



# Annual Report 2023

## THE FOOD PANTRIES FOR THE CAPITAL DISTRICT

TOGETHER WE CAN DO MORE



# WORKING TOGETHER WE CAN DO MORE.



What do we do when life is getting tough? We embrace our community. If I had to count the number of times I've had to reach out for help, I couldn't tell you. There are times in all our lives when we need support.

Reducing the stigma around food pantry assistance is just one of the areas of focus we have at The Food Pantries for the Capital District. And one of the ways that we do this is by sharing the reality of hunger and food insecurity. With more than 68,000 individuals seeking food pantry assistance from our coalition members in 2023, the larger systemic issues of poverty, low wage jobs, and food inflation impacts on our neighbors are clear.

An older gentleman turned to a food pantry for the first time in his life last year. His SNAP benefits only amounted to \$26 a month and he was living off an extremely limited income. "I didn't know where else to turn to for help," he stated. This is where our coalition of 71 food pantry members fill a critical gap in our social safety network.

Sara Adams of Trinity Alliance of the Capital Region in Albany stated earlier this year that, "Our pantries have seen a ~20% increase in service requests in 2023 compared to 2022. Enhanced support is urgently needed to ensure our pantries can meet the need sufficiently."

"With the dramatic increase in food prices and the reduction of SNAP benefits at the end of February 2023, we have seen a significant increase in the need for food assistance - both in the number of new families asking for our service and in the number of times per month already registered families are asking for additional service. Where we once provided food pantry bags once a month, many families now need them several times a month and even weekly," shared Marcia Dudden of Living Hope UMC Food Pantry, in Waterford.

Angelo Calbone of LifeWorks in Saratoga adds, "Just as inflation is affecting our neighbors, it is also affecting our pantries. LifeWorks is now seeing a demand for our pantry services 3x the level it was pre-pandemic."

Working together we can do more than any one of us alone. With increased community needs and food inflation impacting us all, our coalition work is more important now than it ever has been. Our shared services and collaborative efforts provide support and help pantries increase their impact. I am proud of our collective work, and our incredible team of pantry members, staff, volunteers, and supporters who make it possible. Thank you for the role that you play in helping us fight hunger in the Capital Region!

Natasha Pernicka

## 2024 Board of Directors

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**Samantha Adkisson**

NYS Department of Labor

**Angelo Calbone**

LifeWorks Community Action

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*CRMA, CCSA*

NYS DOCCS

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First Church in Albany (FCIA)

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Tech Valley Shuttle

**John Sweeney**, *MBA*

Community Member

**William Willard**

Turner Construction Company

## Advisory Committee

Jack Bastow

Betty DiMaria

Ronald Gibson

Trent Griffin-Braaf

Robert Lazar

Nina Marinello

Jane Sanders

Marggie Skinner

Todd Slingerland

Mark Thomas

Jonathan Thomson

Sherry Tomasky

Margaret Vella

**More than 90,000 people are food insecure in Albany, Rensselaer, Saratoga, and Schenectady Counties. 23,450 are children. **We're here to help!****

## HIGHLIGHTS

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## What does it mean to be a coalition of food pantries?

Working together to do more than any one of us can do alone.

## Did you know?

By providing a minimum of three days worth of free, nutritious grocery items, food pantries fill a gap for many people on a monthly basis. Pantries strive to distribute food based on the U.S. Department of Agriculture's MyPlate model of the five food groups that are the building blocks for a healthy diet.

## OUR VISION

A Hunger-free Capital Region

## HISTORY

Our coalition was founded in 1979 by the Urban Ministries Fellowship, a committee of the Capital Area Council of Churches. We started with 10 member food pantries. In 1980 we sponsored our first food drive. That year, people sought food assistance 15,472 times from 16 food pantries. Since then we have grown substantially, as hunger has spread throughout the community we serve. Your support helps us provide food for 4.3 million meals annually to assist the hungry in the Capital District.

## OUR MISSION

We are a coalition of more than 70 food pantries in Albany, Rensselaer, Saratoga, and Schenectady Counties, working together to feed the hungry. Our mission is to address hunger in the Capital District through our member food pantries.

