

# The Food Pantries for the Capital District

## Resources

Rensselaer

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](https://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](https://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



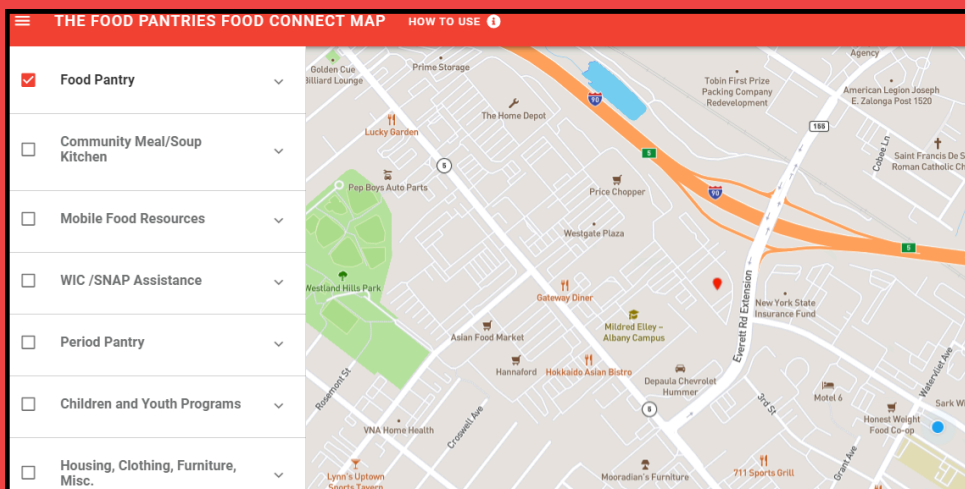
## The Food Pantries for the Capital District Basic Needs Resource Guide



**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](http://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

## 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](http://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](http://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 Let's Feed Troy! 12pm	
					2	
3 Feeding Program 4pm - 5pm	4	5	6 YWCA Meal 5pm - 6pm Sidewalk Warriors 6pm	7 Feeding Program 4pm - 5pm	8	9
10 Feeding Program 4pm - 5pm Boys & Girls Club Distribution 10 AM	11	12	13 YWCA Meal 5pm - 6pm Sidewalk Warriors 6pm	14 Feeding Program 4pm - 5pm <i>Valentine's Day</i>	15 Let's Feed Troy! 12pm	16 Van Rensselaer Elementary School Distribution 9:30am
17	18	19	20 YWCA Meal 5pm - 6pm Sidewalk Warriors 6pm	21 Feeding Program 4pm - 5pm	22	23
24 Feeding Program 4pm - 5pm	25	26	27 YWCA Meal 5pm - 6pm Sidewalk Warriors 6pm	28 Feeding Program 4pm - 5pm		

\*Details on the next page! →

# The Food Pantries for the Capital District



## February 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

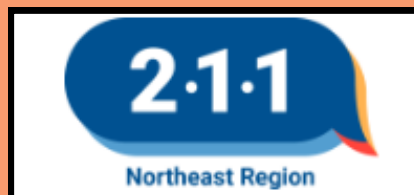
### FOOD DISTRIBUTION:

#### Sidewalk Warriors Distribution

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

#### Lansingburgh Boys and Girls Club

February 10 @ 10:00 am  
Lansingburgh Boys and Girls  
Club  
501 4th Ave, Troy



### 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