

# THE FOOD PANTRIES FOR THE CAPITAL DISTRICT



## RESOURCES

October Edition



### Check Before You Toss: Food Safety Tips

Expiration and sell-by dates don't always mean food is unsafe. Many foods are still safe and nutritious past their expiration dates if stored properly. Many items like canned goods, pasta, and rice can stay good for months or years if stored properly. Check for signs like bad smell, color, or texture before eating. For more information visit: [Is-this-food-good-to-eat](#)

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

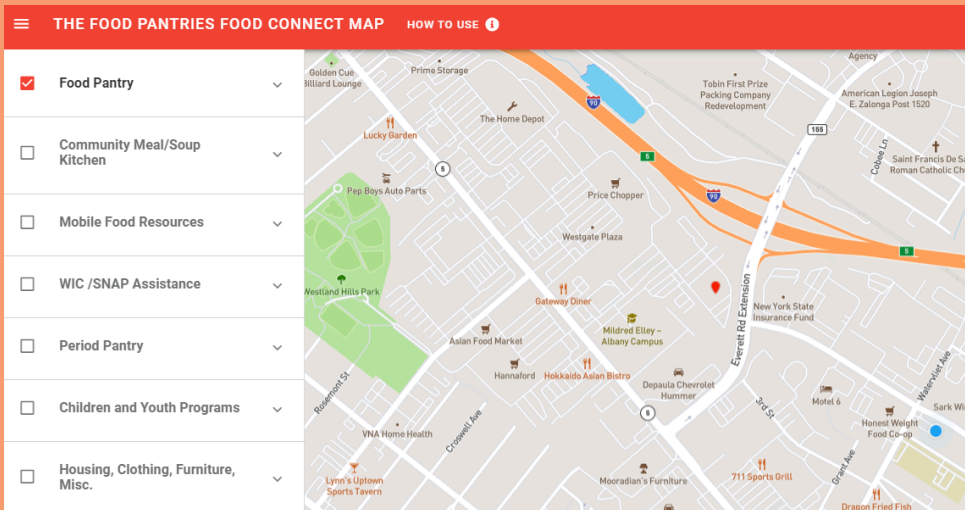


Find Help Where You Need It:  
Albany County

### Basic Needs Resource Guide

For a comprehensive Basic Needs Resource Guide please visit our website: [thefoodpantries.org](http://thefoodpantries.org)

Thank you to our sponsor:



### Food Connect Map

Visit our website:

<https://map.thefoodpantries.org/>  
Simply put in an address and it will show you red pins where the food pantries are located.

### Infant Needs

Food pantries can occasionally stock diapers and formula. You can reach out to your local pantry to ask if they have the sizes and formula you need!

Here are some additional resources for infant needs:

- [Mom Starts Here](#)
- [Alpha Pregnancy Center](#)





# Veggie Mobile

## *Produce Aisle on Wheels*

### **Whitney Young Health**

920 Lark Dr, Albany, NY  
11:00AM-11:45AM  
Tuesdays

### **Capital District Psychiatric Center**

140 S Lake Ave, Albany, NY  
11:00AM-11:45AM  
Wednesday

### **Cohoes Senior Center**

10 Cayuga Plaza, Cohoes, NY  
2:30PM-3:30PM  
Wednesday

### **Thurlow Terrace**

2 Thurlow Terrace, Albany, NY  
12:00PM-1:00PM  
Wednesday

### **St. Sophia Church**

440 Whitehall Rd, Albany, NY  
12:15PM-1:00PM  
Wednesday

### **Watervliet Public Library**

1501 Broadway # 1,  
Watervliet, NY  
2:30PM-3:30PM  
Thursday

### **South Mall Towers**

101 S Pearl St, Albany, NY  
10:45AM-12:00PM  
Friday

For more food resources please visit our Food Connect Map at <https://map.thefoodpantries.org/> or call our Referral Line at (518) 458-1167 ext. 1

Call or e-mail at least one day ahead to place your order 518-274-8685  
[WWW.CAPITALROOTS.ORG](http://WWW.CAPITALROOTS.ORG)  
[MOBILEMARKETS@CAPITALROOTS.ORG](mailto:MOBILEMARKETS@CAPITALROOTS.ORG)



# Baked Apples

## Ingredients

- 1 teaspoon canola oil
- 4 medium apples
- ¼ cup raisins
- 2 teaspoons ground cinnamon
- 2 tablespoons honey

Enjoy this classic fall treat!

