

The Food Pantries for the Capital District



Summer Meals Are Here!

Albany County

August 2025 Edition

Kids & Teens Eat **FREE** All Summer Long!



Check out the
different dates,
times, and locations
on the next page.

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

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.



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



2025 SUMMER MEALS ARE HERE!



| Name and Address | Breakfast Hours | Lunch Hours |
|---|--------------------|---------------------|
| Arbor Hill Community Center 47 Lark Street (Fire House) | 9:00 AM - 10:00 AM | 12:00 PM - 1:00 PM |
| Capital Woods 200 Lark Drive | 9:00 AM - 10:30 AM | 12:00 PM - 1:15 PM |
| Creighton Storey Homes 158 Third Ave | 9:00 AM - 10:30 AM | 12:00 PM - 1:15 PM |
| Ezra Prentice Homes 625 S. Pearl Street | 9:00 AM - 10:30 AM | 12:00 PM - 1:15 PM |
| Lincoln Park Courts | N/A | 12:30 PM - 3:30 PM |
| Metropolitan NTM Baptist Church 105 2nd Street | 8:00 AM - 9:00 AM | N/A |
| Skyline Gardens Apartments 123 Livingston Ave Rental Office E7 | N/A | 11:30 AM - 12:30 PM |
| Trinity Institution 15 Trinity Place | 9:00 AM - 10:00 AM | 12:00 PM - 1:00 PM |
| Girls Inc. (Eureka! Summer Camp) 1400 Washington Ave | 8:45 AM - 9:20 AM | 12:45 PM - 1:30 PM |
| Scholastic Talent (Summer Camp) 23A Walker Way | 8:30 AM - 9:00 AM | 12:00 PM - 12:30 PM |
| Superhero Academy (Summer Camp) 20 Ten Eyck Ave | 9:00 AM - 10:30 AM | 12:45 PM - 2:00 PM |

Kids ages 18 and under can get free, healthy meals this summer at places nearby!



Starts July 7th and ends August 15th Monday-Friday.



If you have any questions, please contact the AHA Resource Center (518)-380-5600 or ResourceCenter@albanyhousing.org



The Food Pantries for the Capital District



Black Bean Salsa

Ingredients

- 1 can kidney beans, drained (15 ounces)
- 1 can black beans, drained (15 ounces)
- 1 can corn, drained (15 ounces)
- 1 can crushed tomatoes (15 ounces)
- 1 can chopped green chilies (4 ounces)
- 1/4 cup finely chopped onion
- 1 tablespoon oil
- limes, juiced (3 limes, optional)
- salt (to taste, optional)

Instructions

1. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
2. Add lime juice (if using) and oil, toss gently to combine. Taste. Add a small amount of salt and pepper if desired.
3. Serve by itself, with raw vegetables and/or corn chips.

The Food Pantries for the Capital District



August

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY SUNDAY |
|---|---|--|---|--------|--|
| | | | | 1 | 2 |
| | | | | | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 |
| Food Not Bombs 5pm-7pm hot meals (vegan), bread, produce, and hygiene products | FOCUS Churches Breakfast Program 7am-8:30am | FOCUS Churches Breakfast Program 7am-8:30am Trinity Alliance Mass Food Distribution 47 Lark St., Albany 8am | FOCUS Churches Breakfast Program 7am-8:30am | | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 |
| Food Not Bombs 5pm-7pm hot meals (vegan), bread, produce, and hygiene products | FOCUS Churches Breakfast Program 7am-8:30am | FOCUS Churches Breakfast Program 7am-8:30am Trinity Alliance Mass Food Distribution 20 S Ferry St, Albany 8am | FOCUS Churches Breakfast Program 7am-8:30am | | Macedonia Baptist Mass Food Distribution 26 Wilson Ave, Albany NY 10:30AM Community Block Party - 19 Clinton Ave. 12:00PM-4:00PM |
| 18 | 19 | 20 | 21 | 22 | 17 |
| Food Not Bombs 5pm-7pm hot meals (vegan), bread, produce, and hygiene products | FOCUS Churches Breakfast Program 7am-8:30am | FOCUS Churches Breakfast Program 7am-8:30am | FOCUS Churches Breakfast Program 7am-8:30am | | Dr. Pamela J Harper Community Block Party New Jerusalem Home of the Saved Church 11:00AM-2:00PM |
| 25 | 26 | 27 | 28 | 29 | 23 |
| Food Not Bombs 5pm-7pm hot meals (vegan), bread, produce, and hygiene products | FOCUS Churches Breakfast Program 7am-8:30am | FOCUS Churches Breakfast Program 7am-8:30am | FOCUS Churches Breakfast Program 7am-8:30am | | 24 |
| | | | | | 30 |
| | | | | | 31 |

*Details & more events on the next page!



The Food Pantries for the Capital District



August

in Albany County

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

Hot dogs, chips, fruit, and a beverage

Wednesdays at 12:00 noon

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

Home Delivered Meals for Seniors

Serving meals to home-bound
Albany County seniors

Please call Albany County NY
Connects at (518) 447-7177 for an
intake

FOOD DISTRIBUTION:

Trinity Alliance Mass Food Distribution

Wednesday, August 6: 47 Lark
Street

Wednesday, August 13: 20 S
Ferry St

8am - until food is gone
Bring ID and bags/carts

Macedonia Baptist Mass Food Distribution

August 16 10:30AM

26 Wilson Ave, Albany NY

PRODUCE:

Eden's Rose Foundation

Produce Pickup Project

Free produce

577 Clinton Avenue, Albany

Mondays and Thursdays
10am - 1pm

Capital Roots Veggie Mobile

Order Delivery

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. EBT/SNAP &

FMNP accepted
(518) 274-8685

mobilemarkets@capitalroots.org

ADDITIONAL INFO:

Farmers Market Nutrition Program (FMNP)

The New York State Farmers
Market Nutrition Program provides
eligible WIC participants and
seniors with checks* that can be
used to purchase fruits and
vegetables at participating New
York State farmers markets from
June 1st through November 30th.
For more information, seniors may
contact their local County Office
for the Aging at (800) 342-9871
and WIC participants may contact
their local office by calling (800)
522-5006. *Each office has a
limited supply of FMNP checks

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](https://www.eventbrite.com/o/hannaford-dietitians-30746473208)

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!

8/16 Community Block Party

12pm-4pm, 19 Clinton Ave. Albany,
NY- *free food while supplies last

8/23 Block Party

11:00am-2:00pm, 60 Sheridan Ave.
Albany

Food, kids activities, live music,
school supplies, and health
screenings.