

The Food Pantries for the Capital District



Resources

Schenectady

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 3!

The Food Pantries for the Capital District



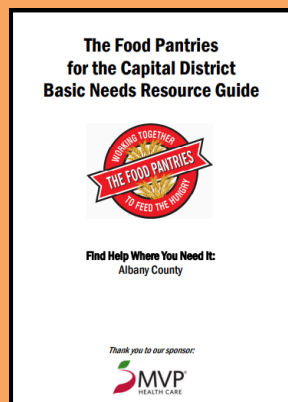
Need Food Assistance?

**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/>

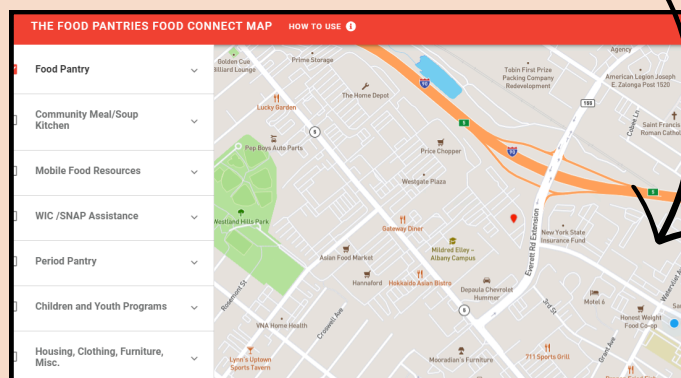
Immigrant & Refugee Support

- 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



Celebrate Pride & Juneteenth in The Capital Region!

Volunteer with and **donate** to local organizations that serve the Black and queer communities

Support Black- and queer-owned businesses



Learn about the history and meaning of these events and share them with your friends and family

Attend local Juneteenth and Pride events and **celebrate** with your community



In Our Own Voices BIPOC Pride 2025!

Washington Park, Albany

Saturday June 7, 12-5pm

Learn more at: ioovbipocpride.com

Capital Pride Parade & Festival

State St → Lark St → Washington Park

Sunday June 8, 11:30 am - 5 pm

Learn more at: 518capitalpride.com



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

Juneteenth Celebration

June 20th & 21st, 2025

Central Park & Vale Cemetery

Learn more at: <http://hamiltonhillsartcenter.org>

Schenectady Pride Festival

12 State St, Schenectady 12305

June 1, 2pm-7pm

Learn more at: <http://hamiltonhillsartcenter.org>

The Alice Moore Black Arts & Cultural Center (AMBACC) & The Center for Law and Justice Juneteenth Celebration

135 S Pearl St, Albany

Saturday June 14, 12 - 6 pm

Learn more at: alicemoorecenter.org

The Food Pantries for the Capital District



No-Bake PB & J Bites

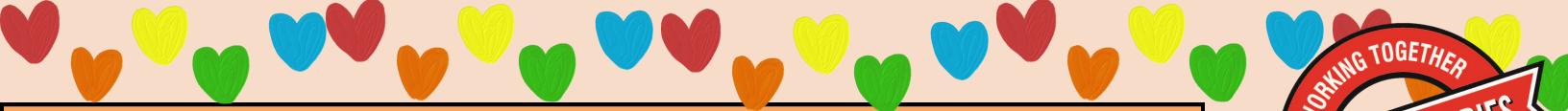


Ingredients

- 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



 June					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
					Schenectady ¹ Pride Festival 2pm-7pm
2	3	4	5	6	7
					⁸ Capital Pride Parade & Festival
9	10	11	12	13	14
					15
16	17	18	TFP closed ¹⁹ 	²⁰ Hamilton Hill Arts Center's 25 th Annual Juneteenth Celebration	²¹ Hamilton Hill Arts Center's 25 th Annual Juneteenth Celebration
					²²
²³ Pet Wellness Clinic (Cats Only)	24	25	26	27	28
					29
³⁰ Sycamore Collaborative Summer Meals Kickoff					

*Details & more events on the next page!



The Food Pantries for the Capital District

June

in Schenectady



Community Events (located on Calendar) & Additional Resources:

Sycamore Collaborative 2025 Summer Meals Kickoff

Jerry Burrell Park
351 State St, Schenectady, 12307
Monday June 30 12pm-3pm
Join us for an afternoon of tasty food, sweet treats, games, raffles, and more. All at no cost!

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>

Animal Protective Foundation Community Pet Wellness Clinic

Free vaccinations, free microchipping, free mini checkup by a veterinarian, free pet food, free flea/tick preventatives. First come first serve. This event is CATS ONLY.

Steinmetz Park
2114 Lenox Rd, Schenectady, 12308
Monday June 23

Walk-in starting at 9:30am
Pre-registered appointments 9:30am-11am
518-374-3944

WellnessClinics@animalprotective.org

Hamilton Hill Arts Center's 25th Annual Juneteenth Celebration

Free 2-day event
Friday June 20, 6pm-8pm at the African American Burial Ground at Vale Cemetery.
Free ice cream social
Saturday June 21
Parade starts at 1pm in Central Park. Includes entertainment on stage, workshops, an art exhibit, vendors, and activities for kids

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/>

*Details & more events on the next page!



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FOOD PANTRY:

Bethel Northside 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