## Instructions

- Preheat oven to 400F. Spread the oil on the bottom of an 8-inch square baking dish that has raised edges.
- Cut ¼ inch off the bottom of each apple so they will sit flat. Remove the cores-do not go all the way down to the bottoms, leave about ½-inch base. Place the apples upright in the prepared baking dish.
- Mix the raisins, cinnamon, and honey together in a small bowl. Spoon about 2 tablespoons of the raisin mixture into the center of each apple.
- Bake until the apples are tender, about 30 minutes. Let cool for 5 minutes before eating.



## Did you know?:

October is perfect for cozy, comforting desserts that celebrate fall's harvest.

### Fun Fact:

Ancient Treat: Baked apples date back to Roman times, often made with honey and spices.

Naturally Sweet: Baking caramelizes apples' natural sugars, enhancing their flavor.

Healthy Dessert: They retain fiber and vitamins, making them a nutritious dessert.

## Nutritional Facts per Serving:

230 calories  
42g carbs  
2g fat (1g sat fat)  
1g protein  
5mg sodium  
6g fiber  
6g total sugars per serving

Source: <https://www.capitalareafoodbank.org/blog/2022/04/01/baked-apples/>



# OCTOBER

in Albany County



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 <u>Trinity Alliance</u> <u>Mass Food</u> <u>Distribution</u> 8am	3	4	5 <u>Neighborhood</u> <u>Food distribution</u> 10am <u>Barn to Bridge 5k</u> <u>and Fall Fest</u> 11m-4pm
6 <u>14th Annual Albany</u> <u>VegFest</u> 11am-5pm <u>Harvest Fest and</u> <u>Health Fair</u> 3pm-6pm	7	8	9 <u>Trinity Alliance</u> <u>Mass Food</u> <u>Distribution</u> 8am	10	11	12
13	14  <u>Columbus Day,</u> <u>Indigenous People's</u> <u>Day.</u> 	15	16	17	18	19
20	21	22	23	24	25	26
29	28	29	30	31 <u>Halloween</u> 	*You may have a food pantry close to you that is not listed here! For more information please call our referral line at (518)-458-1167 ext. 1	

## Non- Food Events:

### Barn to Bridge 5K and Fall Fest

Slingerlands Firefighter Memorial Park  
1510 New Scotland Avenue, Slingerlands  
October 5th 11am-4pm

### Harvest Fest and Health Fair

Salvation Army Albany  
20 South Ferry Street, Albany  
October 6th 3pm-6pm

### Albany VegFest 2024

Albany Capital Center  
55 Eagle Street, Albany  
October 6th 11am-5pm

## Food Events:

### Trinity Alliance Mass Food Distribution

Arbor Hill Community Center  
47 Lark Street, Albany  
**October 2nd** 8am until the food runs out

### Trinity Alliance Mass Food Distribution

Salvation Army Albany  
20 South Ferry Street, Albany  
**October 9th** 8am until the food runs out

### Neighborhood Food Distribution

Townsend Park- City of Albany  
Central Ave & Henry Johnson Blvd  
October 5th 10am until the food runs out



# The Holidays Are Around the Corner!

Is your local food pantry hosting a Thanksgiving program? Sign-ups are happening soon—don't miss out! Reach out to your local pantry today to get started.

Not sure which pantry to visit? Call our Food Access Referral Line at (518) 458-1167 ext.1 and we'll help you find a food pantry close to you.

For more food resources please visit our Food Connect Map at <https://map.thefoodpantries.org/> or call our Referral Line at (518) 458-1167 ext. 1

**We recommend calling to verify times and locations**