

# The Food Pantries for the Capital District



## Resources

Rensselaer

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 Rensselaer Coordinator**  
Karen McKenzie  
Phone: 518-274-2607 x4108  
KMckenzie@unityhouseny.org  
Unity House of Troy  
2431 6th Avenue Troy, 12180



**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/>

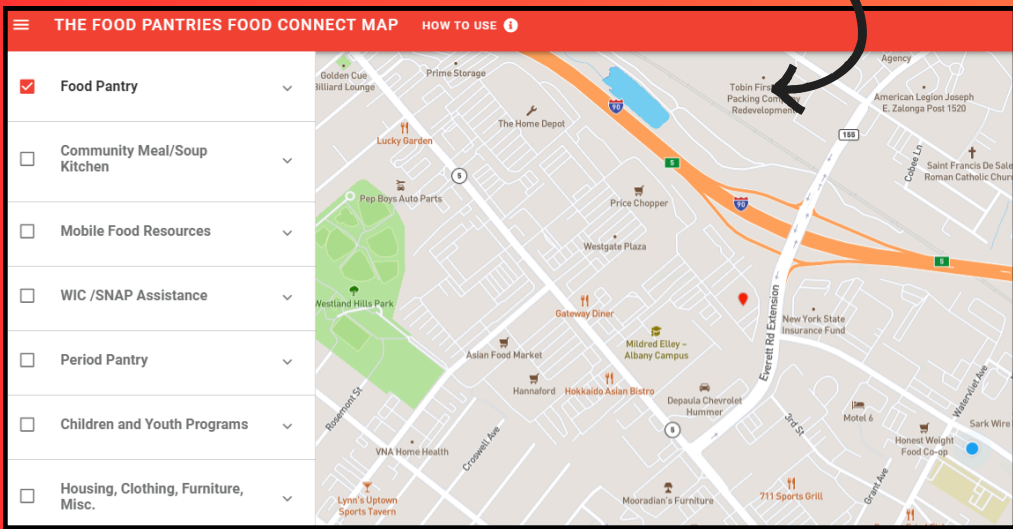
Simply put in your address and it will show you red pins where food pantries are located.



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



Find Help Where You Need It:  
Albany County  
Rensselaer County  
Saratoga County  
Schenectady County



**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.



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

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 **20**

### Dairy:

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



### 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 Feeding Program 4pm - 5pm	4	5	6 YWCA Meal 5pm - 6pm <hr/> Sidewalk Warriors 6pm	7 Feeding Program 4pm - 5pm	8	
					9	
10 Feeding Program 4pm - 5pm	11	12	13 YWCA Meal 5pm - 6pm <hr/> Sidewalk Warriors 6pm	14 Feeding Program 4pm - 5pm	15 Van Rensselaer Elementary School Distribution 9:30am	
					16	
17 Boys & Girls Club Distribution 10 AM	18	19	20 YWCA Meal 5pm - 6pm <hr/> Sidewalk Warriors 6pm	21 Feeding Program 4pm - 5pm	22	
					23	
24 Feeding Program 4pm - 5pm	25	26	27 YWCA Meal 5pm - 6pm <hr/> Sidewalk Warriors 6pm	28 Feeding Program 4pm - 5pm		

\*Details on the next page! →

# The Food Pantries for the Capital District



## March 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



### NON-FOOD RESOURCE:

#### Pop-Up Pet Food Pantry

378 10th Street  
Troy, NY 12180  
Wednesday, March 19th  
1pm-3pm

### 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