



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.)

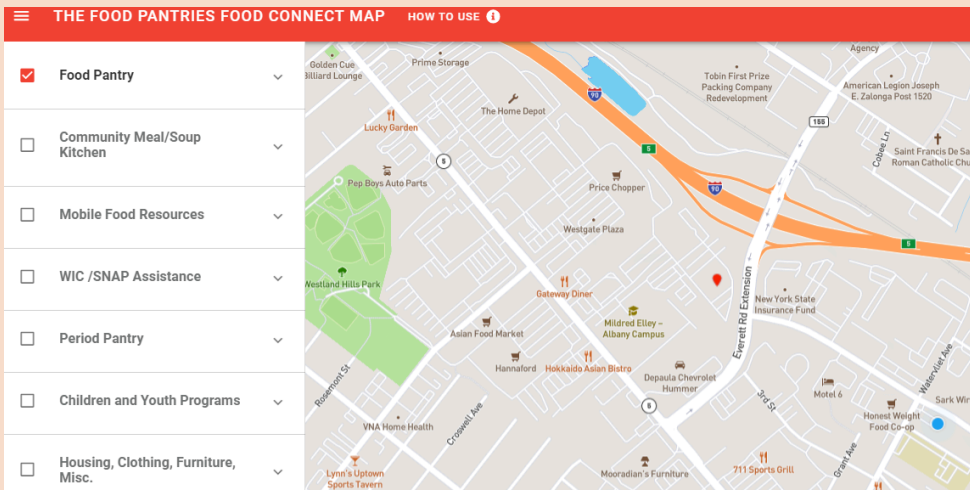
The Food Pantries for the Capital District Basic Needs Resource Guide



Find Help Where You Need It:
Schenectady 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

City Mission of Schenectady

512 Smith Street
Schenectady 12305
Monday-Saturday
4:30pm-5:30pm
Bagged lunches available
24/7 at 427 Hamilton Street
Phone: 518-346-2275 ext. 334

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

Emmanuel Friedens Church

218 Nott Terrace
Schenectady 12307
Last Saturday of the month,
10:00am-11:00am
Phone: 518-374-4114

First United Methodist Church

603 State Street
Schenectady 12305
Breakfast Sundays
8:30am-9:30am,
except the first Sunday of
every month and holidays
Phone: 518-374-4403

Salvation Army Schenectady

222 Lafayette Street
Schenectady 12305
Monday-Friday
Breakfast 7:30am-8:30am
Lunch 11:30am-12:30pm
Phone: 518-346-0222

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



Schenectady Food Pantries

Salvation Army Schenectady

222 Lafayette Street,
Schenectady 12305
Wednesday-Friday
9:30am-11:30am
Phone: 518-346-0222

We recommend calling to verify
times and locations

Mont Pleasant Pantry Holy Name of Jesus Church

1040 Pearl Street,
Schenectady 12303
Phone: 518-836-5310
Call before 9:30am Monday
for an appointment Monday
3pm-6pm

Bethesda House

834 State Street,
Schenectady 12305
2nd and 3rd Tuesday
9am-11am
Phone: 518-374-7873

PG Wright Food Pantry

2450 Van Vranken
Avenue Building 11,
Schenectady 12308
1st and 3rd Thursdays
Phone: 518-374-7873

Sycamore Collaborative

839 Albany St,
Schenectady 12307
Monday, Wednesday,
Friday 9am-11:30am
Phone: 518-374-2683

State Street Food Pantry

5 Catherine Street,
Schenectady 12307
Monday-Wednesday
10am-1pm
Phone: 518-954-5968

St. Luke's Food Pantry

1243 State Street,
Schenectady 12304
Tues., Wed., Thurs., & Sat.
Phone: 518-347-1385
9am-2:30pm
Call before 10am

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)

S E P T E M B E R / 2 0 2 4

in Schenectady County

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <u>\$1 Haircuts</u> Cuts and Blends 12pm-5pm	2 <u>\$1 Haircuts</u> High Profile 10am-3pm	3 <u>\$1 Haircuts</u> Union Street Barber 10am-3pm	4	5 <u>P.G. Wright Food Pantry</u> 9am-11am	6	7 <u>Grace and Mercy</u> 11am-2pm
8 <u>Friends n' Farmers Fall Fest</u>	9	10 <u>Bethesda House Food Pantry</u> 9am-11am	11	12	13	14
15	16	17 <u>Bethesda House Food Pantry</u> 9am-11am	18	19 <u>P.G. Wright Food Pantry</u> 9am-11am	20	21 <u>Grace and Mercy</u> 11am-2pm
22 <u>First Day of Fall</u> 	23	24	25	26 <u>Mass Food Distribution: Sycamore Collaborative</u> 9am-11am	27	28
29 <u>National Coffee Day</u> 	30	*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

Non-Food Assistance

\$1 Back to School Haircuts

September 1st Cuts and Blends 789 State Street 12pm-5pm	September 2nd High Profile 245 Broadway 10am-3pm	September 3rd Union Street Barbershop 1609 Union Street 10am-3pm
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Friends n' Farmers Fall Fest

Sycamore Collaborative
839 Albany Street
September 8th 12pm-3pm
Treats, Music, Activities!