



The Food Pantries for the Capital District



Resources

Albany

January Edition

Dear Albany County Residents,
Happy New Year! As we step into January, we're reminded of the fresh start that the new year brings. It's a time to reflect on the past, embrace new beginnings, and set our intentions for the year ahead. Whether you're focused on personal growth, building connections, or pursuing new opportunities, we're excited to continue this journey together.

Here's to a year filled with growth, hope, and meaningful moments!

With warm wishes,
Your Friends at The Food Pantries for the Capital District



Home Energy Assistance Program (HEAP)

Need Help with Heating or Cooling Costs?

HEAP helps low-income New Yorkers cover heating and cooling expenses.

Eligibility:

- U.S. citizens or qualified non-citizens with valid Social Security numbers.
- Meet income guidelines (e.g., up to \$6,390/month for a household of four).

Benefits:

- One regular benefit per season.
- Emergency benefits for fuel shortages or utility shutoff.
- Covers electricity, natural gas, oil, propane, wood, and more.

How to Apply:

- Online: myBenefits.ny.gov
- In Person: Contact your local HEAP office.
- By Mail: Download and send an application to your local office.

More Information:

Visit ny.gov/HEAP or call 1-800-342-3009.

Stay safe and warm with HEAP!





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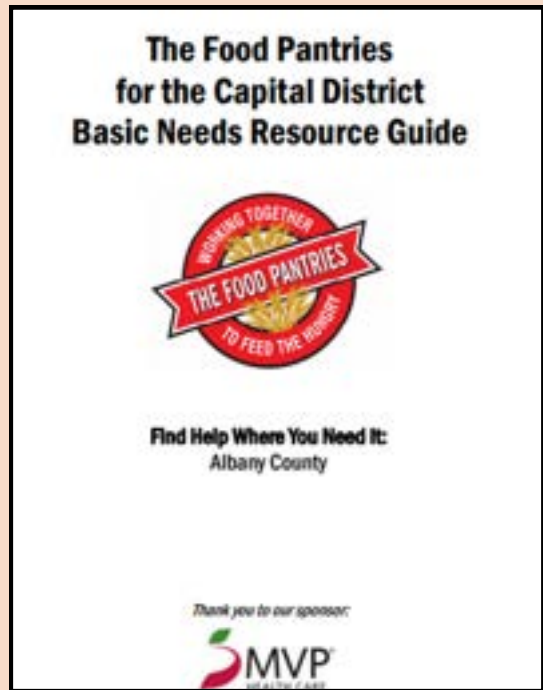
The Nutrition Outreach and Education Program (NOEP) offers one-on-one help applying for SNAP

NOEP Albany Coordinator
 Cherise Bollars
 Phone: 518-689-6327
 cbollars@lasny.org
 Legal Aid Society of Northeastern New York
 95 Central Ave, Albany, NY 12206



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

Mental Health Tips and Resources

Self-care in the wintertime is essential for maintaining both physical and mental well-being. The colder months often bring shorter days and less sunlight, which can lead to feelings of isolation or fatigue. Practicing self-care during this time fosters resilience, positivity, and balance throughout the season.

Self- Care Tips:

- Take a 15-25 minutes nap
- Jot down 5 things you love about yourself
- Call up a friend
- Smile at yourself in the mirror
- Leave yourself a love note
- Write down some things you've learned about yourself in the last year
- Write down your short-term and long-term goals
- Do some deep breathing

Mental Health Resources:

Empowerment Exchange Peer Support Line

518-268-1663

Confidential, non-crisis support line
Monday-Saturday, 9am-9pm

Albany County Department of Mental Health

Phone: 518-447-4555

Psychiatric Crisis Services (518) 549-6500

Northern Rivers Mobile Crisis Services

518-292-5499

Crisis intervention to help prevent unnecessary hospitalization.

*For children and teens only

Suicide Prevention Lifeline

1-800-237-TALK (8255)

