

# The Food Pantries for the Capital District



## Resources

Albany

March Edition

March is Nutrition Month—a time to focus on the importance of making healthy food choices. Eating a nutrient rich diet:

- Gives you more energy
- May help you live longer
- Supports strong muscles and bones
- Supports healthy growth and development for children
- Supports healthy pregnancy and breastfeeding
- Keeps skin, eyes, and teeth healthy
- Boosts your immune system's ability to fight sickness
- Lowers risk of heart disease, type 2 diabetes, and cancer

### Capital Region Volunteer Income Tax Assistance (VITA) program

Need help with your taxes? Don't pay to file!

Capital Region VITA provides FREE Federal and New York State tax preparation.

#### Eligibility:

- U.S. citizens or qualified non-citizens with valid Social Security numbers.
- Meet income guidelines:
  - annual income of \$67,000 or less
  - no rental income, no self-employment income involving inventory, no bankruptcy

#### Benefits:

- FREE Federal and New York State tax return preparation

#### How to Schedule an Appointment:

- Find your local VITA site: [unitedwaygcr.org/cash/locations](http://unitedwaygcr.org/cash/locations)
- Follow the instructions for your local VITA site.

#### Want to File your Taxes Yourself?

- Visit MyFreeTaxes by United Way at [myfreetaxes.com](http://myfreetaxes.com)
- Eligibility: annual income of \$84,000 or less

#### More Information:

Visit [unitedwaygcr.org/cash](http://unitedwaygcr.org/cash) or contact Andrew Kochian at (518) 456-2200 or [andrew@unitedwaygcr.org](mailto:andrew@unitedwaygcr.org)



**TAX DAY IS APRIL 15, 2025**

# 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@lasnny.org

Legal Aid Society of Northeastern New York  
95 Central Ave, Albany, NY 12206

## Free Period Pantries

For more info and listing of all locations, please visit <https://capitalregionmh.com/>

## Basic Needs Resource Guide

For the full Basic Needs Resource Guide please visit our website: [thefoodpantries.org](http://thefoodpantries.org)



## Food Connect Map

Visit our website:

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

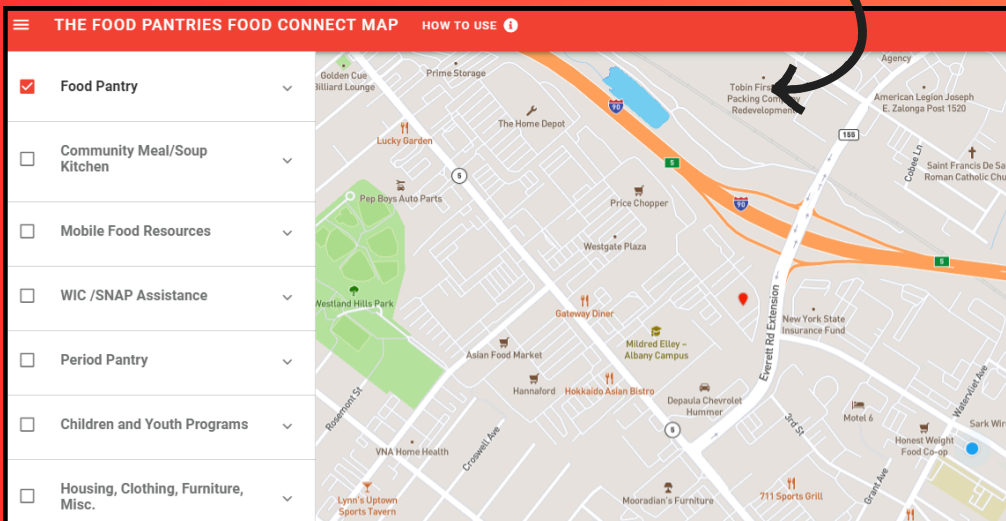
Simply put in your address and it will show you red pins where food pantries are located.

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



Find Help Where You Need It:  
Albany County

Thank you to our sponsor:



## Hygiene Services Locator

<https://www.simplythebasics.org/hygieneLocator>

# The Food Pantries for the Capital District



## March is Nutrition Month!

Eating healthy is easier than you think! Here are some tips for making healthy food choices:

### Fruits & Vegetables:

- Frozen, dried, or canned fruits and veggies are just as good as fresh. Make sure you buy fruits and veggies with no sugar added.



