

# The Food Pantries for the Capital District



## Resources

Albany

April Edition

April is National Stress Awareness Month. Managing stress in a healthy way is important for good overall health.

### Unmanaged stress can:

- Interfere with your daily life
- Disrupt sleep
- Cause irritability
- Weaken your immune system
- Cause weight gain or weight loss



- Increase blood pressure
- Cause headaches and body pain
- Cause digestive problems
- Worsen chronic health conditions

**Did You Know?**



### You may be eligible for cooling assistance through the NYS Home Energy Assistance Program (HEAP)

#### If eligible, you may receive:

- one air conditioner (benefit value \$800 + installation), or
- one fan if an air conditioner cannot be safely installed.

#### Apply in person or by phone at your HEAP Local District Contact:

Albany County DSS  
162 Washington Ave  
Albany, NY 12210  
(518) 447-7323



#### Your household is eligible if:

- you receive SNAP or Temporary Assistance
- you receive Code A Supplemental Security Income
- your household income falls within HEAP guidelines (follow the link or scan the QR code to view income guidelines)
- at least one member of your household has a documented medical condition that is dangerous in extreme heat
- at least one member of your household is a US Citizen or Qualified Non-Citizen
- you currently do not have a working air conditioner, or your air conditioner is 5+ years old
- you have not received a HEAP-funded air condition in the past 5 years

Click the link or scan the QR code to learn more: <https://otda.ny.gov/programs/heap/>





# 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](mailto: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](https://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.

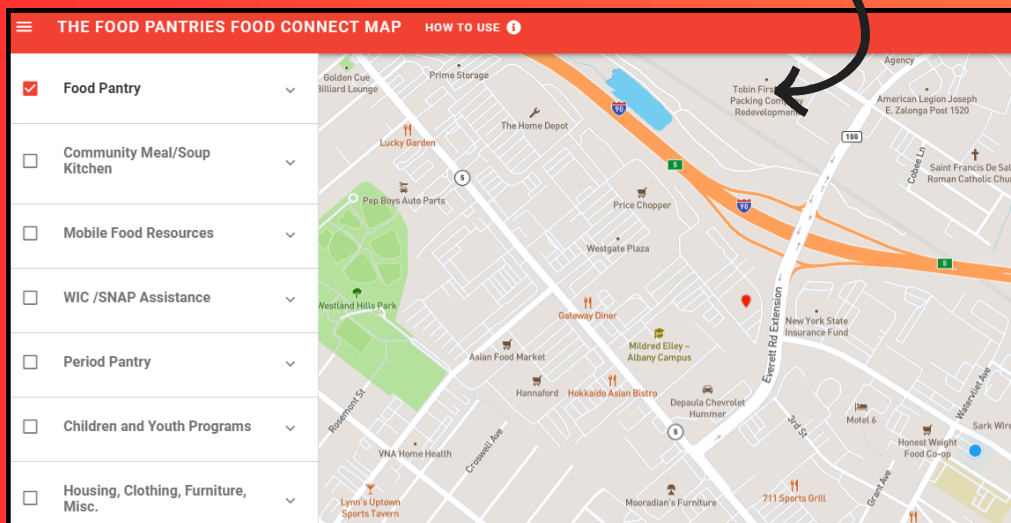


## The Food Pantries for the Capital District Basic Needs Resource Guide



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

## April is Stress Awareness Month!

Making time to manage stress and take care of yourself can be hard. Here are some tips for simple ways to manage stress:



### Move more.

- Making time for exercise is not always possible, but **being active for even 5 minutes a day can help** relieve stress.
  - go for a walk around the block
  - play with your children or pets
  - engage in an active hobby
  - stretch when you wake up or go to bed



### Limit screen time.

- Scrolling through social media or the news can increase feelings of stress and uneasiness. If you find yourself getting stressed, **take a break from social media or the news.**
- The blue light produced by phone, tablet, and computer screens is stressful for your eyes.
  - Enable the “Nightlight” or “Night Shift” setting on your phone. It will filter out stressful blue light after sunset.
  - Don’t look at your phone for 30 minutes before going to sleep.



### Eat Healthy.

You don’t have to eat healthy 100% of the time.

- Try to eat **healthy foods** (fruits & vegetables, whole grains, lean proteins) about **80% of the time**
- Limit eating **unhealthy foods** (sweets, salty snacks, fatty foods) no more than **20% of the time**
- **Drink plenty of water.** Not drinking enough water can increase stress.



### Make time for yourself.

- Find a little bit of time every week to **do something that makes you feel good:**
  - try a new hobby, or revisit an old hobby
  - talk to a friend or family member who you find comforting
  - find entertainment (for example, a tv show, book, or video game) that helps you unwind



If you find that your stress is so intense that it’s making it hard for you to enjoy activities that you usually enjoy, you may be experiencing anxiety and/or depression. You are not alone in feeling this way. Talking to a doctor or seeking a peer support group can help.

