518) 472-9091
Wed	11:30 AM - 12:30 PM	Sacred Heart Church	33 Walter St. (518) 434-0680
Wed	12:00 PM - 1:00 PM	Israel AME Church	381 Hamilton St. (518) 463-8779
Mon - Fri	12:00PM-2:00PM	JC Club Children’s Feeding Center <i>(Under Age 19 Only)</i>	498 1st St. (518) 434-6100
Daily	1:00PM- 3:00 PM	Sheridan Hollow Drop-In Center	26 Swan St (518) 694-8899
Daily	11:30 AM	Capital City Rescue Mission	259 N. Pearl St. (518) 462-0459

## DINNER

Mon - Sat Sun	6:00 PM 4:00 PM	Capital City Rescue Mission	259 Pearl St. (518) 462-0459
Mon	5:00 PM - 7:00 PM	Food Not Bombs	Social Justice Center 33 Central Ave. (518) 434-4037
Mon - Fri	Call for times and locations	Salvation Army Mobile Canteen	20 S. Ferry St. 500 Clinton Ave. (518) 463-6678
Sat	4:00 PM - 5:30 PM	United Church of Cohoes	123 Mohawk St. (518) 237-0278