### The 20-5 Rule

When reading nutrition labels, look for foods where:

- % Daily Value for **healthy** nutrients, like calcium, fiber, and vitamins is closer to **20**
- % Daily Value for **unhealthy** nutrients, like fat, sugar, and sodium is closer to **5**

### Proteins:

- Protein can come from animals (meat, poultry, eggs) or plants (beans, nuts, seeds).
- Choose “lean” protein with low fat content like skinless chicken breast, turkey cutlet, pork tenderloin, or beef shoulder.



### Grains:

- Try to make at least half of the grains you eat (bread, pasta, crackers, cereal) whole grains.



### Dairy:

- Choose low-fat or fat free milk, yogurt, and cheese.



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Look for % Daily Value closer to **5**

Look for % Daily Value closer to **20**

### The 80-20 Rule

To maintain a nutritious diet, try to eat:

- **healthy foods** (fruits & vegetables, whole grains, lean proteins) about **80% of the time**
- **unhealthy foods** (sweets, salty snacks like chips, fatty foods) no more than **20% of the time**

# The Food Pantries for the Capital District



## One-Pan Sweet Potato & Turkey

### Ingredients

- 1 Tbsp cooking oil
- 1 lb. lean ground turkey
- 2 large sweet potatoes, chopped into cubes
- 1/2 medium onion (chopped)
- 1/2 cup uncooked brown rice
- 1 clove fresh, minced garlic (or 1 teaspoon garlic minced from jar)
- 1 tsp. reduced-sodium Italian seasoning (lowest sodium available)
- 1/2 cup shredded cheese (any kind)
- 1/4 tsp. crushed red pepper flakes (for spiciness), (optional)

### Instructions

Cook rice to package instructions (omitting salt). While the rice is cooking, in a skillet over medium heat, brown the turkey. Add the sweet potato and cook for about 3 minutes. Add the onion and cook for 3 minutes more (until onion becomes translucent). Add garlic and seasoning and cook 1 minute until fragrant. Turn down heat to medium low and cover the pan. Cook for about 10 minutes, or until sweet potato is soft. Remove cover from pan. Sprinkle cheese evenly across the whole pan and let it melt.

**Want more veggies?** Add bell pepper, corn, peas, tomato, or zucchini

**Don't have turkey?** Add any chopped meat or a vegetable protein (beans, lentils, etc.)



# 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



## March

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	15 Drive-Thru Pantry 10:30am - 2:30pm	
					16	
17 Produce Pick Up Project 10am - 1pm <hr/> Food Not Bombs Meal 5pm - 7pm	18	19	20 Produce Pick Up Project 10am - 1pm	21	22	
					23	
24	25	26	27 Produce Pick Up Project 10am - 1pm	28	29	
31					30	

\*Details on the next page! →

# The Food Pantries for the Capital District



## March 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



#### Drive-Thru Pantry

Drive-Thru Pantry by Regional Food Bank  
Macedonia Baptist Church  
26 Wilson Avenue, Albany  
Saturday, March 15  
10:30am - 2:30pm



### FREE PRODUCE:

#### Eden's Rose Foundation

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

#### Capital Roots Veggie Mobile

Free Produce Order Delivery  
Comes to 4+ locations every day  
Check the schedule:  
<https://www.capitalroots.org/veggie-mobile/>  
Please Call or Email 1 Day ahead  
to place order  
(518) 274-8685  
[mobilemarkets@capitalroots.org](mailto:mobilemarkets@capitalroots.org)



### COMMUNITY MEALS:

#### Social Justice Center-Food Not Bombs

33 Central Avenue, Albany 12210  
Mondays 5pm - 7pm  
Free hot meals (vegan), bread,  
produce, and toiletries

#### FOCUS Churches of Albany

#### Breakfast Program

262 State St  
Tuesdays, Wednesdays,  
and Thursdays  
7am - 8:30am



#### Capital City Rescue Mission

259 South Pearl Street  
Breakfast 6:30am  
Lunch 11:30am  
Dinner Monday - Saturday 6:30pm  
Sundays 4pm



#### First Church in Albany

Clee Memorial Park  
110 North Pearl St  
Soup in the park  
Thursday 11:30am - 1pm

