

The Food Pantries for the Capital District



Resources

Schenectady

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:

Schenectady County DSS
797 Broadway
Schenectady, NY 12305
(518) 388-4400



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 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.

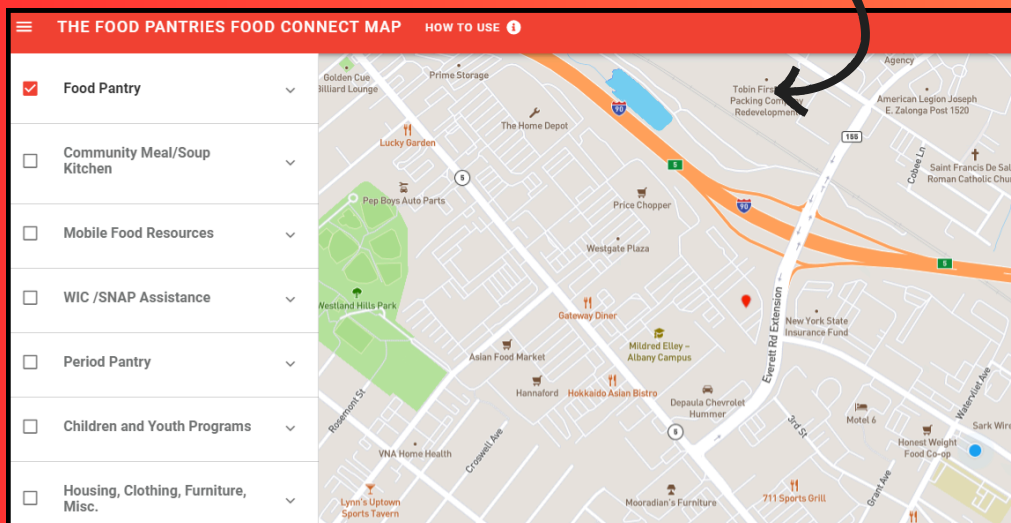


The Food Pantries for the Capital District Basic Needs Resource Guide



Find Help Where You Need It:

Albany County
Rensselaer County
Saratoga County
Schenectady County



Hygiene Services Locator

<https://www.simplythebasics.org/hygiene locator>



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.

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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.



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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

The Food Pantries for the Capital District



April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
	1 Hannaford Virtual Classes (details below) Mom's Care Group 10am - 12pm	2 Hannaford Virtual Class (details below)	3 Music Together Class 11:15am - 12pm	4 Ellis Med Walk- in Clinic 9am - 11am <hr/> Rotterdam Produce Pantry 4:30pm	5 Hannaford 6 Virtual Class (details below)
7	8 Mom's Care Group 10am - 12pm	9	10	11 Ellis Med Walk- in Clinic 9am - 11am <hr/> Rotterdam Produce Pantry 4:30pm	12 13
14	15 Mom's Care Group 10am - 12pm	16	17	18 Ellis Med Walk- in Clinic 9am - 11am <hr/> Rotterdam Produce Pantry 4:30pm	19 Easter on the 20 Hill Event 4pm - 7pm
21	22 Mom's Care Group 10am - 12pm	23	24 Bethel Mobile Food Pantry 4pm - 6pm	25 Ellis Med Walk- in Clinic 9am - 11am <hr/> Rotterdam Produce Pantry 4:30pm	26 27
28	29 Mom's Care Group 10am - 12pm	30	Hannaford Virtual Classes: April 1st: Gut Health 4pm Understanding Diabetes 7pm April 2nd: Meal Planning on a Budget 7pm April 6th: 30 Minute Meals 11am		

*Details & more events on the next page! →

The Food Pantries for the Capital District



April
in Schenectady

Community Events (located on Calendar):

Free 30-min Virtual Nutrition Classes:

Presented by Hannaford

Registration required

Check the link for upcoming events:

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

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

Ellis Medicine Walk-In Clinic

No appointment needed!

Sycamore Community Hub
837 Albany St, Schenectady
Every Friday 9am - 11am

Easter on the Hill 2025

FREE family event: Easter activities, food, music, free bike raffle

Jerry Burrell Park, Schenectady Street,
Schenectady

Sunday, April 20, 4 - 7pm

Learn more at:

<https://allevents.in/schenectady/easter-on-the-hill-2025/>

Music Together Free Demo Class

Free music & movement class for families with children ages 0-5

Jewish Community Center, 2565 Balltown Road,
Schenectady

Thursday, April 3, 11:15am - 12pm

Learn more at:

<https://www.discover-schenectady.com/event/music-together-free-demo-class/>

Additional Resources:

Schenectady Greenmarket

Sundays 10am - 2pm

105 Jay Street, Schenectady

Also accepts SNAP, Farmers' Market Nutrition Program (FMNP), and FreshConnect Checks

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>

Double Up Food Bucks NY

SNAP shoppers can get a dollar-for-dollar match on fresh produce purchases up to \$20 per day.

Available at:

Schenectady Greenmarket (see below)

Select Market 32 Locations:

1879 Altamont Ave, Schenectady

2333 Nott St. East, Niskayuna

442 Balltown Rd, Niskayuna

1640 Eastern Ave, Schenectady

Learn more at: <https://doubleupnys.com/how-double-up-food-bucks-works/>

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April

in Schenectady

FOOD PANTRY:

Bethel Northside Mobile Food Pantry

1840 Van Vranken Avenue, Schenectady

3rd 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

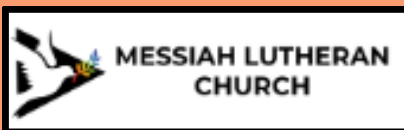
837 Albany St, Schenectady

Every Tuesday

11am - 2pm

Drop-in center for basic hygiene & menstrual products

More info: kgorman@ywca-neny.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

