

The Food Pantries for the Capital District

Resources Rensselaer



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



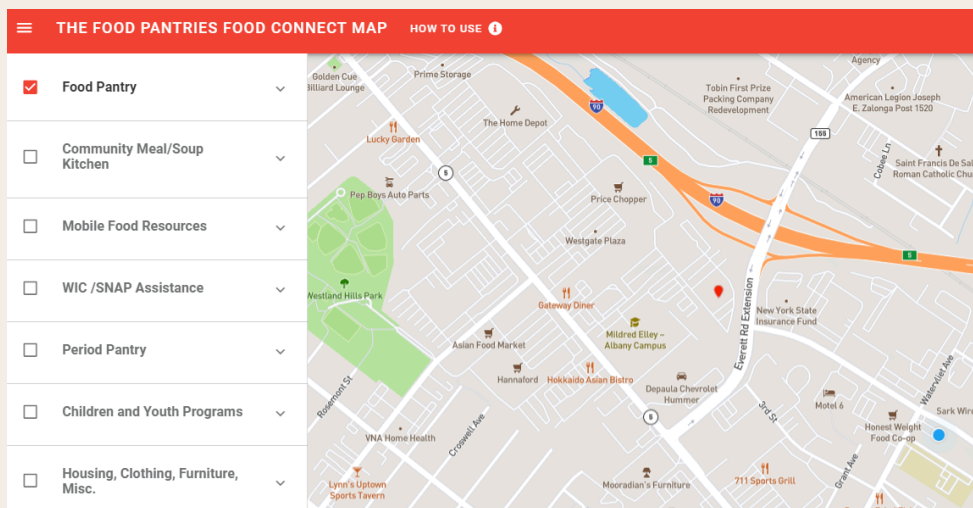
Find Help Where You Need It:
Rensselaer County

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>

Joseph's House & Shelter

Contact: Shelley Rettinger
Phone: (518) 272 - 2544
srettinger@josephshousetroy.org

Unity House of Troy

Contact: Moira Geracitano
Phone: (518) 274 - 2607
mgeracitano@unityhouseny.org

The Salvation Army

Contact: Major Nkounkou
Phone: (716) 866 - 9418
celestine.nkounkou@usa.salvationarmy.org

Oakwood Community Center

Contact: Justin Relf
Phone: (518) 269 - 5704
justinrelfocc@gmail.com

Boys & Girls Club of the Capital Area

Contact: Patrick Doyle
Phone: (518) 274 - 3781
pdoyle@bgcccapitalarea.org

Lansingburgh Boys & Girls Club

Contact: Tim Pratt
Phone: (518) 235 - 4143
lansingburghbgc2@gmail.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

HVCC Lot F

80 Vandenburg
Ave, Troy, NY
12180

Unity House of

Troy
2431 6th Ave, Troy,
NY 12180

Senior Meal Delivery Sites

Conway Court

Troy, NY 12180

Kane Apartments

5 115th St, Troy,
NY 12182

Van Rensselaer

Heights

460 Forbes Ave,
Rensselaer, NY
12144

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. !

The Food Pantries for the Capital District

November

in Rensselaer County



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3  Day Light Savings	4	5  ELECTION DAY	6	7 <u>Sidewalk Warriors Distribution</u> Thursdays 6pm	8	9 <u>The Refuge Place</u> 12pm
10	11 ***** VETERANS DAY HONORING ALL WHO SERVED TPF Closed	12	13	14 <u>Sidewalk Warriors Distribution</u> Thursdays 6pm	15	16
17	18 <u>RFB Lansingburgh Boys and Girls Club Food Distribution</u> 9:30am - 12pm	19	20	21 <u>Sidewalk Warriors Distribution</u> Thursdays 6pm	22	23 <u>RFB Thanksgiving Distribution</u>
24	25	26	27	28  <u>Sidewalk Warriors Distribution</u> Thursdays 6pm TPF Closed	29 TPF Closed	30

Food Resources

<u>Regional Food Bank</u> <u>Lansingburgh Boys and Girls Club Food Distribution</u> November 18 @ 9:30 am - 12:00 pm 501 4th Ave Troy, NY 12182	<u>The Refuge Place</u> 174 Earl St Troy, NY 12180 November 9th 12pm (@ the basketball court)	<u>Sidewalk Warriors Distribution</u> 35 State Street Troy, NY 12180 Every Thursday - 6pm	<u>Regional Food Bank</u> Thanksgiving Distribution November 23 Multiple locations
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Non- Food Resources

TOYS FOR TOTS
Multiple Locations

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