

The Food Pantries for the Capital District



Resources

Schenectady

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
- Follow the instructions for your local VITA site.

Want to File your Taxes Yourself?

- Visit MyFreeTaxes by United Way at myfreetaxes.com
- Eligibility: annual income of \$84,000 or less

More Information:

Visit unitedwaygcr.org/cash or contact Andrew Kochian at (518) 456-2200 or 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 Schenectady Coordinator

Louise Novak

Phone: 518-374-2427

lnovak@cathcharschdy.org

Catholic Charities Tri-County Services

1462 Erie Boulevard, 2nd Fl

Schenectady 12305

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

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.

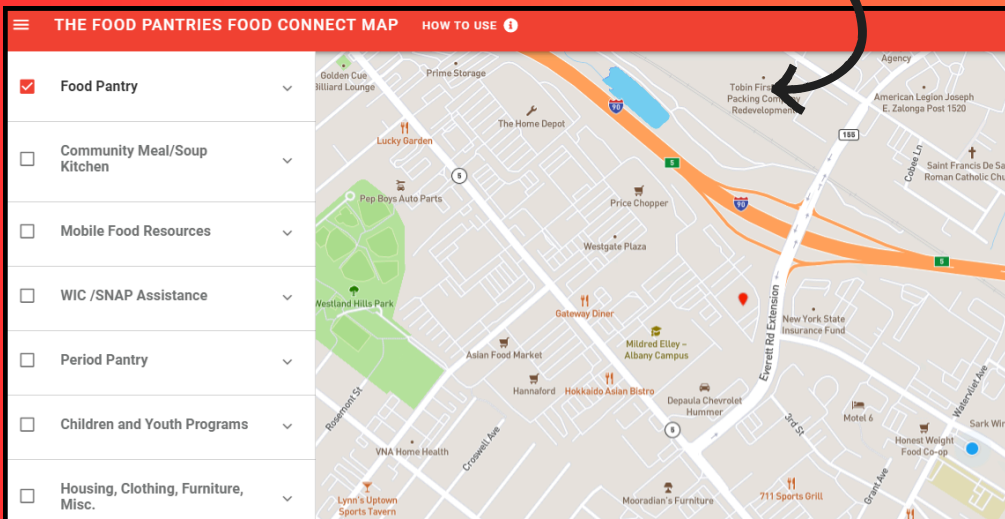


The Food Pantries for the Capital District Basic Needs Resource Guide



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.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 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**

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.

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**

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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.)



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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

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March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	
					2	
3	4 Patty's Place Hygiene Products 11am - 2pm	5 Seed to Supper 10am-12pm	6	7 Rotterdam Free Produce 4:30pm	8	
					9 FUMC Breakfast 8:30am - 9:30am	
10	11 Patty's Place Hygiene Products 11am - 2pm	12	13	14 Rotterdam Free Produce 4:30pm	15	
					16 FUMC Breakfast 8:30am - 9:30am	
17	18 Patty's Place Hygiene Products 11am - 2pm	19 Seed to Supper 10am-12pm	20 Bethel Northside Mobile Pantry 4pm - 6pm	21 Rotterdam Free Produce 4:30pm	22	
					23 FUMC Breakfast 8:30am - 9:30am	
24	25 Patty's Place Hygiene Products 11am - 2pm	26	27	28 Rotterdam Free Produce 4:30pm	29	
31					30 FUMC Breakfast 8:30am - 9:30am	

*Details on the next page! →

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March 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

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

HYGIENE PRODUCTS:

Patty's Place by the YWCA

Sycamore Community Hub

837 Albany St, Schenectady

Every Tuesday

11am - 2pm

Drop-in center for basic hygiene & menstrual products

More info: kgorman@ywca-ny.org



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

Salvation Army

222 Lafayette St Schenectady

Monday - Friday

Breakfast 7:30am - 8:30am

Lunch 11:30am - 12:30pm

The City Mission of Schenectady

512 Smith St

Takeout meals

Monday - Saturday

4:30pm - 5:30pm

427 Hamilton St

Bagged lunches available 24/7



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Community Events:

Seed to Supper 2025

Presented by the Cornell Cooperative Extension, Schenectady County & The Salvation Army

Receive **FREE** gardening classes for beginners, vegetable seeds/seedlings, a gardening manual, a cookbook, and cooking tools!

6 Sessions:

- Session 1: March 5
- Session 2: March 19
- Session 3: April 2
- Session 4: April 16
- Session 5: April 30
- Session 6: May 14

Salvation Army
22 Lafayette St,
Schenectady

https://reg.cce.cornell.edu/SalvationArmy_242

Sustainable Living Center

180 PTL, Arthur Chaires Lane, Central Park, Schenectady

https://reg.cce.cornell.edu/SLC_242

OR

Scan the QR codes or follow the links to register and learn more



Ellis Medicine Walk-In Clinic

No appointment needed!
Sycamore Community Hub
837 Albany St, Schenectady
Every Friday 9am - 11am



Mom's Care Group of Schenectady

Join mothers, grandmothers, and caregivers for a space to talk about the challenges of caring for a household.

Sycamore Community Hub
837 Albany St, Schenectady
Every Tuesday 10am - 12pm

