



September Edition

RESOURCES



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.)

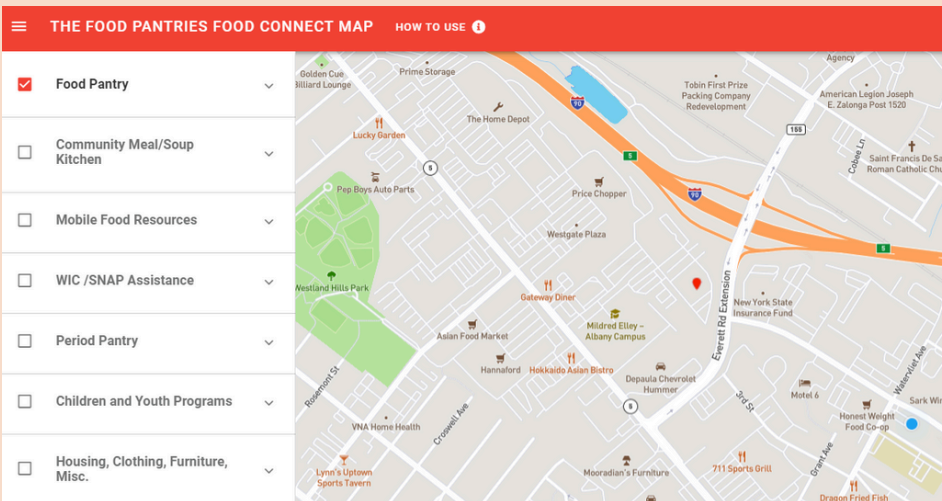
The Food Pantries for the Capital District Basic Needs Resource Guide



Find Help Where You Need It:
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](#)





Community Meals

Bethany Community Meals

Unity House of Troy
2431 Sixth Avenue
Troy, 12180
Monday-Friday 12pm-1pm
Phone: 518-274-2607

We recommend calling to verify
times and locations

Oakwood Community Meal

Oakwood Community Center
313 Tenth Street
Troy 12180
Every 3rd Monday 6pm-8pm
Phone: 518-272-2434

YWCA

County Office
21 First Street
Troy 12180
Thursdays 5:00pm-6:00pm
Phone: 518-274-7100

Victorious Life Christian Church

1868 Fifth Avenue
Troy 12180
Wednesdays 4:00pm-6:00pm
Phone: 518-272-4237

Sidewalk Warriors Distribution

35 State Street Troy 12180
Thursdays 6:00pm
Phone:
518-265-7026 (call or text)
Email:
sidewalkwarriorstroy@gmail.com

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



Rensselaer County Pantries

Salvation Army Troy

410 River Street, Troy 12180
Tuesdays and Thursdays 10am-
1:30pm
Phone: 518-272-4901

We recommend calling to verify
times and locations

CEO

2328 Fifth Avenue, Troy 12180
Monday-Friday 9am-4pm
(break for lunch 12:30pm-
1pm). Closed Wednesdays
10:30am-1pm
Phone: 518-272-6012 ext. 350

YWCA

21 First Street, Troy 12180
Monday-Friday 1pm-4pm
Phone: 518-274-7100

Unity House of Troy

2431 Sixth Avenue, Troy 12180
Monday-Friday 10am-3:30pm
closes between 12pm and
12:45pm
Phone: 518-274-2607 ext. 4105

Food Pantry at Oakwood

313 Tenth Street, Troy 12180
Saturdays 9am-11am
Phone: 518-272-2434

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our Food Connect Map at
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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 / 2024

in Rensselaer County

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 <u>Unity_OTM</u> <u>Kathryn Allen Building</u> 10am-12pm <u>Sidewalk Warriors</u> <u>Distribution</u> @6pm	6	7
8	9	10	11	12 <u>Unity_OTM</u> <u>One Stop Convenient</u> <u>Store</u> 10am-3pm <u>Sidewalk Warriors</u> <u>Distribution</u> @6pm	13	14
15	16 <u>Lansingburgh Boys</u> <u>& Girls Club Drive-</u> <u>Thru Pantry.</u> @9:30am	17	18 <u>Pop Up Pet</u> <u>Food Pantry.</u> 1pm-3pm 	19 <u>Unity_OTM</u> <u>Kathryn Allen Bldg</u> 10am-12pm <u>Sidewalk Warriors</u> <u>Distribution</u> @6pm	20	21 <u>World Gratitude Day.</u> 
22 <u>First Day of Fall</u> 	23	24	25	26 <u>Unity_OTM</u> <u>One Stop Convenient</u> <u>Store</u> 10am-3pm <u>Sidewalk Warriors</u> <u>Distribution</u> @6pm	27	28
29 <u>National Coffee</u> <u>Day.</u> 	30	<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:

Lansingburgh Boys & Girls Club Drive-Thru Pantry.

501 4th Avenue, Troy
12182
9:30am

Sidewalk Warriors Distribution

35 State Street, Troy
Thursdays 6pm

Non-Food Assistance

Pop Up Pet Food Pantry

378 10th Street
Troy, 1pm-3pm



Unity on the Move Kathryn Allen Building

102nd Street and 2nd Avenue, Troy 12180
1st and 3rd Thursdays
10am-12pm

Unity on the Move One Stop Convenient Store

29 Northern Drive, Troy
12182
2nd and 4th Thursdays
10am-3pm