## How we fulfill our mission

We support our pantries by funding, purchasing, collecting, and delivering food. We provide a forum for networking, coordinating services, educating and training pantry staff and volunteers. We are a voice for the LOCAL hungry.

## Member Pantries

### Albany County

Albany Community Action Partnership (ACAP)  
Altamont Community Food Pantry  
Bethlehem Food Pantry  
Blessed Sacrament Parish  
Capital Church Food Pantry  
Capital District Latinos  
Catholic Charities St. John's/St. Ann's Outreach Center  
Catholic Charities Sister Maureen Joyce Food Pantry  
Christ Our Light Church Food Pantry  
First Church in Albany (FCIA)  
FOCUS Interfaith Food Pantry  
Guilderland Food Pantry  
Hilltowns Community Resource Center  
Macedonia Baptist Church Food Pantry  
Mater Christi Food Pantry  
Metropolitan Food Pantry  
Onesquethaw Food Pantry  
"The Pantry" @ St. Patrick's  
Redemption Church Food Pantry  
Sacred Heart Outreach  
St. Ambrose Pantry  
St. Clare's Food Pantry  
St. James Food Pantry  
St. Mary's Outreach  
St. Vincent de Paul Food Pantry  
The Salvation Army Food Pantry Albany  
Trinity Alliance - Arbor Hill Pantry  
Trinity Alliance - South End Pantry  
Trinity UMC Food Pantry  
United Church of Cohoes  
Venture Churches Food Pantry

### Rensselaer County

The Anchor Food Pantry  
Brunswick Cares Food Pantry  
Catholic Charities Roarke Center Food Pantry  
CEO Food Pantry  
CoNSERNS - U  
Doors of Hope  
The Gathering Place  
HACA Food Pantry  
Hope 7 Food Pantry  
Mt. Ida Community Food Pantry  
Nassau Resource Center

Oakwood Food Pantry  
Pittstown Area Food Pantry  
St. Joseph's Food Pantry  
The Salvation Army-Troy  
Schaghticoke Food Pantry  
Unity House of Troy, INC  
YWCA-GCR

### Saratoga County

CAPTAIN CHS Karyl's Kupboard  
Christ Church Food Pantry  
Faith Food Pantry  
Franklin Community Center Food Pantry  
Grace Church Faith's Food Pantry  
Greater Galway Food Pantry  
Harvest Church Food Pantry  
LifeWorks Community Action  
Living Hope United Methodist Church Food Pantry  
Mechanicville Area Community Services Center (MACSC)  
Perry Road Food Pantry  
St. Clement's Food Pantry  
Salvation Army of Saratoga Springs Food Pantry  
Upper Room Thrift Shop & Food Pantry  
Wilton Food Pantry

### Schenectady County

Bethesda House  
Bethesda House - PG Wright Food Pantry  
Braman Hall Food Pantry  
Bread of Life Food Pantry  
Salvation Army Schenectady  
State Street Food Pantry  
Sycamore Collaborative

## Associate Members

*Associate members are interested in Full Food Pantry Membership, a process that includes a 6-8 month period of meeting membership guidelines and a vote of board and members.*

### Albany County

Alliance for Positive Health

### Rensselaer County

Faith and Love Food Pantry

## Community Food Assistance Network

Albany Damien Center  
Albany Food Farmacy  
Capital Roots  
Catholic Charities of the Diocese of Albany  
CDPHP  
Community Foundation for the Greater Capital Region  
Cornell Cooperative Extension  
Ellis Food Farmacy  
Fidelis Care  
FOCUS Churches of Albany  
Grassroot Givers  
Healthy Alliance  
Legal Aid Society of Northeastern NY  
LifePath (formerly Senior Services of Albany)  
Mom Starts Here  
New Scotland Community Food Pantry  
New York State Academy of Nutrition and Dietetics  
NYS Department of Agriculture & Markets  
Pitney Meadows Community Farm  
Purple Pantry University at Albany  
Regional Food Bank of Northeastern New York  
RISSE  
Sage College Nutrition Department  
St. Mary's Healthcare  
St. Peter's Health Partners  
Shrine Church of Our Lady of the Americas  
Siena College  
South End Children's Cafe  
St. Mary's Healthcare  
St. Peter's Health Partners

