

The Food Pantries for the Capital District

Resources Albany



November edition

🍁 The Holidays Are Almost Here! 🎄

Is your local food pantry hosting special holiday programs?

🦃🎅 Sign-ups for Thanksgiving and Christmas are happening soon, but many are happening now as well. Please call our referral line if you are unsure where is closest for you to sign up.

Whether you need support for a Thanksgiving meal 🍴 or a little help this Christmas 🎁, we're here for you! 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!

Let's celebrate the season with love, gratitude, and community spirit! 🙌🍂🎄



The Food Pantries for the Capital District Basic Needs Resource Guide



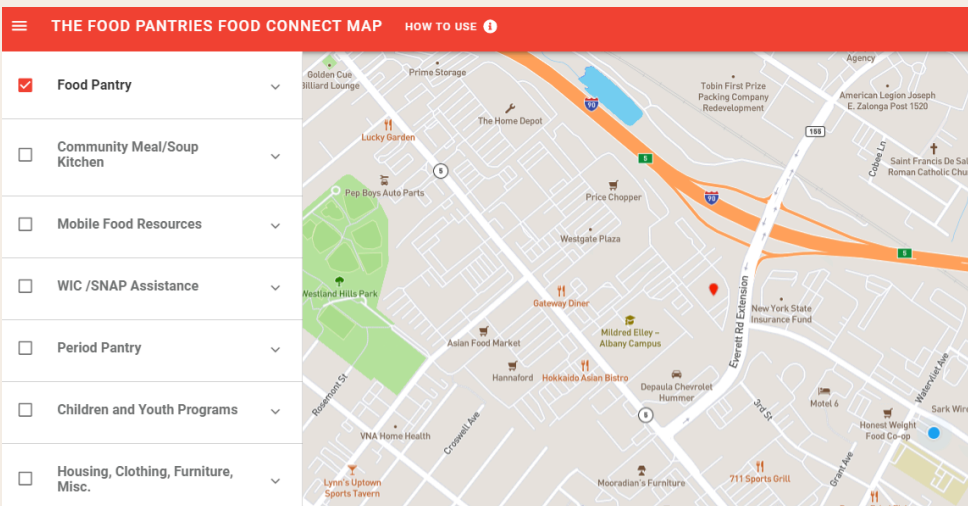
Find Help Where You Need It:
Albany County

Thank you to our sponsor:



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.

The Food Pantries for the Capital District

Roasted Turkey



Ingredients

- 10-12 pound turkey or whole chicken
- 3 stalks celery cut in half lengthwise

Substitution: 1 teaspoon celery seed or 1 teaspoon celery salt

- 1 lemon, halved

Substitution: 2 tablespoons lemon juice

- 1 onion, quartered

Substitution: 1 teaspoon onion powder

- 1 head garlic

Substitution: 1 teaspoon garlic powder or 4-6 cloves garlic, minced

- 1 bunch thyme

Substitution: 1 teaspoon dried thyme

For the Rub:

- ½ cup olive oil
- 1 bunch sage or rosemary, chopped

Substitution: 1 teaspoon dried sage or rosemary

- 1 cup parsley, chopped

Substitution: ½ cup dried parsley or omit if unavailable

- Salt and pepper to taste



Instructions

Night Before:

1. In a small bowl, mix together oil, chopped sage, chopped parsley, and salt and pepper.
2. Remove the giblets from the turkey and wash the turkey inside and out. Pat the outside dry with paper towels.
3. Place the turkey in a large roasting pan.
4. Generously salt the inside of the turkey.
5. Stuff the inside of the turkey with a bunch of thyme, half a lemon, a quartered onion, and a few garlic cloves.
6. Brush the outside of the turkey with the oil mixture.
7. Tie the turkey legs together with string and tuck the wings under the body.

Day of:

1. Preheat the oven to 350°F for 30 minutes.
2. Roast the turkey for about 2 ½ hours, or until the juices run clear when you cut between the legs and thigh.
3. Once cooked, remove the turkey from the oven and cover with aluminum foil.
4. Let the turkey rest for 20 minutes before serving.

Did you know?

November is all about gathering around the table and enjoying hearty, seasonal meals, and of course, the star of the show is roasted turkey!

Fun Facts:

Holiday Hero: Over 45 million turkeys are eaten in the U.S. each Thanksgiving.

Nutrient-Packed: Turkey is a lean protein packed with B vitamins, selenium, and zinc, making it both delicious and nutritious for your holiday feast.

Perfect for your cozy November celebrations!

Nutritional Facts per Serving:

381 calories
5g carbs
18g fat (4g sat fat)
49g protein
365mg sodium
1g fiber
1g total sugars (0g added sugar)
per serving

MARINE CORPS RESERVE



Toys for Tots

Contact the charity below that is closest to you to request toys. For the full list visit: <https://albany-ny.toysfortots.org/local-coordinator-sites/lco-sites/request-toys.aspx>

Trinity Alliance of the Capital Region Inc.

