



RESOURCES

September Edition



First Visit to the Pantry

The first time you visit a food pantry you will be served! By the second visit they may require the following:

- Identification for you and other members of the household (example: for children, a birth certificate or report card)
- Proof of address (a lease, National Grid bill, etc.)

The Food Pantries for the Capital District Basic Needs Resource Guide

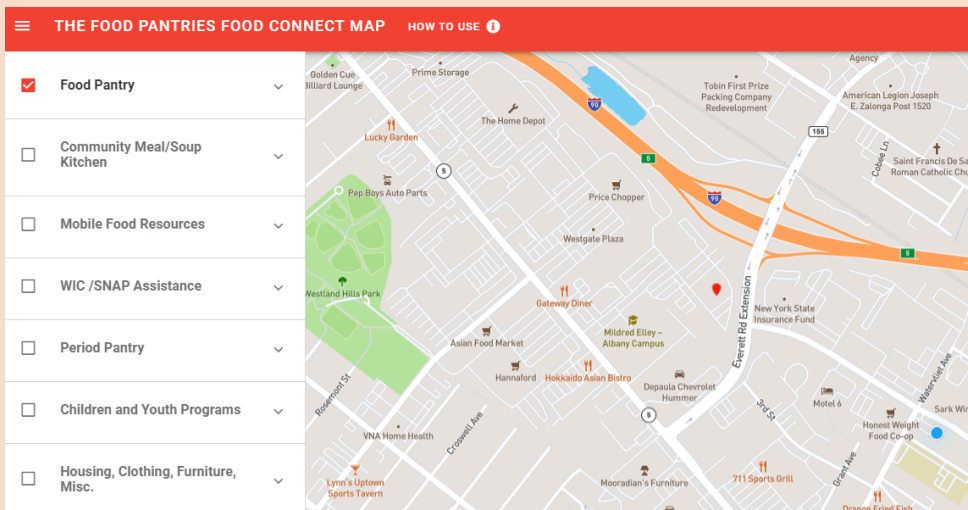


Find Help Where You Need It:
Albany County

Basic Needs Resource Guide

For a comprehensive Basic Needs Resource Guide please visit our website: thefoodpantries.org

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](#)





Community Meals

Albany Food Not Bombs Social Justice Center

33 Central Avenue Albany, 12210
Mondays 5pm-7pm
Free hot meals (vegan), bread,
product, and toiletries
Phone: 518-434-4037

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

Sister Maureen Joyce Community Meal/Soup Kitchen

369 Livingston Avenue
Albany, 12206
Monday and Thursdays
11:45am-12:45pm
Phone: 518-462-9885

St. John's/St. Ann's Center Community Meal/Soup Kitchen

88 Fourth Avenue Albany 12202
Tuesday and Saturday
11:30am-1pm
(Except 3rd Saturday of the month)
Phone: 518-472-9091

FOCUS Breakfast Program

262 State Street
Albany, 12210
Tuesday, Wednesday, and
Thursdays 7:00am-8:30am
Phone: 518-443-0460

First Church Clee Memorial Park

110 North Pearl Street
Albany 12207
Thursdays 11:30am-1pm
Soup in the park in the winter,
hot dogs in the park in the
summer

Sacred Heart Outreach- Friendship Table

33 Walter Street
Albany 12204
Wednesday 11:30am-12:30pm
GRAB AND GO
Phone: 518-434-0980

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



Overnight Oats

Ingredients

- 1 cup whole oats
- 1 cup milk (any kind)
- 1/2 cup plain Greek yogurt (optional)
- 1 teaspoon sugar, honey, or maple syrup
- 1/8 teaspoon cinnamon
- 1/8 teaspoon salt
- Your topping choice: nut butter, fresh, dried or canned fruit, nuts, seeds



Did you know?:

September is Better Breakfast Month! Breakfast has been shown to help Improved metabolism: Help you burn more calories throughout the day Healthier heart: Breakfast can lead to lower blood cholesterol levels. Better digestion: Including insoluble fiber in your breakfast can help keep you regular.

Instructions

In a medium container with a lid, combine and mix the oats, milk, yogurt, sugar, cinnamon, and salt. Seal the container with lid. Leave in the refrigerator overnight. Add your topping of choice

Nutritional Facts per Serving:

268 calories
41g carbs
5g fat (2g sat fat)
10g protein
206mg sodium
6g fiber
15g total sugars (9g added sugar)

SEPTEMBER

in Albany County

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>Food Not Bombs</u> <u>Social Justice Center</u> 5pm-7pm	3	4 <u>Trinity Alliance Mass</u> <u>Food Distribution</u> 8am	5 <u>Unity on the Move</u> <u>Albany</u> <u>A Child's Place</u> 1pm-3:30pm	6	7
8	9 <u>Food Not Bombs</u> <u>Social Justice Center</u> 5pm-7pm	10	11 <u>Trinity Alliance Mass</u> <u>Food Distribution</u> 8am	12	13	14
15	16 <u>Food Not Bombs</u> <u>Social Justice Center</u> 5pm-7pm	17	18	19 <u>Unity on the Move</u> <u>Albany</u> <u>A Child's Place</u> 1pm-3:30pm	20	21 <u>World Gratitude</u> <u>Day!</u> 
22 <u>First Day of Fall</u> 	23 <u>Food Not Bombs</u> <u>Social Justice Center</u> 5pm-7pm	24	25	26	27	28
29 <u>National Coffee</u> <u>Day.</u> 	30 <u>Food Not Bombs</u> <u>Social Justice Center</u> 5pm-7pm	<p>*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</p>				

Food Resources:

Food Not Bombs
Social Justice Center
33 Central Avenue, Albany
Free hot meals (vegan) bread,
produce, and toiletries. 5pm-7pm

Trinity Alliance Mass Food Distribution
September 4th: 47 Lark Street, Albany
September 11th: 20 South Ferry Street
8am until the food runs out

Unity on the Move Albany
A Child's Place,
50 Philip Street, Albany
1st and 3rd Thursdays 1pm-3:30pm