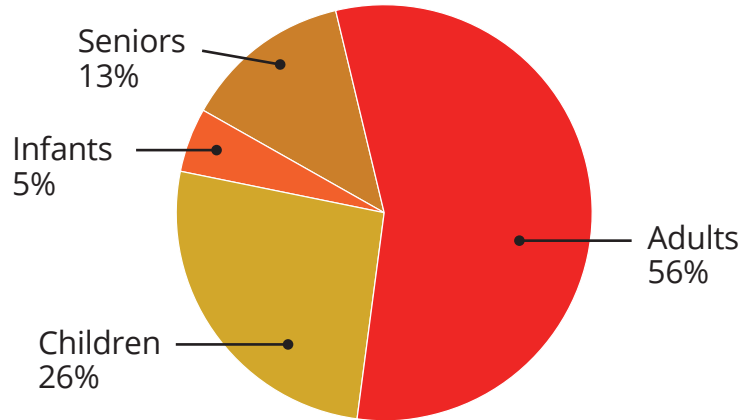


# COALITION COMMUNITY IMPACT

**Meals**  
**4,348,396**  
 33% increase



**Total Pantry Visits**  
**358,760**  
 27% increase



Together, in 2023, our coalition of food pantries worked to alleviate hunger by providing approximately **68,334 individuals** food for more than **4.3 million meals**. Our member pantries were **visited 358,760** times by individuals and families enduring food insecurity. Our coalition saw a **27% increase** in overall pantry visits.

## WORKING TOGETHER WE ARE ABLE TO MAXIMIZE RESOURCES TO INCREASE OUR IMPACT. THE FOOD PANTRIES 2023 PROGRAM IMPACT NUMBERS INCLUDE:



### Infants

Keeping our youngest fed and dry

**157,209 Diapers**  
**1,107 Formula**



### Connections

Referrals to pantries and other basic needs services

**10,095 Referrals**



### Individuals

Our volunteers make a difference in our office, in our pantries, and in our community

**150+ Volunteers**



### Food Resources for Pantries

Keeping shelves stocked all year long

**\$245,046 Funded**  
**239,506 lbs Collected**



### Home Delivery

Coordinating and making grocery deliveries to those who cannot access a pantry

**8,325 Home Deliveries**



### Deliveries

<b>312,606 lbs</b>	<b>Food Drives/Donations/Community Events</b>	<b>4,139,525 Total lbs of Food Delivered</b>
<b>3,629,401 lbs</b>	<b>Food Express</b>	
<b>197,518 lbs</b>	<b>Food Shuttle/Rescue</b>	
<b>9,781 lbs</b>	<b>Hygiene Products</b>	

# 2023 SPECIAL EVENTS

## Harvest Evening

HARVEST EVENING CELEBRATION Presented by **Honorary Chair Anne Putnam**, CEO of Fenimore Asset Management, honored **Bruce Sowalski Memorial Award Winners**. Top local chefs **Kizzy Williams** from **Allie B's Cozy Kitchen**, **Brad Stevens** from **B-rads Bistro and Catering & The Babbling Brook**, **Meaghan McGugart** from **Honest Weight Food Co-op**, **Kelly Tisinger** from **Mazzone Hospitality**, **Layla Khafaga** from **Meezan Kitchen** and **Esther Decena** from **Salvation Army Schenectady** participated in our Food Pantries Chefs' Challenge. The judging panel included **Donna & Yono Purnomo** of **Yono's Restaurant** and **Ben Houck** of **Mazzone**.



