

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](https://www.thefoodpantries.org/is-this-food-good-to-eat)



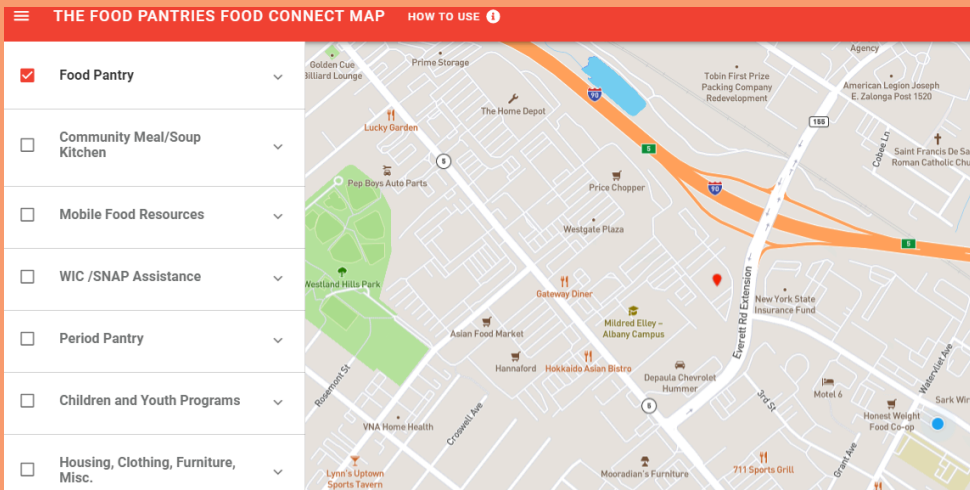
The Food Pantries for the Capital District Basic Needs Resource Guide



Find Help Where You Need It:
Schenectady County

Basic Needs Resource Guide

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



THE FOOD PANTRIES FOR THE CAPITAL DISTRICT



Veggie Mobile

Produce Aisle on Wheels

Edison Senior Apartments

310 Princetown Rd, Schenectady, NY
2:45PM-3:30PM
Tuesdays

Holly Manor Apartments

2415 Curry Rd, Schenectady, NY
3:45PM-4:30PM
Tuesdays

Summit Towers

720 Albany St. Hillside, Schenectady, NY
1:15PM-2:00PM
Fridays

Parkside View Apartments

602 Craig Street, Schenectady, NY
2:15PM-3:00PM
Fridays

Ten Eyck Apartments

375 Broadway, Schenectady, NY
3:15PM-4:00PM
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

THANKSGIVING FOOD BASKET SIGN UP INFORMATION



WILL YOUR FAMILY NEED FOOD FOR THANKSGIVING DINNER?

If you live in **Schenectady County**, you may be eligible for a Thanksgiving Food Basket.
YOU MUST SIGN UP ON THE DATES BELOW OR YOU WILL NOT RECEIVE A BASKET!
NO ADDITIONAL FAMILIES WILL BE ADDED AFTER OCTOBER 27th.

You must bring one of the following forms of qualifying ID with you to sign up:

- HEAP award letter
- Referral letter from a community agency or spiritual leader
- Benefit card
- SSI award letter
- SSD award letter
- WIC card
- Active, current unemployment
- Proof of residency in municipal housing
- Proof of veteran status
- Current Food Stamp Card

SOCIAL SECURITY AND MEDICARE CARDS ARE NOT ACCEPTABLE QUALIFYING ID

SIGN-UP LOCATION: ST. JOHN THE EVANGELIST SCHOOL HALL
Entrance on Eastern Avenue, near the
corner of Eastern and Nott Terrace

SIGN-UP DATES AND TIMES: Friday, Oct. 18, 5 p.m. to 8 p.m.
Saturday, Oct. 19, 10 a.m. to 4 p.m.
Sunday, Oct. 20, 1 p.m. to 4 p.m.

REMEMBER:

**YOU MUST SIGN UP FOR YOURSELF IN PERSON. HOWEVER, YOU MAY
SIGN UP ANOTHER PERSON AS LONG AS HE/SHE IS DISABLED.
(You must bring a note from the person with their signature and qualifying ID)**

**YOU MUST BRING PROOF OF YOUR CURRENT ADDRESS AND LIVE
IN SCHENECTADY COUNTY TO RECEIVE A BASKET.**

YOU MUST PROVIDE PROOF OF THE NUMBER OF PEOPLE IN YOUR FAMILY IF OVER 6.

Concerned for the Hungry wants to make sure that there is enough food for everyone to have a good Thanksgiving dinner. Each eligible family may have one basket to share with their household.



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



OCTOBER

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in Schenectady County



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 <u>P.G. Wright Food Pantry</u> 9am-11am	4	5 <u>Grace and Mercy Ministry Food Pantry</u> 11am-2pm
6	7	8 <u>Bethesda House Food Pantry</u> 9am-11am	9	10	11	12
13	14  <u>Columbus Day</u> <u>Indigenous People's Day</u>	15 <u>Bethesda House Food Pantry</u> 9am-11am	16	17 <u>P.G. Wright Food Pantry</u> 9am-11am	18 <u>Thanksgiving Food Basket Sign Up</u> 5pm-8pm	19 <u>Thanksgiving Food Basket Sign Up</u> 10am-4pm <u>Grace and Mercy Ministry Food Pantry</u> 11am-2pm
20 <u>Thanksgiving Food Basket Sign Up</u> 1pm-4pm	21 	22	23	24	25	26
27	28	29	30	31 <u>Halloween</u> <u>Mass Food Distribution:</u> <u>Sycamore Collaborative</u> 9am-11am 	*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:

P.G. Wright Food Pantry

2450 Van Vranken Avenue Schenectady Building 11
1st and 3rd Thursday of the month 9am-11am

Mass Food Distribution: Sycamore Collaborative

839 Albany Street, Schenectady 12307
Last Thursday of the month 9am-11am

Grace and Mercy Ministry Food Pantry

1401 State Street Schenectady
Open the 1st and 3rd Saturday of each month 11am-2pm

Bethesda House Food Pantry

834 State Street Schenectady
2nd and 3rd Tuesday of the month 9am-11am

Thanksgiving Basket Sign Ups Concerned for the Hungry

St. John the Evangelist School Hall
October 18th 5pm-8pm
October 19th 10am-4pm
October 20th 1pm-4pm

THE FOOD PANTRIES FOR THE CAPITAL DISTRICT



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.

Don't Miss the Upcoming Farmer Pop-Up Markets!

Monday, October 7th 2:30 pm - 3:30 pm Howe

Monday, October 8th 2:30 pm - 3:30 pm Zoller

Thursday, October 10th 1:30 pm - 3:15 pm Mont Pleasant Middle School

Tuesday, October 15th 2:30 pm - 3:30 pm Lincoln

Thursday, October 17th 1:30 pm - 3:15 pm at Central Park Middle School

Visit: schenectadycounty/planning/farmersmarket for more info

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