

The Food Pantries for the Capital District



Resources

Rensselaer

June Edition

June is a time for celebration and community. Join us in observing Pride and Juneteenth!

What is Juneteenth?

Juneteenth, or Freedom Day, is celebrated on June 19th to observe the final abolishment of slavery in the US. The Emancipation Proclamation declared over 3 million people enslaved in Confederate states to be free in 1863. However, it was not until June 19, 1865 when Union soldiers arrived in Galveston, Texas that the last U.S. citizens living in slavery were freed.



A Juneteenth celebration in Austin, TX (1900)

What is Pride Month?

Pride Month celebrates LGBTQ+ culture and activism. Pride Month takes place in June to commemorate the Stonewall Uprising. On June 18, 1969, the NYPD raided the Stonewall Inn, a haven for the LGBTQ+ community at the time. The community fought back and the protests stretching over the next 6 days fundamentally changed LGBTQ+ activism in the US. The first official Pride parade was held one year later.



The Christopher Street Gay Liberation Day March (1970)

The Intersection of Pride & Juneteenth

Intersectionality is the idea that different social categories, like race, ethnicity, gender, and sexual identity, overlap to create unique experiences of discrimination.



Solidarity is essential in the fight for both racial and LGBTQ+ justice.

Both Pride and Juneteenth commemorate and celebrate social justice activism. Many key figures from the civil rights movement also advocated for LGBTQ+ rights, and the Stonewall Uprising was led, in part, by transgender people of color. Though progress has been made, systemic racism, discrimination, and violence still threaten both the Black and LGBTQ+ communities and intersect to amplify the struggles of LGBTQ+ people of color.

See local events on Page 6!

The Food Pantries for the Capital District



Need Food Assistance?

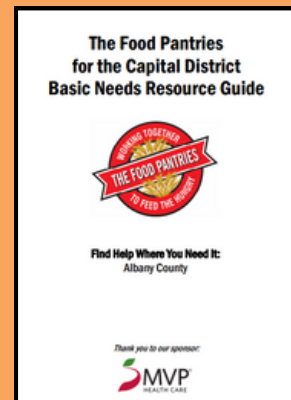
Call the Food Pantries for the Capital District Referral Line:

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

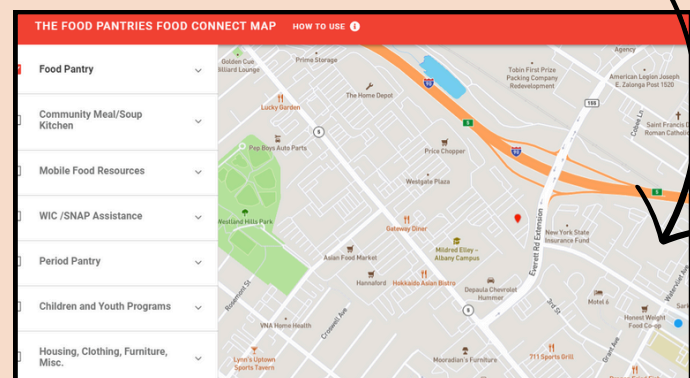
Phone: 518-274-2607 x4108

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/>

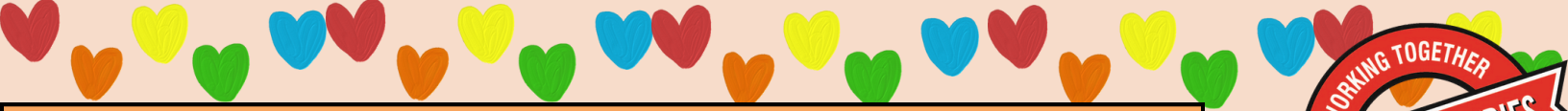
Immigrant & Refugee Support

- 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

No-Bake PB &J Bites

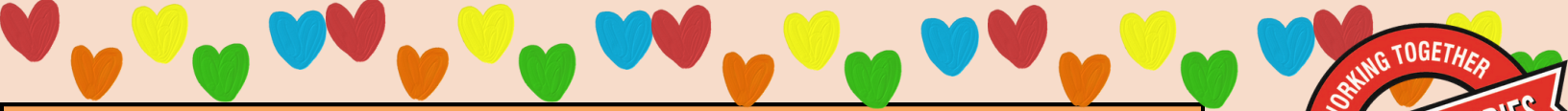


Ingredients

- 2 ½ cups quick-cooking oats
- ⅔ cup peanut butter
- ½ cup jelly or fruit spread
- 2 tablespoons chia seeds
- Optional add-ins (½ cup): mini chocolate chips, chopped nuts, or seeds, or coconut flakes