### Feature Sponsors

AOW Associates  
Business for Good  
Camelot Print & Copy Centers  
CDPHP  
Fenimore Asset Management  
KeyBank  
Raven Hill Solutions  
Times Union  
Tri-City Rentals

### Major Sponsors

Fagan Associates  
JH Consulting  
Rivers Casino & Resort Schenectady  
St. Peter's Health Partners

### Community Sponsors

Arnoff Moving & Storage  
CDTA  
DSC Leadership Consulting, LLC  
Ellis Medicine  
The Pioneer Charitable Foundation  
Pursuit With Bob  
Robert Lazar, CPA  
Rosenblum Companies  
Stone Management  
University at Albany Foundation

### Supporting Sponsors

Ballston Spa National Bank  
Borex Hydro Operations, Inc.  
Brown | Weinraub  
C.T. Male Associates  
Casa Visco  
Community Resource FCU  
County Waste and Recycling  
Crisafulli Bros, Inc.  
Dwight Plumbing & Heating  
Envision Architects  
Grassland Equipment  
Hannay Reels

### Healthy Alliance

Kevin Cleary Government Relations  
LaMarch Safranko Law PLLC  
Lutz, Selig & Zeronda, CPAs, LLP  
MLB Construction Services, LLC  
Omni Development Company, Inc.  
One Church Street  
PNJ Technology Partners, Inc.  
R.F. Peck Company  
Whiteman, Osterman & Hanna, LLP

### Bruce Sowalski Memorial Award Winners:

Welcoming to All – Schaghticoke Food Pantry  
Participating as a Contributing Member of the Coalition – Guilderland Food Pantry  
Innovation – Mechanicville Area Community Services (MACSC) Food Pantry  
Volunteer Relations – LifeWorks Community Action Food Pantry

# Hunger Heroes / CANstruction 2023 - NY State of Mind

## Hunger Heroes Teams

ACEC  
C2 Design Group  
Essex St. Warriors  
Girls Can Do!  
JMT of NY  
Policy Research Associates  
Price Chopper / Market 32

**Total Money Raised = \$8,555**  
**Total Food Collected = 10,536 lbs**  
**8th year for Hunger Heroes**

## CANstruction Teams

AOW Associates w/ Envision Architects  
Creighton Manning Engineering  
CT Male Associates  
CSArch  
Hyman Hayes Associates  
kW Mission Critical Engineering  
Labella  
MJ Engineering & Surveying  
Mosaic Associates  
Ryan Biggs Clark Davis Engineering & Surveying

**Total Money Raised = \$60,000**  
**Total Food Collected = 82,045 lbs**  
**12th year for CANstruction**

## Hunger Heroes Sponsors

Best Tile  
Capsal INC DBA, Burger 21  
CDM Fitness  
Engineered Solutions  
Fruit Slashers LLC

## CANstruction Sponsors

Accent Furniture  
Architecture +  
Bouche Financial Group  
British American Development Corp.  
Complete Network  
Connect Center  
Day Automation  
Deb Best Practices - HR 911  
E. Stewart Jones Hacker Murphy  
Eastern Heating and Cooling Inc.  
Engineered Solutions  
Greenman-Pedersen, Inc  
Jade Stone Engineering, PLLC  
Keystone Precision Solutions  
Lightspec Albany  
Point Source Group Inc  
Robco Sales  
Robert Half  
Schoolhouse Construction  
The Klam'r Tavern & Marina  
York Analytical Laboratories Inc



## Coffee & CommuniTea

Emceed by Giuliana Bruno

### Volunteer of the Year Awards:

Jaimn Delacruz, State Street Food Pantry, Schenectady County

Regina Garhartt, Faith Food Pantry, Saratoga County

Donna Golinski, Pittstown Area Food Pantry, Rensselaer County

Michelle Wooten, Redemption Church Food Pantry, Albany County

The Canister Team, The Food Pantries for the Capital District - Volunteer of the Year

### Community Partner Awards:

Stone Management  
*Outstanding Community Partner Award*

Janine Jurkowski  
*Dinnie Shanley Award*

Angela Warner  
*Sister Mary Coons Award*

## WITH APPRECIATION



### Food Rescue Partners

In 2023, our Food Rescue “Food Shuttle” Program collected and distributed **186,300 lbs of bread and baked goods**, including whole grain items. We are so grateful to all our donors who participated in this program:

