

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?

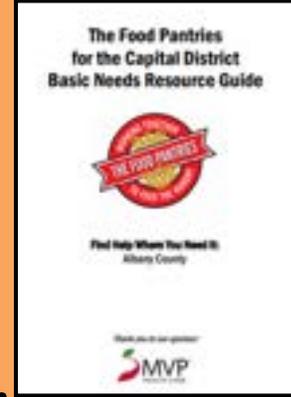
Call the Food Pantries for the Capital District Referral Line:

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

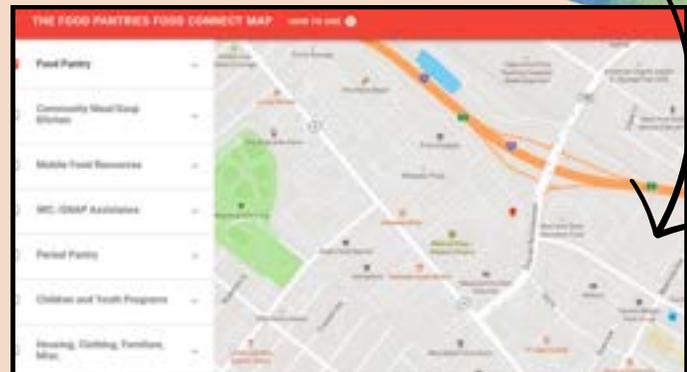
Cherise Bollars

Phone: 518-689-6327

cbollars@lasnny.org

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

- 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/>



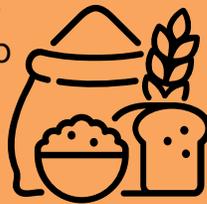
The Food Pantries for the Capital District

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.

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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

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May

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

*Details & more events on the next page!



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May in Albany

FOOD DISTRIBUTION

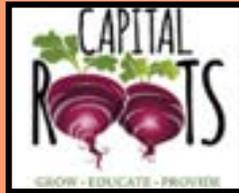
Unity on the Move

Mobile Pantry by Unity House
50 Phillip St
Every 3rd Thursday of the month
1pm - 3:30pm



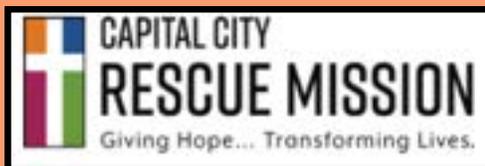
Drive-Thru Pantry

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



COMMUNITY MEALS:



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

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! →

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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/

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

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
to request these services and more!