# The Food Pantries for the Capital District



## Macaroni Salad

### Ingredients

- 1 box cooked pasta (elbow macaroni, penne, or rotini)
- 1 cup light mayonnaise
- 1 tablespoon white sugar (or more to taste)
- 1/4 cup white vinegar or red wine vinegar
- 2 1/2 tablespoons mustard
- 2 large stalks of celery, chopped
- 1 large onion (white or red), chopped
- 1 bell pepper, seeded and chopped
- salt and pepper, to taste



### Instructions

Cook pasta according to instructions. Cook pasta for the shortest recommended time so that pasta is firm or “al dente.” When the pasta is done, mix in mayonnaise, sugar, vinegar, mustard, salt, and pepper. Chop celery, onion, and bell pepper into small pieces. Stir chopped vegetables into pasta. Cover the salad and refrigerate for at least 4 hours, but preferably overnight, before serving.

**Want more vegetables?** Try adding shredded carrot, different color bell peppers, peas, chopped zucchini, or chopped pickles.

**Want more flavor?** Use red wine vinegar. Add celery seed, garlic, crushed red pepper, or chopped pickles. Substitute 1/2 of the mayonnaise for greek yogurt or sour cream.



# 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



## April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Virtual Classes: Gut Health 4pm Understanding Diabetes 7pm	2 Virtual Class: Meal Planning on a Budget 7pm	3 Youth Skillz Workshop 6:30pm	4	5	
					6 Virtual Class: 30 Minute Meals 11am	
7	8	9	10	11	12	
					13	
14	15	16	17 Youth Skillz Workshop 6:30pm	18 Ten Broeck Egg Hunt & Arts Program 11am - 12pm	19 Egg Hunt, 12 - 1:30p Drive-Thru Pantry 10:30am - 2:30pm	20
21	22 Earth Day Cleanup 11am - 2pm	23	24 Mobile Pantry 1 - 3:30pm	25	26 Plant Sale 11am - 3pm	
					27	
28	29	30				

\*Details & more events on the next page!



# The Food Pantries for the Capital District



## April

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, April 19  
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)



#### Capital City Rescue Mission

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

### COMMUNITY MEALS:



#### First Church in Albany

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



#### 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



\*More events on the next page! →

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## April

in Albany

### ADDITIONAL RESOURCES & COMMUNITY EVENTS

#### Pay What You Can Plant Sale

Food Not Bombs

Townsend Park, Albany

Rain Location: Albany Social Justice Center

Saturday, April 26, 11am - 3pm

#### Albany Earth Day Cleanup

Tuesday, April 22, 11am

Liberty Park/Olde English Downtown Dog Park

Free lunch included for volunteers

Register at:

<https://www.downtownalbany.org/earth-day-cleanup>

#### OMH Nurturing Parent Group

*Support group for parents experiencing anxiety*

31 N Main Ave, Albany

Tuesday, 4/15-6/10/2025

11:30am - 1pm

For more information, call (518) 482-8836, ext. 297

#### FREE Easter Egg Hunt & Spring Arts Program

Ten Broeck Mansion, 9 Ten Broeck Place, Albany

Egg hunt, traditional crafts, snacks, and a chance to win free art & school supplies!

April 18, 11am - 12pm

Learn more at:

<https://www.albany.org/event/easter-egg-hunt-%26-spring-arts-program-2025/52620/>

#### Love Albany Free Egg Hunt

*Food, music, and fun for the whole family*

Washington Park, Albany

Saturday, April 19, 12 - 1:30pm



#### Free 30-minute Virtual Nutrition Classes:

*Presented by Hannaford, registration required*

Check the link for upcoming events:

<https://www.eventbrite.com/o/hannaford-dietitians-30746473208>

#### Empire State Plaza Farmers Market

Empire State Plaza

Wednesdays, 10am - 2pm

Rain Location: Empire State Plaza Concourse

*\*Accepts SNAP, Farmers' Market Nutrition Program (FMNP), and FreshConnect (FCC)\**

FMNP: coupons booklets available for WIC participants and low-income seniors

FCC: benefits available to SNAP recipients, active service members, and veterans.

Learn more at:

<https://agriculture.ny.gov/consumer-benefits-farmers-markets>

#### Knitting & Crocheting Social Circle

Trinity Place Center, 15 Trinity Place Albany

Fridays, 9:30 - 11am

All welcome from beginners to experts, some materials provided or you can BYO

#### Youth Skillz Workshops

New Hope Church, 334 Second Ave, Albany

1st & 3rd Thursdays, 6:30

Ages 8-17, learn about food prep and cooking

Follow the QR code to register

