

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



**Find Help Where You Need It:**

**Rensselaer County**

**The Food Pantries for the Capital District  
d/b/a The Food Pantries  
32 Essex Street  
Albany, NY 12206  
518-458-1167  
pantries@thefoodpantries.org  
www.TheFoodPantries.org**

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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

Senior Citizens

Veterans

College Students

Underemployed individuals

Babies and children of struggling families

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Albany, NY 12206

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# Hotline and Service Referral List

Adult Protective Services	(518) 447-7177
NYS HIV Hotline—AIDS Counseling and Testing	(800) 541-2437
Línea directa de SIDA en Español	(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)	(866) 3-HUNGRY (866) 348-6479
Línea Directa del Hambre (USDA Nacional Español) *24 hour hotlines and referrals	(877) 8-HAMBRE (877) 842-6273



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### ABOUT THE FOOD PANTRIES—QUICK FACTS

The Food Pantries is a coalition of more than 65 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+)**

## Rensselaer County Social Services

Rensselaer County DSS	(518) 833-6000	547 River Street, Troy
DSS Adult Protective Services - Rensselaer	(518) 266-7900	547 River Street, Troy

## Rensselaer Housing and Shelter Assistance

Home Heating Assistance H.E.A.P.	(518) 266-7960	547 River Street, Troy
Joseph's House & Shelter	(518) 272-2544	74 Ferry St, Troy
St. Paul's Center (Families Only)	(518) 434-2910	947 3rd St, Rensselaer
Troy Housing Authority	(518) 273-3600	1 Eddys Lane, Troy

## Rensselaer Clothing and Furniture Assistance

Circles of Mercy - Catherine's Closet	(518) 462-0899	11 Washington St, Rensselaer MwThF 10:00AM-2:00PM, Tues 10-3
Doors of Hope	(518) 674-4048	4348 Route 150, West Sand Lake Please call ahead
<i>Faith &amp; Love Thrift Store</i>	<i>(518) 436-0114</i>	<i>85 Washington Ave, Rensselaer Tues-Fri 11:00AM-4:00PM</i>
ReStyle (Unity House)	(518) 274-2607	2431 6th Ave, Troy Please call ahead
T.A.U.M. (Troy Area United Ministries)	(518) 274-5920 ext. 204	392 2nd St, Troy Furniture Program

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

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**

# RENSSELAER COUNTY

## Rensselaer 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 Rensselaer (Nutrition Outreach and Education Program) - (518) 274-2607**  
**SNAP Rensselaer (Supplemental Nutrition Assistance Program) - (518) 266-7800**

Information about the Women, Infants, and Children Program (WIC):  
**Albany Women's Health Center of Albany Med. College - (518) 432-4033, 220 Green St.**

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

## Rensselaer Medical Assistance

Alight Care Center Free Ultrasounds	(518) 270-5540	Victorious Life 1838 Fifth Avenue, Troy
Circles of Mercy	(518) 462-0899	11 Washington St, Rensselaer
The Community Hospice	(518) 285-8116	295 Valley View Blvd, Rensselaer
Healthy Families Rensselaer County	(518) 274-1279	1300 Massachusetts Ave, Troy
Hudson Mohawk Recovery Center	(518) 272-3918	1724 5th Ave, Troy
Planned Parenthood of Troy	(518) 434-5678	200 Broadway, Troy
Rensselaer County Cancer Services Program	(518) 525-8680	Free Cancer Screening
Rensselaer County Health Dept.	(518) 270-2655	1600 7th Avenue Troy
Troy Damien Center (For HIV/AIDS Patients Only)	(518) 274-5920 ext. 206	392 2nd St, Troy
Whitney M. Young Jr. Health Services	(518) 833-6900	6 102nd St, Troy

## Rensselaer Community Meals

### LUNCH

Mon-Fri	11:30 AM - 1:00 PM	Unity House of Troy	2431 6th Ave, Troy (518) 272-2352
Thurs, Fri	12:00 PM - 1:00 PM	Damien Center of Troy	392 2nd St, Troy (518) 274-5920 ext. 206

### DINNER

Mon & Fri	4:00 PM - 5:00 PM	Salvation Army Troy	410 River St, Troy(518) 272-4901
Mon	6:00 PM - 7:00 PM	Damien Center of Troy	392 2nd St, Troy (518) 274-5920 ext. 206
Wed	4:00 PM - 5:30 PM	Victorious Life Church	1838 5th Ave, Troy (518) 272-4237
Thursday	4:00 PM - 6:00 PM	YWCA of the Capital District	21 1st St, Troy (518) 274-7100
Last Saturday of the Month	1:00 PM - 3:00 PM	Bethel Baptist Church	2165 5th Ave, Troy (518) 274-4303
4th Sunday of the Month, Jan - Nov	12:00 PM - 2:00 PM	Blooming Grove Reformed Church	706 Bloomingrove Dr., Rensselaer (518) 286-2910

## Rensselaer Community Resources

Commission on Economic Opportunity	(518) 272-6012	2331 5th Ave, Troy
Legal Aid Society	(518) 462-6765	95 Central Avenue, Albany
Nassau Resource Center	(518) 766-9014	15 Church St, Nassau
Rensselaer County Probation	(518)266-7100	547 River St, Troy
START Children's Center	(518)271-6001	127 Bloomingrove Drive, Troy
TRIP (Troy Rehabilitation and Improvement Program)	(518) 272-8289	415 River St, Troy
Unity House of Troy	(518) 274-2607	2431 Sixth Ave, Troy