<b>Bimbo Bakeries</b>	<b>National Celiac Assoc.</b>
<b>BJ’s Wholesale Club</b>	<b>Pepperidge Farms</b>
<b>Bountiful Bread</b>	<b>Price Chopper</b>
<b>Freihofer’s Baking Co.</b>	<b>Supermarkets &amp;</b>
<b>Hannaford</b>	<b>Market 32 Grocery</b>
<b>Honest Weight Food</b>	<b>Stores</b>
<b>Co-op</b>	<b>Whole Foods</b>
<b>Mi Tierra Tortillas</b>	



### Produce Partners

In 2023, we collected and distributed **84,318 lbs of produce** to our member pantries. We are so thankful to our produce partners for working with us to get fresh, nutritious produce. Our top donors were:

<b>Capital Roots-Squash Hunger</b>	<b>Price Chopper East Greenbush</b>
<b>32,950 lbs</b>	<b>4,628 lbs</b>
<b>Hannaford West Sand Lake</b>	<b>Price Chopper Madison Ave.</b>
<b>14,397 lbs</b>	<b>1,865 lbs</b>
<b>Regional Food Bank of Northeastern NY</b>	<b>Broadview</b>
<b>11,218 lbs</b>	<b>1,632 lbs</b>
<b>Whole Foods</b>	<b>Comfort Foods</b>
<b>8,127 lbs</b>	<b>803 lbs</b>
<b>Operation Potato Drop</b>	<b>Hannaford</b>
<b>5,330 lbs</b>	<b>784 lbs</b>

## ANONYMOUS DONORS

Last year you contributed more than **\$149,000** to The Food Pantries for the Capital District. The impact that you have made right here in our community is tremendous. We can’t personally thank you, but we want to put this message out in the hopes that you see it, so you know the difference you’ve made.



### Food Drives and Donations

We continue to be both amazed and incredibly grateful for all of the individuals and groups who offer support to our neighbors through food and fund drives. In 2023, we distributed **239,506 lbs of shelf-stable food!** Our top donors were:

<b>Whole Foods Market</b>	<b>Price Chopper Madison Ave</b>
<b>34,762 lbs</b>	<b>10,837 lbs</b>
<b>Hannaford</b>	<b>Shipology</b>
<b>22,560 lbs</b>	<b>8,993 lbs</b>
<b>Soho Waterworks</b>	<b>Hoffman’s Car Wash</b>
<b>16,925 lbs</b>	<b>7,267 lbs</b>
<b>Hannaford West</b>	<b>Price Chopper East Greenbush</b>
<b>Sand Lake</b>	<b>6,475 lbs</b>
<b>11,217 lbs</b>	<b>Hudson River Foods</b>
<b>STAMP Out Hunger</b>	<b>6,371 lbs</b>
<b>10,956 lbs</b>	

## Warehouse, Facilities & Delivery Partners

Thank you to **Arnoff Moving, Hone Coworks, Storage and Rigging, Regional Food Bank of Northeastern NY,** and **Stone Management.**

## Honest Weight Food Co-op

Our good friends and neighbors at the Honest Weight Food Co-op made The Food Pantries the recipient of their “Be the Change” program again in 2023. With the help of their shoppers, they made an incredible gift of **\$6,006.29.**

## WAMC

We are grateful to WAMC Northeast Public Radio for promoting The Food Pantries during the amazing WAMC Fund Drives. WAMC listeners come through for us time and time again by supporting our work to fight food insecurity in the Capital District.



