

# The Food Pantries for the Capital District

## Resources Schenectady



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! 🙌🍂🎄



## Basic Needs Resource Guide

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

### The Food Pantries for the Capital District Basic Needs Resource Guide

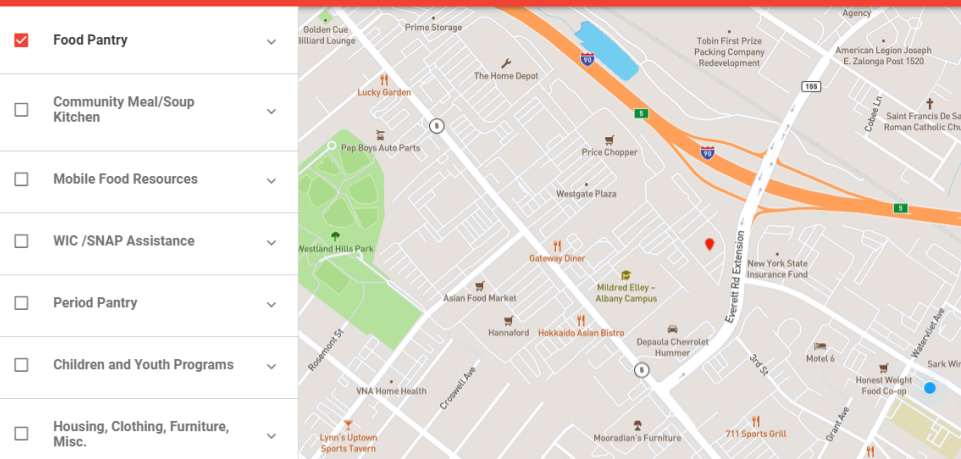


Find Help Where You Need It:  
Schenectady County

Thank you to our sponsor:



#### THE FOOD PANTRIES FOOD CONNECT MAP HOW TO USE



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>

## **Salvation Army**

Contact: Marika Safarova-Payton  
[marika.payton@use.salvationarmy.org](mailto:marika.payton@use.salvationarmy.org)

## **Capital District YMCA Schenectady**

Contact: Jessey Adkins  
Phone: (518) 881 - 0117  
[Jadkins@cdymca.org](mailto:Jadkins@cdymca.org)

## **Rehabilitation Support Services**

Contact: Nicole Villavicencio  
Phone: (518) 605 - 5752  
[nvillavicencio@rehab.org](mailto:nvillavicencio@rehab.org)

## **Raindrops Closet for Homeless Families**

Contact: Sherain Rivera  
Phone: (518) 580 - 3033  
[Sherainfonder@yahoo.com](mailto:Sherainfonder@yahoo.com)

## **Center for Community Justice**

Contact: Rhonda Vaughn  
Phone: (518) 709 - 6288  
[rvaughn@theccj.org](mailto:rvaughn@theccj.org)

## **Young Parents United**

Contact: Ginni Egan  
Phone: (516) 657 - 1311  
[info@youngparentsunited.org](mailto:info@youngparentsunited.org)

## **Press Mojica Studios**

Contact: Constance Mojica  
Phone: (518) 878 - 4967  
[Mojicastudios\\_press@yahoo.com](mailto:Mojicastudios_press@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

### Street Soldiers

153 Nott Terrace,  
Schenectady, NY 12308

## Senior Meal Delivery Sites

### Lawrence Commons

2660 Albany St,  
Schenectady, NY 12304

### Lincoln Heights

602 Hamilton St,  
Schenectady, NY 12305

### Schonowee Village

Hamilton St and, Millard  
St, Schenectady, NY

### Ten Eyck

375 Broadway,  
Schenectady, NY 12305

### Summit Towers

720 Albany St,  
Schenectady, NY 12307



# The Food Pantries for the Capital District

## November

in Schenectady County



					1	2
3  Day Light Savings	4	5 	6	7	8	9
10	11 <b>VETERANS DAY</b> ***** HONORING ALL WHO SERVED  TFP Closed	12	13 <u>Gratitude Community Gathering</u> 6 - 7 PM	14	15	16
17	18	19	20	21	22	23 <u>RFB Thanksgiving Distribution</u>
24	25	26	27	28  <u>City Mission Community Meal</u> 1 - 2 PM TFP Closed	29 TFP Closed	30

### Food Resources

#### Regional Food Bank

Thanksgiving  
Distribution

**November 23**

**Multiple locations**

#### City Mission

512 Smith Street  
Schenectady NY  
12305

#### Gratitude Community

#### Gathering

First United Methodist  
Church  
603 State St. Schenectady  
NY 12305

### Non - Food Resources

#### TOYS FOR TOTS

**Multiple Locations**

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