

The Food Pantries for the Capital District



Resources

Schenectady

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 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

The Food Pantries for the Capital District Basic Needs Resource Guide



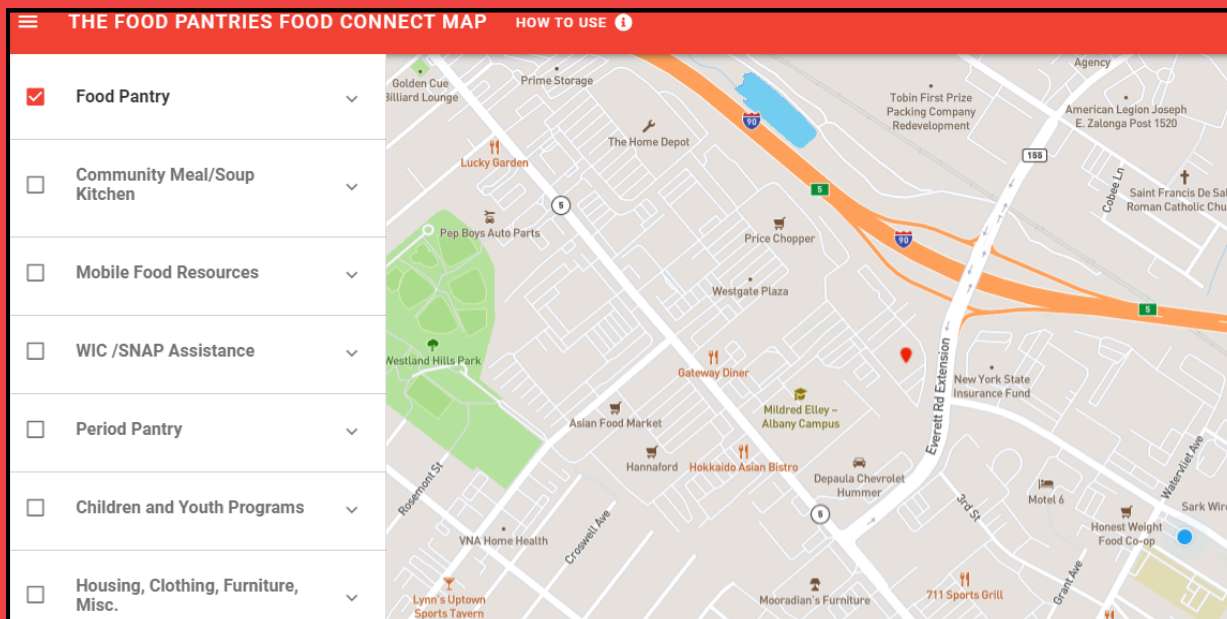
Find Help Where You Need It:
Schenectady County

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



Schenectady

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	
					2	
3	4 Advocacy Training and Dinner 6pm	5	6	7 Rotterdam Free Produce 4:30pm	8 Seed Share 2025	
					9 FUMC Breakfast 8:30am - 9:30am	
10	11 Tacking Hunger in Schenectady County 7pm	12	13 Bethel Northside Mobile Pantry 4pm - 6pm	14 Rotterdam Free Produce 4:30pm <i>Valentine's Day</i>	15	
					16 FUMC Breakfast 8:30am - 9:30am	
17	18	19	20	21 Rotterdam Free Produce 4:30pm	22	
					23 FUMC Breakfast 8:30am - 9:30am	
24	25	26	27	28 Rotterdam Free Produce 4:30pm		

*Details on the next page! →

The Food Pantries for the Capital District



February in Schenectady

FOOD PANTRY:

Bethel Northside Mobile Food Pantry

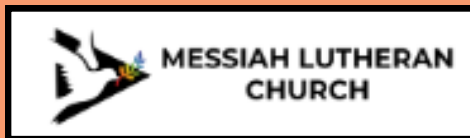
1840 Van Vranken Avenue, Schenectady

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

The Food Pantries for the Capital District



February in Schenectady

Community Events:

Advocacy Training and Dinner

First United Methodist Church

603 State Street, Schenectady 12305

Tuesday, February 4th, 6pm-8pm

Description: An evening of learning, networking, and building solidarity around strengthening the systems we need in New York to address our food affordability crisis.

A delicious dinner will be provided!

Seed Share 2025

Free event by Sycamore Collaborative and Schenectady City School District

837 Albany St., Schenectady 12307

February 8th

Workshops:

12:30-1pm: Seed Saving Workshop

1:10pm-1:40pm: Seed to Supper Workshop

1:50pm-2:20pm: Composting Workshop

2:30pm-3:00pm: Maple Sugaring Workshop

Register at:

<https://secure.qgiv.com/for/sycamorecollaborative/event/seedshare2025/>

Tackling Hunger in Schenectady County

Schenectady County Office Building, 6th Fl

620 State Street in Schenectady

Tuesday, February 11th at 7pm