# THANK YOU TO OUR CORPORATE & FOUNDATION SUPPORTERS

Ann Allen Cetrino Family Fund  
ARIA Foundation (Artistic Resources in Action)  
Barry Alan Gold Memorial Fund of the Community Foundation  
B'nai B'rith Gideon Foundation  
Broadview FCU  
Brown & Weinraub, PLLC  
CDPHP  
Colonie Builders Inc.  
Colonie Coalition of Neighborhood Associations  
The Community Foundation for the Greater Capital Region  
Coppa DiPaola Silverman PLLC  
Dan Froot & Company  
Elevance Health Foundation  
Fagan Associates  
Fenimore Asset Management  
Frederick McDonald Trust  
The GE Foundation  
Gomez and Sullivan Engineers

Hannaford Supermarkets  
Honest Weight Food Cooperative, Inc.  
The Hortense and Louis Rubin Community Health Fund of The Community Foundation for the Greater Capital Region  
Hudson Mohawk Road Runners Club  
Jewish Federation of Northeastern New York  
John D. Picotte Family Foundation  
Kevin Cleary Government Relations, LLC  
Life Insurance Council of New York (LICONY)  
M&T Bank  
Mamoun's Falafel Restaurant  
Marshall & Sterling Wealth Advisors  
The McCarthy Charities, Inc.  
Mechanical Contractors Association of the Capital District, Inc  
Multi-Phase Contracting Corp.  
MVP Health Care  
National Corvette Restorers Society, Inc.  
NY Health Foundation

Package Pavement (Quikrete of Albany)  
Price Chopper/Market 32  
Regional Food Bank of NENY, Inc.  
Review Foundation  
Rivers Casino & Resort  
Rustic Barn Pub  
The Schenectady Foundation  
SEFA  
The Seymour Fox Memorial Foundation  
Shutts Agency Inc.  
St. Mary's Auxiliary  
Stewart's Shops / The Dake Family Foundation  
Target Corporation  
Tax Alumni Club  
Tierra Farm Inc.  
UniFirst Corporation  
United Way of the Greater Capital Region  
WAMC  
Wednesdays At One Book Club  
William Gundry Broughton Foundation  
Willow Cabin Studio



# STRATEGIC INITIATIVES



## The Alliance for a Hunger Free New York

The Alliance for a Hunger Free New York is a member-driven coalition of frontline emergency food providers across New York State. Our work is to amplify the collective voices and build a supportive network of frontline community food providers, like food pantries and community meals programs, as well as community members experiencing food insecurity. The Alliance is managed by The Food Pantries for the Capital District and our vision is a hunger free New York.

We aim to push the needle towards a hunger free New York by facilitating a NYS network of frontline community food providers while coordinating member-driven collective action. We also convene stakeholders for coordination with the Collaborative Anti-Hunger Advocacy Meetings, support our members in developing lived experience community organizing, support access to food providers through our Food Connect Map and Database, and presented the 2024 NYS Food Summit.

## Home Delivered Groceries: Why It Matters

Through a partnership with researchers Dr. Cynthia Bott, LCSW and Sarah Toledano, LMSW, we are exploring the results of phone interviews with guests that have utilized home delivered grocery services. Some quick stats before diving into the survey results:

- 82% referrals made by the Food Access Connect Team (FACT) required home delivery. That's 8,325 home deliveries out of 10,095 total referrals.

- 42% of home deliveries coordinated by FACT were carried out by our one dedicated home delivery driver. That's almost 3,500 deliveries mostly made by one person!

Some of the responses to interview questions about why guests rely on Home Delivered Groceries are below.

Transportation: "I don't have a car. 8 or 9 months ago, the transmission died, and it's \$4,000 to get it fixed."

Disability: "I'm disabled, can't carry bags, and have no one to help me."

Mobility: "I'm homebound. I cannot walk more than 10 steps. I'm in pain. I use a walker."

Childcare: "I have two young kids and it makes it hard to go someplace."

This is an essential service that we will continue to seek funding for and to expand so that we can best serve members of our community.

## Healthy Pantry Initiative

The Healthy Pantry Initiative (HPI) was designed in 2022 based on feedback from guests and member pantries with a goal of Increasing Guest Choice, Promoting Resources, Providing for Diverse Eating Patterns, Marketing Healthful Products, Emphasizing Fresh Produce and Whole Grains, and Meeting Environmental Objectives. 2023 saw the implementation of the HPI with all pantries visited and provided a ranking, which corresponded with an increase in funding for the following year: 7% for Gold, 5% for Silver and 3% for Bronze. Pantries also received information on steps for improving and reaching the HPI goal. The results were extremely encouraging: 32% Gold, 62% Silver and 6% Bronze.