Contact: Sara Adams
Phone: 518 - 569 - 6113
Email: s.adams@ta-cr.org

Albany Capital District YMCA

Contact: Yvette Outing
Phone: 518 - 272 - 5900 ext 2232
youting@cdymca.org

Homeless and Travelers Aid Society (HATAS)

Contact: Maryann Kuranovich
Phone: 518 - 242 - 0217
mkuranovich@hatas.org

Rehabilitation Support Services

Contact: Andrea Orokos
Phone: 518 - 376 - 2254
andreaorokos0408@gmail.com

Metropolitan New Testament Mission Baptist Church

Contact: Dafney Amilcar-Rodriguez
Phone: 518 - 465 - 9375
Damilcar@gmail.com

518 Snug Trinity Alliance

Contact: Yasmine Jackson
Phone: 838 - 200 - 8203
y.jackson@ta-cr.org

Interfaith Partnership for the Homeless

Contact: Shahmeeka Chaney-Artis
Phone: 518 - 694 - 8899
shahmeekac@iphny.org

American Legion Post 1610

Contact: Jacqueline Jones
Phone: 518 - 368 - 7128
nap1610@yahoo.com

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](#)





Special Thanksgiving Distribution on 11/23

Public Distribution Sites

Regional Food Bank - Latham

965 Albany Shaker Rd,
Latham, NY 12110

Albany County Lot

230 S Pearl St
Albany, NY 12202

Connect Center - Cohoes

49 Johnston Ave,
Cohoes, NY 12047

Fuze Box - Albany

12 Central Ave, Albany,
NY 12210

Metropolitan Church - Albany

105 2nd St, Albany, NY
12210

Senior Meal Delivery Sites

Beltrone Living Center

6 Winners Cir, Albany,
NY 12205

Bishop Broderick Apartments

50 Prescott St #1,
Albany, NY 12205

ThurLOW Terrace

2 ThurLOW Terrace
Albany, NY 12203

Cayuga Plaza

100 Cayuga Plaza,
Cohoes, NY 12047

Ida Yarborough

270 N Pearl St, Albany,
NY 12207

Townsend Apartments


45 Central Ave, Albany,
NY 12206

The Food Pantries for the Capital District

November

in Albany County



					1 <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am -12pm	2
3  Day Light Savings	4	5  <u>Annual Coat Boutique</u> Trinity Alliance 2pm - 4:30pm	6 <u>Annual Coat Boutique</u> Trinity Alliance 9:30am - 12pm <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am - 12pm	7 <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am -12pm	8 <u>Community Baby Shower</u> 4:30pm - 6:30pm <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am -12pm	9
10	11 VETERANS DAY HONORING ALL WHO SERVED TFP Closed	12 <u>Annual Coat Boutique</u> Trinity Alliance 2pm - 4:30pm	13 <u>Annual Coat Boutique</u> Trinity Alliance 9:30am -12pm <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am - 12pm	14 <u>RFB Mass Food Distribution</u> 9:30am - 12pm <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am -12pm	15 <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am -12pm	16
17	18	19 <u>Annual Coat Boutique</u> Trinity Alliance 2pm - 4:30pm	20 <u>Annual Coat Boutique</u> Trinity Alliance 9:30am - 12pm <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am - 12pm	21 <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am -12pm	22 <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am -12pm	23 <u>RFB Thanksgiving Distribution</u>
24	25	26 <u>Annual Coat Boutique</u> Trinity Alliance 2pm - 4:30pm	27 <u>Annual Coat Boutique</u> Trinity Alliance 9:30am - 12pm <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am - 12pm	28  TFP Closed	29 <u>Annual Coat Boutique</u> Arbor Hill Community Center 9:30am -12pm TFP Closed	30

Food Resources

Regional Food Bank
Mass Food Distribution
November 14 - 9:30am - 12:00pm
Macedonia Baptist
26 Wilson Ave

Allie B's Cozy Kitchen
Free Thanksgiving Dinner/Basket
Call (518) 729-3472
353 Clinton Ave #3102, Albany, NY 12206

Regional Food Bank
Thanksgiving Distribution
November 23
Multiple locations

Non - Food Resources

TOYS FOR TOTS
Multiple Locations

Annual Coat Boutique
Trinity Alliance
15 Trinity Place, Albany, NY 12202
9:30am -12pm

Community Baby Shower
Ritmo Room
173 Spruce St, Albany, NY 12210
4:30pm - 6:30pm

Annual Coat Boutique
Arbor Hill Community Center
47 Lark St, Albany, NY 12210
9:30am -12pm

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