



The Food Pantries for the Capital District

Resources

Schenectady



January Edition

Dear Schenectady 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.

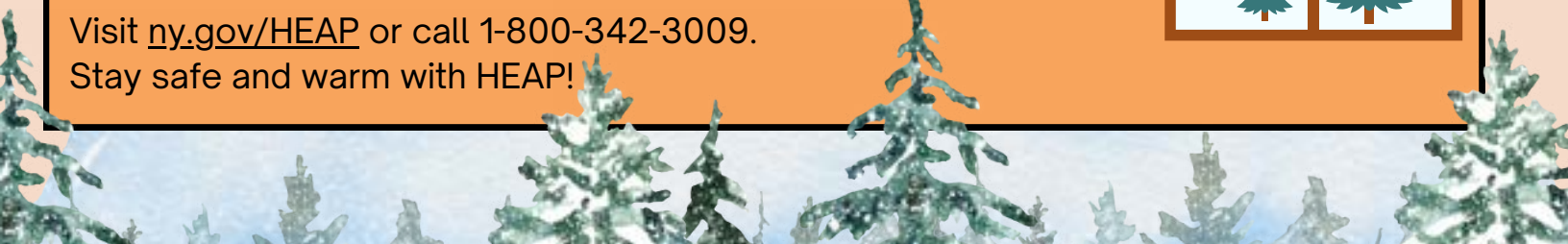
How to Apply:

- 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 Schenectady Coordinator

Louise Novak

Phone: 518-374-2427

lnovak@cathcharschdy.org

Catholic Charities Tri-County Services
1462 Erie Boulevard, 2nd Fl
Schenectady 12305

Basic Needs Resource Guide

For a comprehensive Basic Needs Resource Guide please visit our website: thefoodpantries.org

Food Connect Map

Visit our website:

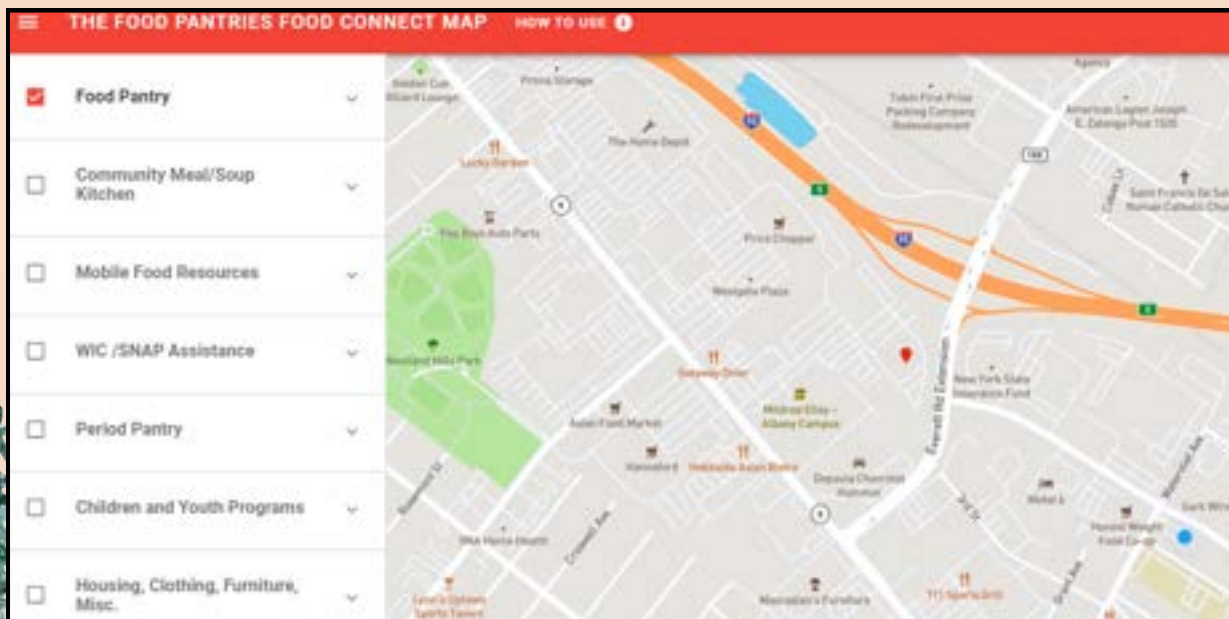
<https://map.thefoodpantries.org/>

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 Basic Needs Resource Guide



Find Help Where You Need It:
Schenectady County





The Food Pantries for the Capital District

Mental Health Tips and Resources

FREE PRODUCE:

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:

Ellis Mental Health

518-243-4000

In-person visits for people in crisis who need support

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



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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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Schenectady

January



SATURDAY
SUNDAY

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

		1 	2	3 Rotterdam Free Produce 4:30pm	4
					5
6	7	8	9	10 Rotterdam Free Produce 4:30pm	11
					12 FUMC Breakfast 8:30am - 9:30am
13	14	15	16 Bethel Northside Mobile Pantry 4pm - 6pm	17 Rotterdam Free Produce 4:30pm	18
					19 FUMC Breakfast 8:30am - 9:30am
20 Martin Luther King Jr's Birthday 	21	22	23	24 Rotterdam Free Produce 4:30pm	25
					26 FUMC Breakfast 8:30am - 9:30am
27	28	29	30	31 Rotterdam Free Produce 4:30pm	



The Food Pantries for the Capital District

January

in Schenectady



FOOD PANTRY:

Bethel Northside Mobile Food Pantry

1840 Van Vranken Avenue, Schenectady
Third Thursday of the month 4pm - 6pm
Please bring a reusable bag!
For more information call Dan Hudson at
518-334-0811



FREE PRODUCE:

The Rotterdam Produce Pantry

Rotterdam Community Center
705 Curry Road, Rotterdam, 12306
Every Friday
4:30 PM



COMMUNITY MEALS:

Bethesda House

834 State St, Schenectady
Monday - Friday
1:30pm - 3:30pm

Downtown Community Breakfast Program

First United Methodist Church (FUMC)
603 State Street, Schenectady 12305
Phone: 518-374-4403
2nd, 3rd, 4th, and 5th Sunday of each
month 8:30am - 9:30am

The City Mission of Schenectady

512 Smith St
Takeout meals
Monday - Saturday
4:30pm - 5:30pm
427 Hamilton St
Bagged lunches available 24/7

Salvation Army

222 Lafayette St Schenectady
Monday - Friday
Breakfast 7:30am - 8:30am
Lunch 11:30am - 12:30pm