Some highlights from the 2023 HPI included:

- 94% provide access to lean meats
- 85% always have fresh produce available
- 90% regularly offer 3 or more whole grain options
- 97% either ADA compliant or have procedures in place for guests who are unable to enter building
- 88% promote a welcoming environment

## New York State Food as Medicine (FAM) Project

Through the NYS Food as Medicine (FAM) Project, The Food Pantries is coordinating the effort to institutionalize funding for FAM programs into NYS Medicaid. A steering committee comprised of diverse stakeholders was formed in October 2022 with the goal of supporting the process of drafting policy and practice recommendations. The final 15 recommendations and an Executive Summary were published in October 2023, here: <https://thefoodpantries.org/home/new-york-state-food-as-medicine-project/>.

One of the recommendations called for the development of a statewide coalition of FAM stakeholders to advise on FAM policy and practice. The NYS FAM Coalition was born with the aim of building on the foundation laid by the original project.

The NYS FAM Coalition convened with a meeting in October 2023, that included over 100 stakeholders from all sectors of the FAM landscape in NYS, including academia, government, healthcare, managed care organizations, non-profit, for-profit, lived experience, and more.

The Centers for Medicare and Medicaid approved a new 1115 Medicaid Waiver for NYS in January 2024. As we await the final details of the Waiver implementation plan, the Coalition's six subcommittees are gearing up to support NYS DOH and the nine regional Social Care Network Lead Entities for a successful integration of FAM into NYS healthcare.

To learn more about the Coalition and its work, go to: <https://www.nysfoodasmedicine.org/>. Special thank you to the NYS Health Foundation for financial support, and to Harvard Law School's The Center for Health Law and Policy Innovation (CHLPI) for technical assistance.

# 2023 FINANCIAL SUMMARY

As a local nonprofit, we strongly rely on individuals and community partners to support the work that we do. **Your dollars stay local and make a real impact in our community.** In 2023, our revenue was \$3,219,996 and our expenses were \$3,372,576. We realized a net loss of \$152,580. **Thank you to all who contribute to help us feed the hungry!**

## Did you know?



**\$1**  
can provide up to  
**6.25 pounds**  
of food



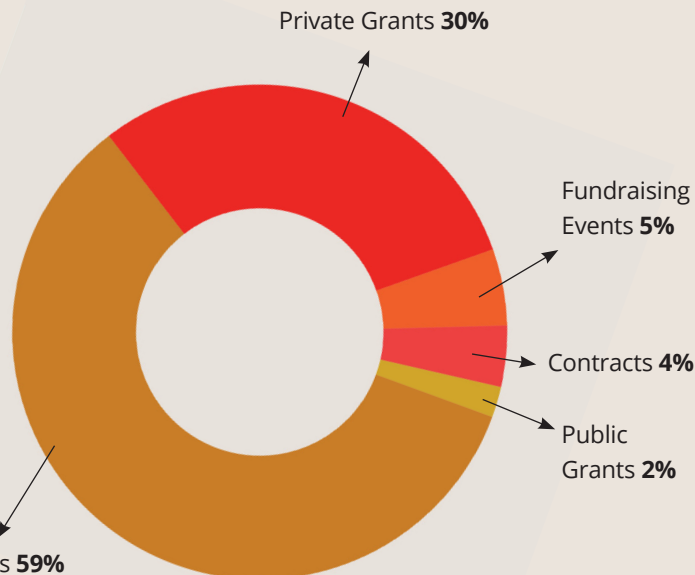
**1.2**  
pounds of food  
can provide  
**one meal**



