

The Food Pantries for the Capital District



Resources

Schenectady

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.**



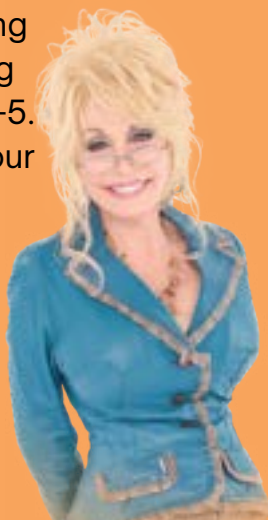
May is also Get Caught Reading Month!

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!

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!



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



Your library may have events like:

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



The Food Pantries for the Capital District

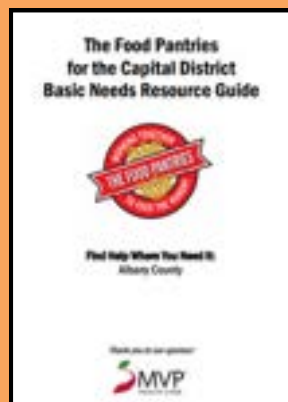
Need Food Assistance?

**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 Schenectady Coordinator

Louise Novak

Phone: 518-374-2427

lnovak@cathcharschdy.org

Catholic Charities Tri-County Services

1462 Erie Boulevard, 2nd Fl

Schenectady 12305



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: 1 Good Food, Good Mood 9am Grief Support Group 8 - 9pm | 2 Walk-in Clinic 9 - 11am | 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 Narcen Training 11am - 12pm Moms Care Group 10am - 12pm | 7 | 8 | 9 Walk-in Clinic 9 - 11am | 10 11 |
| 12 | 13 Moms Care Group 10am - 12pm | 14 Class: Infant & Toddler Language 6:30 - 8:30pm | 15 Virtual Class: Know Diabetes by Heart 3pm | 16 Walk-in Clinic 9 - 11am Mobile Pantry 4 - 6pm Free Board Game Night 6:30 pm | 17 Drive-Thru Pantry 10:30am - 2:30pm 18 |
| 19 | 20 Moms Care Group 10am - 12pm | 21 | 22 | 23 Walk-in Clinic 9 - 11am | 24 25 |
| 26 | 27 Moms Care Group 10am - 12pm | 28 | 29 Virtual Class: Know Diabetes by Heart 12pm | 30 Walk-in Clinic 9 - 11am | 31 |

*Details & more events on the next page!



The Food Pantries for the Capital District



May
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

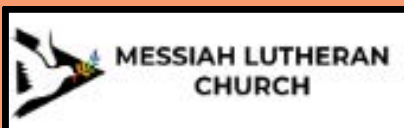
837 Albany St, Schenectady

Every Tuesday

11am - 2pm

Drop-in center for basic hygiene & menstrual products

More info: kgorman@ywca-neny.org



ROTTERDAM
COMMUNITY CENTER

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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May
in Schenectady



Community Events (located on Calendar) & Additional Resources:

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

Patty's Place

Hosted by YWCA

Walk-in for basic hygiene and menstrual products

Sycamore Community Hub
837 Albany St, Schenectady
Tuesdays 1 - 2pm

Schenectady Greenmarket

Sundays 10am - 2pm

105 Jay Street, Schenectady

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

Learn more at:

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

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-registration

Grief & Grievors Support Group

Presented by ShareWell

May 1, 8pm

Registration required:

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

Free Board Game Night

Rotterdam Community Center

705 Curry Road, Rotterdam

Every 3rd Friday, 6:30pm

albany.kidsoutandabout.com/content/board-game-night-0

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/>