

The Food Pantries for the Capital District



Resources

Rensselaer

April Edition

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

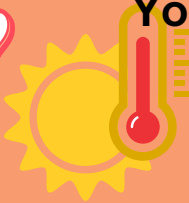
Unmanaged stress can:

- 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:

Rensselaer County DSS
547 River Street
Troy, NY 12180
(518) 266-7960



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 Rensselaer Coordinator
Karen McKenzie
Phone: 518-274-2607 x4108
KMckenzie@unityhousesny.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


Food Connect Map

Visit our website: <https://map.thefoodpantries.org/>

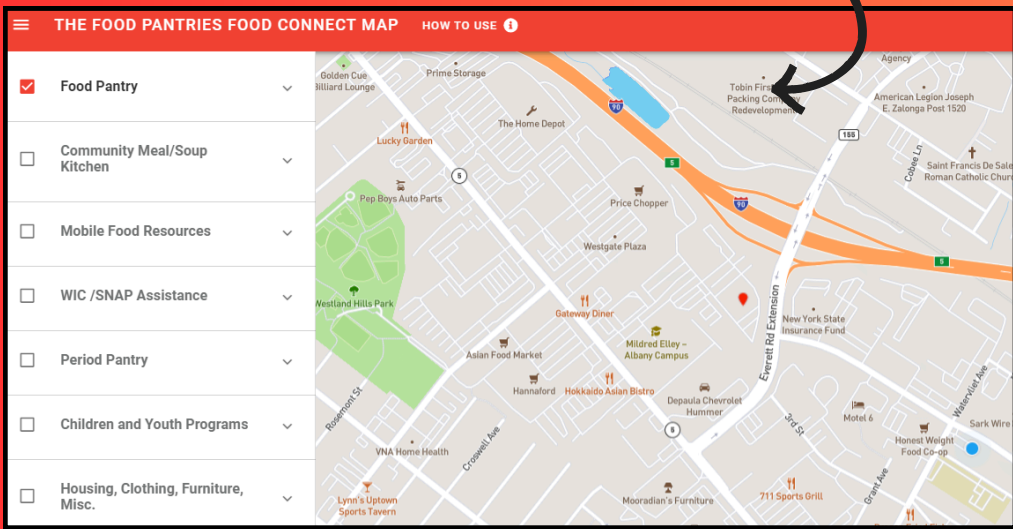
Simply put in your address and it will show you red pins where food pantries are located.



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

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

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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	4	5 Virtual Class: 6 30 Minute Meals 11am	
7	8	9	10	11	12 Stop the Bleed Training 10am - 12:30pm	
					13	
14	15	16	17 Grafton Lake Trout Day 10am - 12:30pm	18	19 Drive-Thru Pantry 8am - 5pm	
					20	
21 Drive-Thru Pantry 10am	22 Tree Seedling Giveaway 9 - 10am ----- BYOD Tech Help 12:30 - 2pm	23	24	25	26	
					27	
28	29	30				

*Details & more events on the next page! →

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April

in Rensselaer

COMMUNITY MEALS:

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



Let's Feed Troy!

CEO CRC Building

2328 5th Avenue, Troy
Phone: 518 - 288 - 8041

1st and 3rd Saturday 12pm



YWCA

21 1st St, Troy
Thursdays
5pm - 6pm



Rensselaer County Senior Center

Lunch

Weekdays, 12 - 1pm



- East Geenbush-Rensselaer SC, 6 Ridge Road, Rensselaer
- Grafton SC, 2 Roxborough Road, Cropseyville
- Hoosick Falls SC, 21299 NY 22, Hoosick Falls
- Troy SC, 1520 6th Ave, Troy



FOOD DISTRIBUTION:

Lansingburgh Boys & Girls Club

Drive-Thru Pantry

501 4th Ave
Troy, NY 12182
April 21, 10am

Rensselaer Boys & Girls Club

Drive-Thru Pantry

544 Broadway
Rensselaer, NY 12144
April 19, 8am - 5pm

Sidewalk Warriors Distribution

35 State Street
Troy, NY 12180
Every Thursday - 6pm

Capital Roots Veggie Mobile

Free Produce Order Delivery
We recommend calling to verify times and locations
Cash, EBT/SNAP & FMNP accepted.

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



*Details & more events on the next page! →

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ADDITIONAL RESOURCES & COMMUNITY EVENTS

Troy Waterfront Farmers Market

Saturdays, 9am - 2pm

Nov-April: Troy Atrium

May-Oct: River Street



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>

Rensselaer County Senior Center

Events:

Exercise classes, arts & crafts, cards & games, bowling, and more!

Check the link for events and locations:

<https://www.rensco.com/BusinessDirectory.aspx?lngBusinessCategoryID=135>

Grafton Lakes State Park Trout Day

Grafton Lakes State Park

Learn to fish, learn about local wildlife, and enjoy fish-shaped treats!

April 17, 10am - 12:30pm

Entry: \$3/person, children under 5 free

Learn more at:

<https://www.facebook.com/groups/RensselaerEvents/>



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>

Arbor Day Tree Seedling Giveaway

Presented by Cornell Cooperative Extension.

Tuesday, April 22, 9 - 10am

Learn more at:

<https://rensselaer.cce.cornell.edu/events/2025/04/22/arbor-day-tree-seedling-giveaway>



Bring Your Own Device (BYOD) Tech Help

Presented by Cornell Cooperative Extension at the Troy Senior Center. Drop in with your device for help with logging in, finding your files, and basic device skills.

Tuesday, April 22, 12:30 - 2pm

Learn more at:

<https://rensselaer.cce.cornell.edu/events/2024/11/07/bring-your-own-device-byod-tech-help-troy-senior-center>



Stop the Bleed First Aid & Narcan Training

5th Ave Ame Zion Church
189 5th Ave, Troy
10am - 12:30pm

