

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](#)

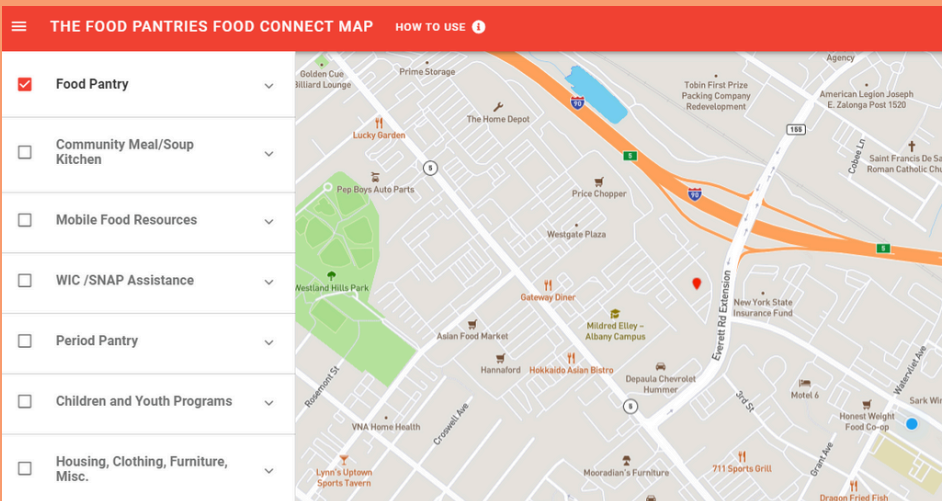
The Food Pantries for the Capital District Basic Needs Resource Guide



Find Help Where You Need It:
Rensselaer County

Basic Needs Resource Guide

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



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

Monument Square Apartments

2 1st St #1, Troy, NY
12:00PM-12:45PM
Tuesdays

Lansingburgh Apartments

41 114th St, Troy, NY
2:30PM-3:15PM
Wednesdays

O'Neil Apartments

2121 6th Ave, Troy, NY
3:30PM-4:15PM
Wednesdays

Van Rensselaer Heights

460 Forbes Ave, Rensselaer, NY
10:45AM-11:30AM
Thursday

Renwick Place Apartments

18 4th Ave, Rensselaer, NY
11:45AM-12:30PM
Thursdays

Burns Apartments

720 Federal St, Troy, NY
12:30PM-1:15PM
Thursdays

Kennedy Towers

2100 6th Ave, Troy, NY
2:45PM-3:45PM
Thursdays

Conway Court Apartments

12 Conway Court, Troy, NY
10:45AM-11:30PM
Fridays

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
MOBILEMARKETS@CAPITALROOTS.ORG



Baked Apples

Ingredients

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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 <u>Drive Thru Pantry</u> 2:30PM-3:15PM	3 <u>Unity on the Move</u> <u>Kathryn Allen Building</u> 10am-12pm <u>Sidewalk Warriors</u> <u>Distribution</u> Thursdays 6pm	4	5
6	7	8	9	10 <u>Unity on the Move</u> <u>One Stop Convenient</u> <u>Store</u> 10am-3pm <u>Sidewalk Warriors</u> <u>Distribution</u> Thursdays 6pm	11	12 <u>Let's Feed Troy</u> 12pm
13	14 <u>Columbus Day.</u> <u>Indigenous People's</u> <u>Day.</u>	15	16	17 <u>Unity on the Move</u> <u>Kathryn Allen Building</u> 10am-12pm <u>Sidewalk Warriors</u> <u>Distribution</u> Thursdays 6pm	18	19
20	21 <u>Lansingburgh Boys & Girls</u> <u>Club Drive-Thru Pantry.</u> 9:30am	22	23	24 <u>Unity on the Move</u> <u>One Stop Convenient</u> <u>Store</u> 10am-3pm <u>Sidewalk Warriors</u> <u>Distribution</u> Thursdays 6pm	25	26
27	28	29	30	31 <u>Halloween</u> <u>Sidewalk Warriors</u> <u>Distribution</u> Thursdays 6pm 	*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	

Food Resources:

Lansingburgh Boys & Girls
Club Drive-Thru Pantry
501 4th Avenue, Troy 12182
October 21st, 9:30am-12pm

Unity on the Move
One Stop Convenient Store
29 Northern Drive, Troy
12182
2nd and 4th Thursdays
10am-3pm

Sidewalk Warriors
Distribution
35 State Street, Troy
Thursdays 6pm

Unity on the Move
Kathryn Allen Building
102nd Street and 2nd
Avenue, Troy 12180
1st and 3rd Thursdays
10am-12pm

Let's Feed Troy.
Free Community Lunch
174 Earl Street, Troy NY
12180 @ the basketball
court
October 12th 12pm



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 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