

The Food Pantries for the Capital District



Summer Meals Are Here!

Rensselaer 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.lasnn
y.org/](https://www.lasnn
y.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@unityhousesny.org

Unity House of Troy

2431 6th Avenue Troy, 12180

The Food Pantries for the Capital District



Rensselaer County 2025 Summer Food Locations

B= Breakfast L= Lunch S= Snack

Sites & Locations	Start Date	End Date	Meal Type	MealServiceTimes *
Corliss Park Apartments Community Room - 1450 Corliss Park Troy, NY 12182	7/1	8/29	B&L	Monday-Friday B: 8:00 AM -9:30 AM L: 11:30AM-1:00 PM
Grafton Community Library - 71 Main Street, Route 2, Petersburg, NY 12138	7/1	8/29	B&L	Grab-n-Go B & L REGISTRATION REQUIRED Mondays & Thursdays ONLY -9:30 AM -10:30AM
Grafton Youth Program - Rt. 2 71 Main Street, Petersburg NY 12138	7/7	8/8	B&L	Monday-Friday B: 9:30 AM -10:00AM L: 12:00 PM -12:45PM
Griswold Heights - Community Room 350 Griswold Heights Troy NY 12180	7/7	8/29	B&L	Monday-Friday B: 8:30 AM -9:30 AM L: 11:30AM-12:30 PM
Hope 7 - 596 Pawling Ave Troy, NY 12180	7/1	8/29	B&L	Monday, Wednesday, Friday B: 7:15 AM-8:00 AM L: 12:00 PM-1:00 PM
Knickerbacker Park - 191 103rd Street, Troy, NY 12180	7/7	8/29	B&L	Monday-Friday B: 10:00AM -10:30AM L: 2:30 PM -3:00 PM
Lansingburgh Boys and Girls Club - 501 4th Ave Troy, NY 12182	7/1	8/29	L&S	Monday-Friday L: 12 PM-12:30 PM S: 3:00 PM-3:30 PM
Martin Luther King Apt in the LODGE - 1 Eddy Lane Troy, NY 12180	7/1	8/29	B&L	Monday-Friday B: 8:00 AM -9:30 AM L: 11:30PM -1:00 PM
Petersburgh Veterans Memorial Community Center (PVMCC) - 69 Main Street, Route 2, Petersburg, NY 12138	7/1	8/31	B&L	Grab-n-Go B & L REGISTRATION REQUIRED Mondays & Thursdays ONLY -9:30 AM -11:00AM
Stephentown Fire Hall - 35 Grange Hall Road Stephentown, NY 12168 Saturday & Sunday Meals for Camp Kids Only	7/7	8/1	B&L	Monday-Friday B: 10:00 AM-10:15 AM L: 11:45 AM-12:30 PM
Stephentown Memorial Library - 472 State Route 43, Stephentown, NY 12168	7/1	8/31	B&L	Grab-n-Go B & L REGISTRATION REQUIRED Mondays & Thursdays ONLY -4:00 PM -6:00 PM
Sunnyside Center - 110 East Sunnyside Way Troy, NY 12180	7/1	8/8	L&S	Monday-Friday L: 11:00AM- 12:00PM S: 2:30 PM -3:15 PM
Team Hero - 228 4th Street Troy, NY 12180	7/7	8/29	B&L	Monday-Friday B: 8:30 AM -9:30 AM L: 12:00 PM -1:00 PM
Unity House Summer Camp - 6 102nd Street, Troy, NY 12182	7/7	8/15	B&L	Monday-Friday B: 9:00 AM - 9:30 AM L: 12:00PM-12:30PM
Walter S. Pratt Playground (East Street Park) Rensselaer, NY12144	7/1	8/8	L	Monday-Friday LUNCH ONLY 12:30PM-1:30PM
YMCA of Troy - 2500 21st Street Troy, NY 12180	7/1	8/29	L&S	Monday-Friday L: 11:00 AM-12:00PM S: 3:00PM-3:30PM

All of the above sites are open to the public, all meals need to be consumed on site except the highlighted sites

The highlighted sites require pre registration. Visit the County website for the postes with the QR code to register

*Dates & Times are subject to change. call 211 or 1-866-3-HUNGRY for updated list



