

The Food Pantries for the Capital District



Resources

Rensselaer

May Edition

May is Celiac Disease Awareness Month. What is Celiac Disease?

- Celiac disease is an autoimmune disease, a disease where the body's immune system mistakes its own healthy tissues as harmful and attacks them, that **affects about 3.5 million people in the United States**.
- The most common symptom of Celiac disease is **inability to digest gluten**.
- Celiac disease **can be triggered at any age**. Some people show no symptoms at all for years then suddenly cannot eat gluten anymore.
- **If a person with Celiac eats gluten**, they may experience pain, bloating, nausea, diarrhea, constipation, headaches, rash, joint pain, fatigue, brain fog, vitamin and nutrient deficiencies, infertility, increased risk of breaking bones, and even seizures.
- The only treatment for Celiac disease is a **gluten free diet**.



May is also Get Caught Reading Month!

Do you have a child under 5
years old?

Would you like to receive a **FREE
BOOK** every month?

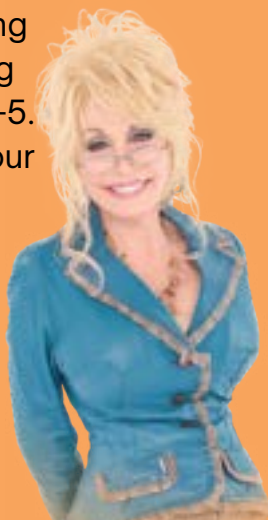
**Enroll in Dolly Parton's
Imagination Library!**



Take advantage of the many
FREE programs available
through your local library!



Dolly Parton's Imagination
Library is dedicated to inspiring
a love of reading by providing
free books to children ages 0-5.
Scan the QR code to enroll your
child today!



Your library may have events like:

- Children's Story Time
- Adult literacy
- English as a New Language
- Computer Help
- Book Clubs
- Health & Wellness



The Food Pantries for the Capital District

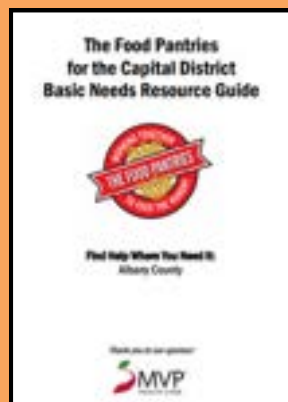
Need Food Assistance?

**Call the Food Pantries for the Capital District Referral Line:
518-458-1167 ext. 1**

- Receive FREE assistance
- Calls are 100% confidential
- Our team can help you:
 - Find emergency food assistance
 - Find food pantries near you
 - Arrange for home delivery of food if you cannot go to the pantry
 - Connect you with other support services

You can also **visit our website:**

<https://thefoodpantries.org/>



- View & print our **Basic Resources Guide**
- Use our Food Connect Map to find pantries near you:
 - Follow the link or QR code below and simply put in your address. The map will show you red pins where food pantries are located.



<https://map.thefoodpantries.org/>

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



Other Resources

Legal Aid Society

Free civil legal services for low-income people.

For more information visit

<https://www.lasnny.org/>

Immigrant & Refugee Support

- Albany Community Action Partnership (ACAP): Call (518) 463-3175 or visit www.albanycap.org
- Refugee & Immigrant Support Services of Emmaus (RISSE): Call (518) 621-1041 or visit www.risse-albany.org

Free Period Pantries

For more info and listing of all locations, please visit

<https://capitalregionmh.com/>



The Food Pantries for the Capital District

May is Celiac Awareness Month!

Navigating Celiac disease and gluten intolerance can be challenging. Here's what you need to know:

What is gluten?

- Gluten is a name for several proteins found in wheat, barley, and rye.
- Gluten acts as a glue that helps foods like bread and pasta keep their shape.



Products that contain gluten:

- Most pasta, noodles, breads, pastries, crackers, baked goods, cereals, energy bars, beer, malt beverages
- Some unexpected foods that may contain gluten as a thickener or seasoning additive include soups, sauces, gravies, dressing, processed or pre-seasoned meats, meat substitutes, candy, chips, seasoning mixes
- Some non-food products may also contain gluten, like lip balm, oral care products, supplements, over-the-counter medications, and even play-dough.



Always check the label!

- Even if the label says "wheat free" or "gluten free," read the ingredients.
- Common food ingredients that contain gluten include wheat, durum, emmer, semolina, spelt, farina, malt, rye, barley, triticale, and brewer's yeast.



So what can I eat?