Call or text 988 or chat 988lifeline.org





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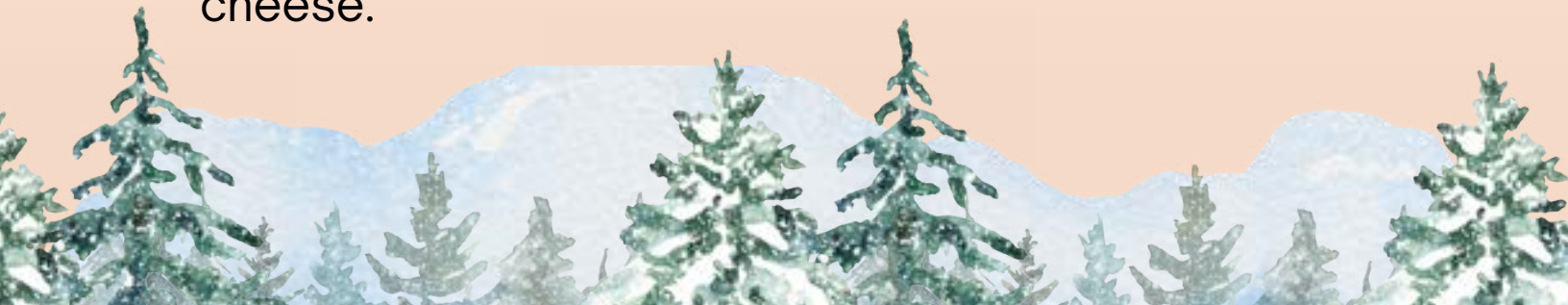


Ingredients

- 2 cups (about 10 ounces) frozen peas
- 1 lb small size whole-wheat pasta (16oz.)
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1/2 cup grated parmesan cheese
- 1/2 teaspoon kosher salt
- black pepper

Instructions

1. Put the peas on the colander and put the colander in the sink
2. Fill the pot halfway with water and bring to a boil over high heat
3. Add the pasta and cook until tender, about 12 minutes. Just before the pasta is done, use a mug to carefully scoop out 1/2 cup or so of cooking water and set it aside.
4. Drain the pasta in the colander with the peas.
5. Put the pasta and peas in the bowl and add the oil, butter, salt, and pepper. Mix well.
6. If the pasta seems dry, add some of the reserved cooking water, then mix again. Add the parmesan cheese.





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Infant Needs

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](#)
-



Are You Eligible for WIC?

You may qualify for WIC if you:

- Live in New York
- Are pregnant or have a child under 5 years old
- Meet income guidelines

Who Can Apply?

- Moms, dads, grandparents, and primary caregivers of children under 5.
- Working families and non-U.S. citizens may also qualify.

To Learn More Visit:

hungersolutionsny.org/wic for more information.

Need Assistance?

Healthy Alliance Can Help!

Healthy Alliance connects you to local resources at no cost.

Services Offered:

- Physical Health
- Food Assistance
- Housing and Shelter
- Mental Health
- Substance Abuse Support
- Employment Services
- And more



How to Connect:

Online: Visit healthyalliance.org/help and fill out the assistance form.

Phone: Call 518-520-3211





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January

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

		1 	2 Produce Pick Up Project 10am-1pm	3	4
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6 Produce Pick Up Project 10am-1pm <hr/> Food Not Bombs Meal 5pm-7pm	7	8	9 Produce Pick Up Project 10am-1pm	10	11 Three Kings Day Celebration 11am-2pm
					12
13 Produce Pick Up Project 10am-1pm <hr/> Food Not Bombs Meal 5pm-7pm	14	15	16 Produce Pick Up Project 10am-1pm <hr/> Unity on the Move Mobile Food Pantry 1pm-3:30pm	17	18
					19
20 Martin Luther King Jr's Birthday 	21	22	23 Produce Pick Up Project 10am-1pm	24	25
					26
27 Produce Pick Up Project 10am-1pm <hr/> Food Not Bombs Meal 5pm-7pm	28	29	30 Produce Pick Up Project 10am-1pm	31	



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January



FOOD DISTRIBUTION

Unity on the Move

Mobile Pantry by Unity House
50 Phillip St
Every 3rd Thursday of the month
1pm - 3:30pm



FREE PRODUCE:

Eden's Rose Foundation

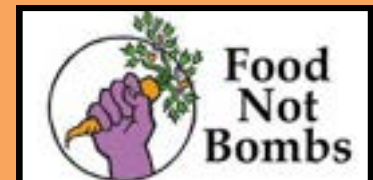
Produce Pickup Project
577 Clinton Avenue, Albany
Mondays and Thursdays
10am - 1pm

EVENTS:

Three King's Day Celebration

Capital District Latinos
160 Central Ave, Albany, NY 12206
Saturday January 11
11am - 2pm

A cultural event including live music and free gifts for children



COMMUNITY MEALS:

Capital City Rescue Mission

259 South Pearl Street
Breakfast 6:30am
Lunch 11:30am
Dinner Monday - Saturday 6:30pm
Sundays 4pm

Social Justice Center-Food Not Bombs

33 Central Avenue, Albany 12210
Mondays 5pm - 7pm
Free hot meals (vegan), bread,
produce, and toiletries

First Church in Albany

Clee Memorial Park
110 North Pearl St
Soup in the park
Thursday 11:30am - 1pm

FOCUS Churches of Albany

262 State St
Tuesdays, Wednesdays,
and Thursdays
7am - 8:30am