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
				Unity on the Move Rensselaer Public Library 10am-12pm ; 1pm-3pm <hr/> Family Fun Night & Dinner Joy of Troy Community Seventh Day Adventist Church 600 3 rd Ave., Lansingburgh 6:00PM	1	2
						3
4	5	6	7	8	9	
Unity House Mobile Pantry, Watervliet The Eugene J. Hanratta Apartments, 10:00 am-12:00 pm, and 1:00 pm-3:00 pm	Unity House Mobile Pantry, Cohoes Cohoes Library, 10:00am-12:00pm, 1:00pm-3:00pm		Sidewalk-Warriors Distribution 6pm	Unity House Mobile Pantry, Rensselaer Renwyck Place 10:00am-12:00pm, 1:00pm-3:00pm		10
11	12	13	14	15	16	
Unity House Mobile Pantry, Watervliet Hudson Shore Plaza, 10:00 am- 12:00 pm, 1:00- 3:00 pm	Unity House Mobile Pantry, Cohoes Holy Trinity Church, 10:00 am – 12:30 pm		Sidewalk-Warriors Distribution 6pm	Unity on the Move Rensselaer Public Library 10am-12pm ; 1pm-3pm	Rensselaer Boys & Girls Club Drive-Thru Pantry 25 Van Rensselaer Dr. Rensselaer, NY 12144 9:30am	
18	19	20	21	22	23	
Lansingburgh Boys & Girls Club Drive-Thru Pantry 501 4th Ave Troy, NY 12182 8am- 11:30am <hr/> Unity House Mobile Pantry, Watervliet The Eugene J. Hanratta Apartments, 10:00 am- 12:00 pm, and 1:00 pm- 3:00 pm	Unity House Mobile Pantry, Cohoes Cohoes Library, 10:00am-12:00pm, 1:00pm-3:00pm		Sidewalk-Warriors Distribution 6pm	Unity House Mobile Pantry, Rensselaer Renwyck Place 10:00am-12:00pm, 1:00pm-3:00pm		24
25	26	27	28	29	30	
Unity House Mobile Pantry, Watervliet Hudson Shore Plaza, 10:00 am-12:00 pm, 1:00-3:00 pm	Unity House Mobile Pantry, Cohoes Holy Trinity Church, 10:00 am – 12:30 pm		Sidewalk-Warriors Distribution 6pm			31

*Details & more events on the next page!



The Food Pantries for the Capital District



August

in Rensselaer County

COMMUNITY MEALS:

Salvation Army Troy

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

YWCA

21 1st St, Troy

Every Tuesday, 5pm - 6pm

Let's Feed Troy!

Hoosick St. Basketball Courts

174 Earl St., Troy

Phone: 518 - 288 - 8041

1st and 3rd Saturday of each month, 12pm

Schaghticoke Food Pantry

165 Main Street, Schaghticoke

Mondays 9am-11am

Thursdays 4pm-6pm

Oakwood Community Center

Soul Cafe

Pay what you can community meal,
6:00pm, 3rd Monday of every month

313 10th St, Troy, NY 12180

Rensselaer County Senior

Center Lunch

Weekdays, 12:00pm - 1:00pm

- 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:

Van Rensselaer Elementary School

25 Van Rensselaer Dr. Rensselaer,
12144

August 16, 9:30am

Lansingburgh Boys & Girls Club

Drive-Thru Pantry

501 4th Ave

Troy, NY 12182

August 18, 10:00AM

Sidewalk Warriors Distribution

35 State Street, Troy, NY 12180

Every Thursday

Pre-registration required each week

Please visit:

<https://www.swtsignup.com/> to register

Capital Roots Veggie Mobile

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/>

Please Call or Email 1 Day ahead to place order

(518) 274-8685

mobilemarkets@capitalroots.org

Unity House Mobile Pantry

Comes to Watervliet, Hoosick Falls, Cohoes, Berlin, and Rensselaer weekly. Please call (518) 274- 2607 to confirm schedule

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

Community Cookout

Prospect Park, Troy

2:00pm-6:00pm

Free food, activities, and entertainment! Backpack and school supply giveaway while supplies last

Non-Binary Social Support Group

Café Euphoria

225 River St, Troy, 12180

Thursdays 6pm-8pm

This event is for those aged 18+

Unity House Re-Style has moved!

Now located at 547 River St., Troy

Mon. & Fri. 9am – 2pm

Tues., Wed., Thurs. 9am-6pm