

# The Food Pantries for the Capital District



## Resources

Albany

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**.



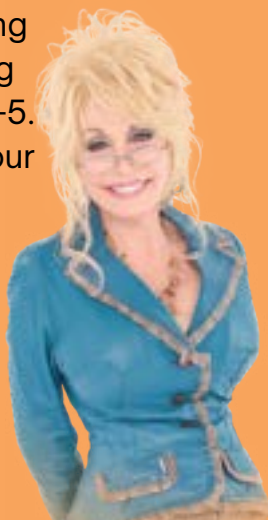
### May is also Get Caught Reading Month!

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 the Albany Public Library!



Scan the QR code to see the events calendar. Sort by age group, library branch, and program type to find the best events for you and your family, including:

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



# The Food Pantries for the Capital District

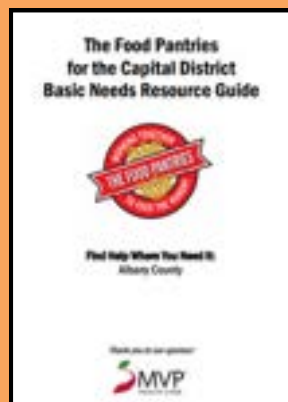
## Need Food Assistance?

**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 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



## 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](http://www.albanycap.org)
- Refugee & Immigrant Support Services of Emmaus (RISSE): Call (518) 621-1041 or visit [www.risse-albany.org](http://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](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

## May



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Virtual Class: 1 Good Food, Good Mood 9am Grief Support Group 8 - 9pm	2	Parents Workshop 9am - 1pm Virtual Class: 4 Cooking for 1 or 2 12pm	3
5 Virtual Class: Active Living: Food as Fuel 7pm	Virtual Class: 6 Know Diabetes by Heart 10am Narcen Training 11am - 12pm	7 Food Distribution 8 am	8	9	10 Parents Workshop 9am - 1pm Tulip Festival 11 	10
12	13	14 ACAP Block Party 2 - 5pm Food Distribution 8 am Infant & Toddler Language Class 6:30 - 8:30pm	15 Virtual Class: Know Diabetes by Heart 3pm Food Distribution 1 - 3:30pm	16	17 Drive-Thru Pantry 10:30am - 2:30pm Parents Workshop 9am - 1pm 18	17
19	20	21	22	23	24 Parents Workshop 9am - 1pm 25	24
26	27	28	29 Virtual Class: Know Diabetes by Heart 12pm Class: Supervision of Children 6:30 - 8:30pm	30	31 Parents Workshop 9am - 1pm Casual Moms Meet-Up 11am	31

\*Details & more events on the next page!



# The Food Pantries for the Capital District



## May

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, May 17  
10:30am - 2:30pm



#### Trinity Alliance Mass Food Distribution

Wednesday, May 7: 47 Lark Street  
Wednesday, May 14: 20 S Ferry St  
8am - until food is gone  
*Bring ID and bags/carts*



#### Capital City Rescue Mission

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

#### First Church in Albany

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



### 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)



### COMMUNITY MEALS:

#### 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! →

# The Food Pantries for the Capital District



## May

in Albany

### ADDITIONAL RESOURCES & COMMUNITY EVENTS

#### Parents & Caregivers Workshop

Presented by Baby Institute  
FREE 9-week program for caregivers of children 0-3  
and pregnant people  
Saturdays 9am - 1pm, 405 Washington Ave  
For more info, call: (518) 806-9453

#### Annual Albany Tulip Festival

May 10 - May 11

Vendors, activities, and free performances for the whole  
family!

Learn more at: [www.albany.com/things-to-do/tulip-festival/](http://www.albany.com/things-to-do/tulip-festival/)

#### Casual Moms Meet-Up

Thursday, May 8 2pm: Upstate Lactation Collective,  
1820 Western Ave  
Saturday, May 31 11am: Albany Public Library, 161  
Washington Ave

#### Brightside Up Child Care Classes

91 Broadway, Menands, NY 12204

Infant & Toddler Language & Literacy:

May 14, 6:30-8:30pm

Supervision of Children: May 29, 6:30-8:30pm

Relationships with Children: May 31, 9:30-11:30am

Registration Required

#### ACAP Block Party

Wednesday, May 14, 2 - 5pm

333 Sheridan Ave, Albany

*Celebrate community action awareness month with  
music, activities, games, and snacks!*

For more info, call: (518) 449-5155

#### 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

#### 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>

#### Know Diabetes by Heart

Presented by Clemson Cooperative Extension

May 6, 15, 29

Check registration link for times:

[www.eventbrite.com/e/know-diabetes-by-heart-clemson-health-and-nutrition-extension-program-registration](http://www.eventbrite.com/e/know-diabetes-by-heart-clemson-health-and-nutrition-extension-program-registration)

#### 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)\**

Learn more at:

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

#### 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



#### Love Your Block!

Need help with lead testing, starting a home  
garden, or emergency preparedness?

Visit [www.albanyny.gov//2163/Love-Your-Block](http://www.albanyny.gov//2163/Love-Your-Block)  
to request these services and more!