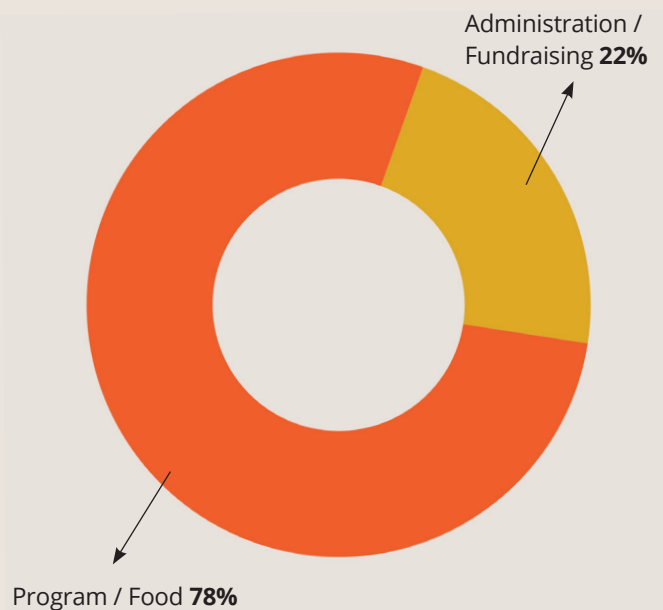
**\$100**  
can provide  
**520 meals**  
to feed the hungry!

*\*Based on acquiring food for 16 cents a pound and Feeding America's calculation of an average meal = 1.2 pounds of food.*

## 2023 Revenue: \$3,219,996



## 2023 Expenses: \$3,372,576



To request a copy of our audited financial statements please contact us at: (518) 458-1167 or [pantries@thefoodpantries.org](mailto:pantries@thefoodpantries.org)  
The Food Pantries for the Capital District Tax ID# 141752164 | Stock donation information: Charles Schwab & Company |  
DTC# 0164-Code 40 / Account# 6451-0525 / RIA: Dennis Fagan



# THE FOOD PANTRIES FOR THE CAPITAL DISTRICT



## QUOTES FROM OUR MEMBER PANTRIES

"The folks at TFP are very helpful and accommodating. I have stopped by the office several times to pick up additional items due to volume of guests, and I am always greeted kindly and helped immediately...thank you!"

"I am very pleased with the service that the Food Pantries offers. The staff is friendly and reliable. I am always welcome when I visit the office. The staff is surely there to serve all people."

"Our pantry continues to be able to help rural families and individuals because the commitment from TFP to work together to do more than we can do alone is a proven fact."

## Staff

Natasha Pernicka, MPA,  
*Executive Director*

Angie Pender-Fox,  
*Associate Executive Director*

Peter Crasto-Donnelly,  
*Program Director*

Malachai Hendrix,  
*Program Manager*

Angie Weber,  
*Development and Communications Manager*

Sara Roberts,  
*Grants & Contracts Manager*

Curtis LeClair,  
*Executive Assistant/Development & Communications Associate*

Peyton Yourch,  
*Alliance Manager*

Amelia Gelnett,  
*Medically Tailored Grocery Manager*

Victor Russak, NASM CNC,  
*Food As Medicine Coordinator*

Beth Wyman, RD,  
*Food as Medicine Registered Dietitian*

Kathy Marco,  
*Business Operations Manager*

Donna Comley,  
*Administrative Coordinator*

Matt Cuevas,  
*Software Database Project Leader*

Libby Miller,  
*Program Coordinator*

Ken Logan,  
*Fleet Administrator*  
Lydia Calabro,  
*Engagement & Resource Manager*

Nick Goodknight,  
*Engagement & Referral Specialist*

Nicole Gourley,  
*Engagement & Referral Specialist*

Tiffany Willsey,  
*Engagement and Referral Specialist*

Peter Borys,  
*Senior Driver*  
Sharone Beverly,  
*Driver*

Doc Custard,  
*Driver*  
Tessa Loux,  
*Driver*

Mark Schomer-Dodd,  
*Driver*

A special thank you to all of our volunteers. We couldn't do it without you!

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The Food Pantries for the Capital District, established in 1979, is a 501(c)(3) organization.

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