Directions

- 1. In a mixing bowl, add the oats, peanut butter, jelly, and chia seeds, Mix until well incorporated and dough holds together then pressed between your palms.
- Scoop 2 tablespoons of dough into portions. Press the dough firmly into the scoop then release and place on a baking sheet. Repeat the process until all the dough has been used up. You should have 24 balls.
- Store the balls in an airtight container in the refrigerator for up to 7 days, at room temperature for up to 3 days, or freeze for up to 3 months



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:

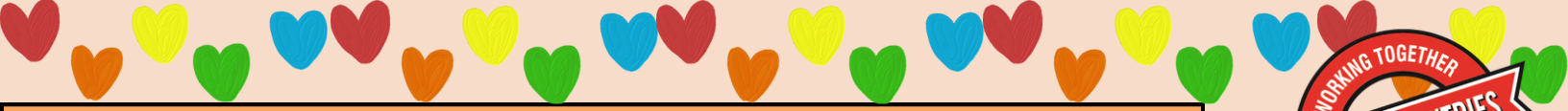
- Physical Health
- Food Assistance
- Housing and Shelter
- Mental Health
- Substance Abuse Support
- Employment Services
- And more



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

| Pride June | | | | | |
|------------|---------------------------------------|-----------|--|---|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY SUNDAY |
| | | | | | 1 |
| 2 | 3 | 4 | 5 Non-Binary Social Support Group 6pm-8pm Unity on the Move Mobile Pantry 10am-12pm | 6 | 7 Troy Waterfront Farmers Market 9am-2pm 8 Capital Pride Parade & Festival |
| 9 | 10 | 11 | 12 Non-Binary Social Support Group 6pm-8pm | 13 | 14 Troy Waterfront Farmers Market 9am-2pm Capital District YMCA African Heritage Parade 15 |
| 16 | 17 Year End Celebration 5pm-8pm | 18 | 19 TFP closed  | 20 Juneteenth and Beyond STEAM-Powered Pop-up Event: Pride Night Out 5pm-7pm | 21 Troy Waterfront Farmers Market 9am-2pm 22 Sober in the Sun: 2 nd Annual Pride Picnic 12pm-4pm |
| 23 | 24 | 25 | 26 Non-Binary Social Support Group 6pm-8pm Clothing Swap 6pm-8pm | 27 | 28 Troy Waterfront Farmers Market 9am-2pm 29 |
| 30 | | | | | |

*Details & more events on the next page!



The Food Pantries for the Capital District



June

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>



Unity House Mobile Pantry

Kathryn Allen Building

102nd St & 2nd Ave, Troy 12180

Thursday June 5th 10am-12pm



Capital District YMCA African Heritage Parade

Saturday June 14, 9:30 am

Washington Park → AMBACC Juneteenth

Celebration (see below)

Learn more at: cdymca.org



Juneteenth and Beyond 2025

Washington Park Lake House

Friday June 20 12 pm - Saturday June 21 7pm

Learn more at: eventbrite.com/e/juneteenth-and-beyond

Capital Pride Parade & Festival

State St → Lark St → Washington Park

Sunday June 8, 11:30 am - 5 pm

Learn more at: 518capitalpride.com

STEAM-Powered Pop-up Event: Pride Night Out

June 20th, 2025, 5PM-7PM

Downtown Troy

This is a family friendly event with projects to help children discover creative play through Science, Technology, Engineering, the arts, and Mathematics (STEAM). Learn more about LGBT+ Figures in STEM!

Non-Binary Social Support Group

Café Euphoria

225 River St, Troy, 12180

Thursdays 6pm-8pm

This event is for those aged 18+

Sober in the Sun: 2nd Annual Pride Picnic

Sunday June 22, 12pm-4pm

The Pavilion at Prospect Park

65 Prospect Park Rd, Troy, 12180

This is a family friendly event that is free and open to the public including music activities



Year End Celebration

Tamarac Elementary School

4005 NY-2, Troy, 12180

This event is open to all students PreK-12th, families, and community members

Join us for a live band, food trucks, local vendors, and more

Clothing Swap

Refuge Troy

1813 5th Ave, Troy, 12180

Thursday June 26, 6pm-8pm

Come with a bag of clothes (2 bag maximum) and expect to go home with some fabulous new things. You do not need to bring items to participate in the swap.

Clothing, outerwear, accessories, shoes, purses, scarves, etc. are welcome.

Please do not bring anything that is worn, torn, stained, or needs some TLC.

***Details & more events on the next page! →**

The Food Pantries for the Capital District



June

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 Greenbush-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