

The Food Pantries for the Capital District



Resources

Albany

February Edition

February is Heart Health Month—a time to focus on the importance of taking care of your heart. Small changes, like eating nutrient-rich foods, staying active, and managing stress, can make a big difference. This month, let's commit to nurturing our hearts with healthy habits that promote lifelong wellness. Together, we can raise awareness and inspire each other to make heart health a priority—not just in February, but all year long. Your heart deserves it!

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.

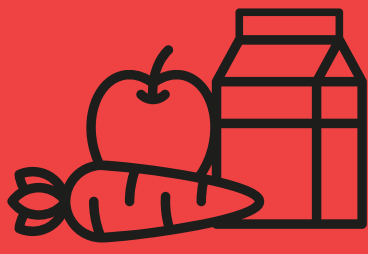
More Information:

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 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

The Food Pantries for the Capital District Basic Needs Resource Guide



Find Help Where You Need It:
Albany County

Thank you to our sponsor:

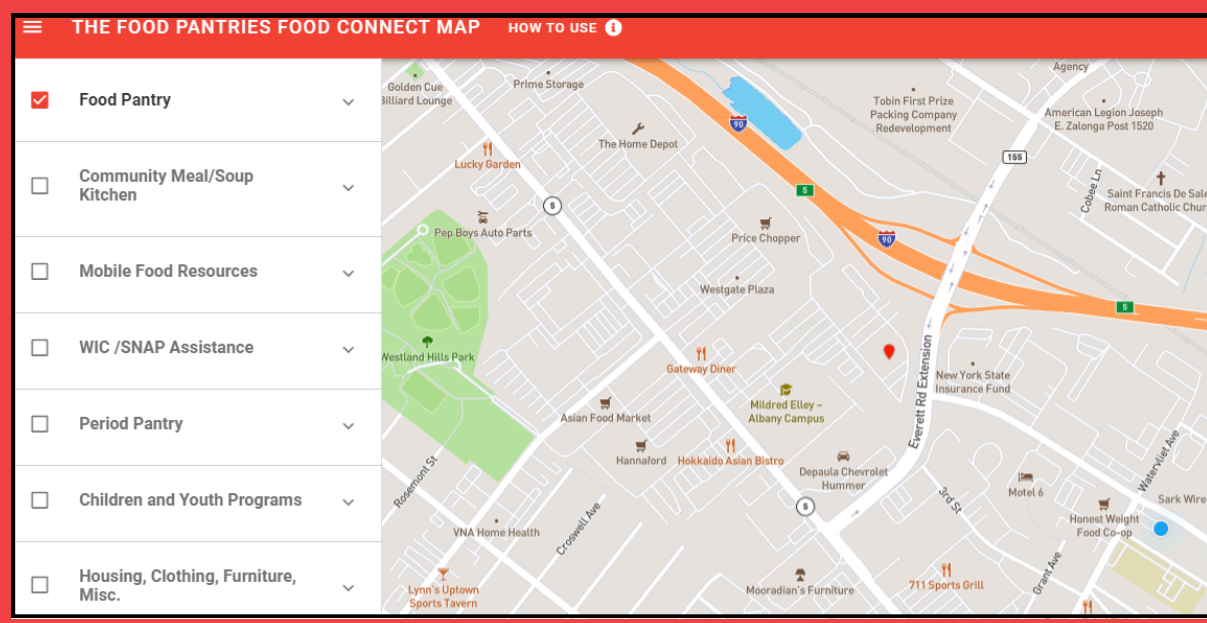


Food Connect Map

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

February is Heart Health Month!

According to the National Heart, Lung, and Blood Institute, the following foods are the best for your heart:

- Vegetables: such as leafy greens, broccoli, and carrots
- Fruits: such as apples, bananas, and oranges
- Whole grains: such as plain oatmeal, brown rice, and whole-grain bread or tortillas
- Fat-free or low-fat dairy products: such as milk, cheese, or yogurt
- Protein-rich foods: such as fish, lean meats, eggs, nuts, and legumes
- Oils high in monounsaturated and polyunsaturated fats: such as canola, corn, olive, safflower, sesame, sunflower, and soybean oils
- Foods high in monounsaturated and polyunsaturated fats: such as nuts, nut and seed butters, salmon and trout, avocados, and tofu

You can easily check your heart size. Your heart is about the size of two hands clasped together.



Cardiovascular disease is the leading killer in the United States. It kills more people than all other forms of cancer, combined.



Regular exercise is crucial to heart health. Your activity level can be the greatest risk to heart disease.



Heart attack symptoms differ from women to men.

Women may experience dizziness, shortness of breath, upper back pressure, and pain in the upper abdomen or lower chest...



...Whereas men may experience nausea, sweating and crushing chest pain.

The ultimate pump. Your heart pumps about



2,000 GALLONS

of blood every single day.

The Food Pantries for the Capital District



Heart Healthy Stuffed Peppers

Ingredients

- 4 bell peppers (any color)
- 3/4 lb. lean, ground turkey
- 1/2 medium onion (chopped)
- 1/2 cup uncooked brown rice
- 14.5 oz. canned, no-salt-added, diced tomatoes
- 1 clove fresh, minced garlic (or 1 teaspoon garlic minced from jar)
- 1 tsp. reduced-sodium Italian seasoning (lowest sodium available)
- 1/4 tsp. crushed red pepper flakes (for spiciness), (optional)
- 8 oz. canned, no-salt-added tomato sauce

Instructions

Preheat oven to 350 degrees. Cook rice to package instructions (omitting salt). While the rice is cooking, in skillet over medium heat, brown the turkey. Add the onion and cook for 3 minutes more (until onion becomes translucent).

Wash the bell peppers and remove the tops, seeds and membranes. Set peppers in a 9x9 baking dish or line them up in a loaf pan, so they stand upright.

In a medium mixing bowl, mix turkey, rice, tomato, garlic, Italian seasoning, and pepper. Spoon into each pepper. Spoon tomato sauce evenly over the top of the 4 peppers. Bake 1 hour in the oven, until peppers are tender.



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

The Food Pantries for the Capital District



February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	
					2	
3 Produce Pick Up Project 10am - 1pm <hr/> Food Not Bombs Meal 5pm - 7pm	4	5	6 Produce Pick Up Project 10am - 1pm	7	8	
					9	
10 Produce Pick Up Project 10am - 1pm <hr/> Food Not Bombs Meal 5pm - 7pm	11	12	13 Produce Pick Up Project 10am - 1pm <hr/> Unity on the Move Mobile Food Pantry 1pm - 3:30pm	14 <i>Valentine's Day</i>	15	
					16	
17	18	19	20 Produce Pick Up Project 10am - 1pm	21	22	
					23	
24 Produce Pick Up Project 10am-1pm <hr/> Food Not Bombs Meal 5pm - 7pm	25	26	27 Produce Pick Up Project 10am - 1pm	28		

*Details on the next page! →

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February in Albany

FOOD DISTRIBUTION

Unity on the Move

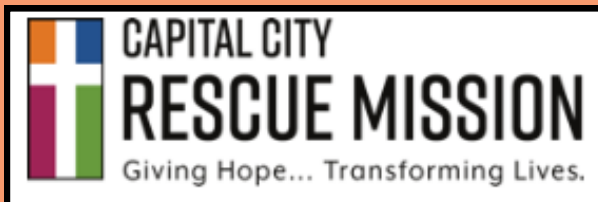
Mobile Pantry by Unity House
50 Phillip St
Every 3rd Thursday of the month
1pm - 3:30pm



FREE PRODUCE:

Eden's Rose Foundation

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



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