- Rice, corn meal, buckwheat, quinoa, oatmeal, potato, cassava
- Beans, legumes, nuts
- Dairy products
- Fruits & vegetables
- Meats, fish, eggs
- Some meat substitutes: tofu, Beyond Meat



Gluten free cooking and hygiene:

- **Cross-contamination** happens when a product containing gluten is mixed with a gluten free product. Even a few crumbs or double-dipping can cause cross-contamination.
- If other people in your household eat gluten, you must prepare your food separately.
- Either wash any cooking utensils before use or use separate utensils for gluten free food.
- Store gluten free products away from products containing gluten.
- Communicate with the people around you about cross-contamination.
- Label foods, utensils, and shared kitchen items that must be gluten free.

The Food Pantries for the Capital District



Colorful Bean Salad

Ingredients

- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved (or other tomatoes diced)
- 1 cup bell peppers (red, yellow, or green) diced
- ½ cup red onion, finely chopped
- 1 cup corn (fresh, frozen, or canned)
- ½ cup fresh cilantro or parsley, chopped

Dressing:

- 3 Tbsp olive oil
- 2 Tbsp lime or lemon juice
- 1 Tbsp honey or maple syrup
- ½ tsp garlic powder
- salt and pepper to taste



Instructions

In a large bowl, combine black beans, kidney beans, chickpeas, tomatoes, bell peppers, red onion, corn, and cilantro. In a separate small bowl, mix together olive oil, lime/lemon juice, honey, garlic, salt, and pepper. Pour the dressing over the salad and toss to combine. Let set for 10-15 minutes to allow beans to absorb the flavors.

Serve as a side with your favorite meat, on top of greens as a salad, or serve with tortilla chips as a dip!



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 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

May



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Virtual Class: Good Food, Good Mood 9am <hr/> Sidewalk Warriors Distribution 6pm <hr/> Grief Support Group 8 - 9pm	2	3	
					Virtual Class: 4 Cooking for 1 or 2 12pm	
5 Virtual Class: Active Living: Food as Fuel 7pm	6 Virtual Class: Know Diabetes by Heart 10am <hr/> Civil Service Career Workshop 10 - 11am	7	8 Sidewalk Warriors Distribution 6pm <hr/> Library Block Party 4 - 5pm	9	10 Taco Bar Community Meal 5pm	11 Big Gay Community Craft Day 12 - 4pm
12	13	14	15 Virtual Class: Know Diabetes by Heart 3pm <hr/> Sidewalk Warriors Distribution 6pm	16	17 Drive-Thru Pantry 9:30 - 11:30am	18
19 Drive-Thru Pantry 10am - 12pm	20	21	22 Sidewalk Warriors Distribution 6pm	23	24	25
26	27	28	29 Virtual Class: Know Diabetes by Heart 12pm <hr/> Sidewalk Warriors Distribution 6pm	30 St. Basil Greek Festival 5 - 10pm	31 12 - 10pm	

*Details & more events on the next page!



The Food Pantries for the Capital District



May

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

Schaghticoke Food Pantry

165 Main Street, Schaghticoke

*Taco Bar and Brownie Sundae
Bar!*

Saturday, May 10 at 5pm

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

May 19, 10am

Rensselaer Boys & Girls Club Drive-Thru Pantry

544 Broadway

Rensselaer, NY 12144

May 17, 9:30am

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/](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! →

The Food Pantries for the Capital District



May
in Rensselaer

ADDITIONAL RESOURCES & COMMUNITY EVENTS

Troy Waterfront Farmers Market

Saturdays, 9am - 2pm

May-Oct: River Street

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

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/ll.aspx?lngBusinessCategoryID=135>

Grief & Grievors Support Group

Presented by ShareWell

May 1, 8pm

Registration required:

www.eventbrite.com/e/grief-grievors-support-group-ticketsch

Troy Public Library Events

Lansingburgh Branch: 27 114th Street,
Lansinburgh

Block Party!

Free Lego building fun for Ages 5+

Thursday, May 8, 4 - 5pm

Make a Shadow Puppet!

Free puppet workshop for Ages 4-7

Thursday, May 1, 4 - 5pm

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>

Rensselaer County Civil & NY HELPS Career Workshop

Learn about the Civil Service exam, NY HELPS positions, and how to enter the NYS workforce

Registration required:

www.eventbrite.com/e/rensselaer-county-civil-service-careers-and-ny-helps-workshop

Know Diabetes by Heart

Presented by Clemson Cooperative Extension

May 6, 15, 29

Check registration link for times

Registration required:

www.eventbrite.com/e/know-diabetes-by-heart-clemson-health-and-nutrition-extension-program-registrationh

A Big Gay Community Craft Day

FREE craft materials provided

Context Collective, 95 4th Street, Troy

Sunday, May 11, 12 - 4pm

2025 St. Basil Troy Greek Festival

Greek food, crafts, and free live performances!

St. Basil Greek Orthodox Church

909 River Street, Troy

Friday May 30, 5 - 10pm

Saturday, May 31, 12 - 10pm