



The Food Pantries for the Capital District

Resources

Rensselaer



January Edition

Dear Rensselaer 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!



The Food Pantries for the Capital District



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

NOEP Rensselaer Coordinator

Karen McKenzie

Phone: 518-274-2607 x4108

KMcKenzie@unityhousesny.org

Unity House of Troy

2431 6th Avenue Troy, 12180



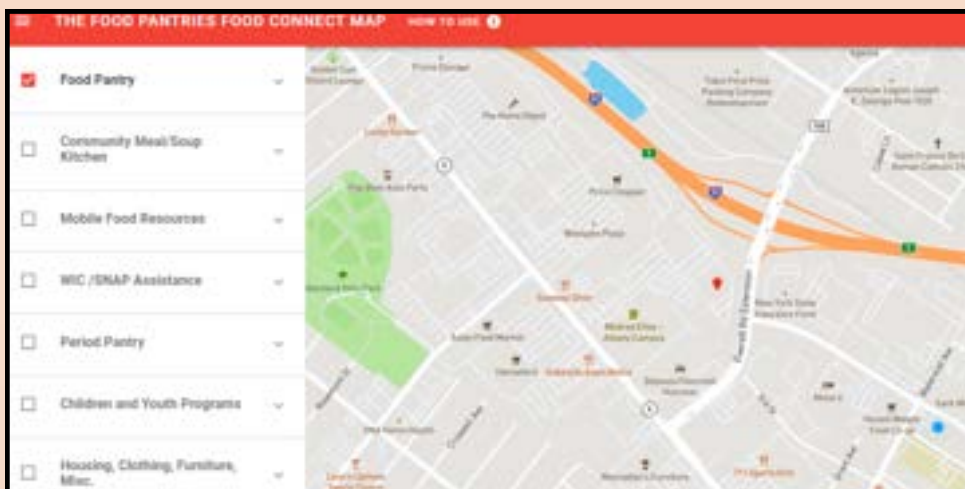
**The Food Pantries
for the Capital District
Basic Needs Resource Guide**



**Find Help Where You Need It:
Rensselaer County**

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

Rensselaer County Mental Health
518-270-2800

Northern Rivers Mobile Crisis Services
518-292-5499
Crisis intervention to help prevent unnecessary hospitalization

Suicide Prevention Lifeline
1-800-237-TALK (8255)
Call or text 988 or chat 988lifeline.org



The Food Pantries for the Capital District



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.



The Food Pantries for the Capital District



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



SATURDAY
SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 	2 YWCA Meal 5pm - 6pm Sidewalk Warriors 6pm	3	4 Let's Feed Troy! 12pm	5
6 Feeding Program 4pm - 5pm	7	8	9 YWCA Meal 5pm - 6pm Sidewalk Warriors 6pm	10 Feeding Program 4pm - 5pm	11	12
13 Feeding Program 4pm - 5pm	14	15	16 YWCA Meal 5pm - 6pm Sidewalk Warriors 6pm	17 Feeding Program 4pm - 5pm	18 Let's Feed Troy! 12pm	19
20 Martin Luther King Jr's Birthday 	21	22	23 YWCA Meal 5pm - 6pm Sidewalk Warriors 6pm	24 Feeding Program 4pm - 5pm	25	26
27 Feeding Program 4pm - 5pm	28	29	30 YWCA Meal 5pm - 6pm Sidewalk Warriors 6pm	31 Feeding Program 4pm - 5pm		

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January

in Rensselaer



COMMUNITY MEAL:

Salvation Army Troy Feeding Program

410 River Street, Troy
Phone: 518-272-4901
Mondays and Fridays 4pm - 5pm



Unity House of Troy

2431 6th Ave, Troy
Monday - Friday
Lunch 12pm - 1pm



YWCA

21 1st St, Troy
Thursdays
5pm - 6pm



Let's Feed Troy!

CEO CRC Building
2328 5th Avenue, Troy
Phone: 518 - 288 - 8041
1st and 3rd Saturday 12pm



FOOD PANTRY:

Sidewalk Warriors Distribution

35 State Street
Troy, NY 12180
Every Thursday - 6pm



VEGGIE MOBILE:

We recommend calling to verify times and locations Call or email at least one day ahead to place your order. Cash, EBT/SNAP & FMNP accepted.

Capital Roots

Kennedy Towers Apartments
2100 Sixth Avenue
Troy, NY 12180
Thursday 2:45pm - 3:45pm

Capital Roots

O'Neil Apartments
2121 6th Avenue
Troy, NY 12180
Wednesday 3:30pm - 4:15pm

Capital Roots

Burns Apartments
720 Federal Street
Troy, NY 12180
Thursday 12:30pm - 1:15pm

Capital Roots

Public Library/Senior Center
1501 Broadway
Watervliet, NY 12189
Thursday 2:30pm - 3:30pm

Capital Roots

Monument Square Apartments
2 1st Street Troy
Troy, NY 12180
Tuesday, 12:00pm - 12:45pm