



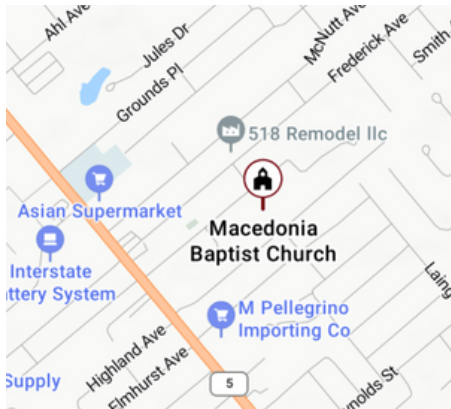
# **The Food Pantries for the Capital District Resource Flyer**

# The Food Pantries for the Capital District Food Resources Flyer



## Mass Food Distributions

Macedonia Baptist Church  
December 20 @ 10:30 am  
Macedonia Baptist 26 Wilson Ave



## What is NOEP?

The Nutrition Outreach and Education Program (NOEP) offers free and confidential services to connect hungry New Yorkers to nutrition assistance programs such as the SNAP program, the School Breakfast Program, and Summer Food Service Program. Your NOEP Coordinator can assist with evaluating your eligibility for SNAP, help you fill out your application, and will advocate for your right to benefits based on SNAP policy.

**NOEP Albany County Coordinator: Cherise Bollers**

833-628-0087

95 Central Avenue Albany, New York 12206



## 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 and there is no one to go for you
  - 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, as well as other resources such as:
  - **Free Food Fridges**
  - **Community Meals**
  - **Soup Kitchens**
  - **Mobile Pantries**



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.

## **December Food Resources**

### **Loaves and Fishes Soup Kitchen**

20 Robin St., Albany 12206

Saturdays, 11:30am-1pm

Serves community meal and, if available, pantry bags. If in need of diapers, must show valid WIC card

### **Metropolitan Baptist Church**

105 Second Street, Albany 12210

2<sup>nd</sup> Saturday of the month 10am-12pm

4<sup>th</sup> Tuesday of the month 10am-12pm

### **Macedonia Baptist Church**

26 Wilson Avenue, Albany

2<sup>nd</sup> Saturday of the month 10am-12pm

4<sup>th</sup> Tuesday of the month 10am-12pm

**If you know of a community resource that is not on this flyer, please email the Referral Team at [resourcenavigator@thefoodpantries.org](mailto:resourcenavigator@thefoodpantries.org)**



# Are you behind on utility bills?

*Join us for a clinic with*

Senator Patricia A. Fahy

Assemblymember Gabriella Romero,

Assemblymember John T. McDonald III, RPh along with

The Public Utility Law Project, National Grid, NYS Department of Public Service, NYSEERDA, Albany County Department of Social Services, Albany County Office of Aging and Albany Community Action Partnership (ACAP)

community partners will help connect you to a variety of programs from utility discounts, to payment plans, and energy efficiency support, all aimed at helping you lower your energy bill.



NYSEERDA



**nationalgrid**



Department  
of Public Service



## WHEN?

Tuesday, December 2 from 5-7 p.m.

Snow date: Thursday, December 11 from 5-7 p.m

## WHERE?

Albany Public Library Washington Avenue Branch - large auditorium  
161 Washington Ave, Albany, NY 12210

## WHAT WILL YOU NEED?

- Your most recent utility bill
- A form of identification
- A copy of your benefits award letter from the last 12 months (such as SSI, HEAP, and SNAP)- if you have one

**FOR MORE INFO ABOUT THIS EVENT CONTACT:**



PULP Hotline: 877-669-2572  
or [info@utilityproject.org](mailto:info@utilityproject.org)



## Infant Needs

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](http://hungersolutionsny.org/wic) for more information.



## Immigrant & Refugee Support

- Albany Community Action Partnership (ACAP): Call (518) 463-3175 or visit [www.albanycap.org](http://www.albanycap.org)
- Refugee & Immigrant Support Services of Emmaus (RISSE): Call (518) 621-1041 or visit [www.risse-albany.org](http://www.risse-albany.org)

## Legal Aid Society

Free civil legal services for low-income people. For more information visit <https://www.lasnny.org/>



## Home Delivered Meals for Seniors



Serving meals to home-bound Albany County seniors 60 years or older

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

To be eligible an individual must meet all three of the following criteria:

Participants must be age 60 or older and have difficulty preparing their own meals.



# Code Blue



Code Blue protocols are active whenever the temperature is 32 degrees or less, including wind chill. Code Blue provides safe cold-weather shelter and support for people experiencing homelessness.

**Interfaith Partnership for the Homeless  
(IPH) Safe Haven**

**26 South Swan St. Albany NY, 12210  
518-694-8899**

**Open November 15-March 31  
4:30pm-8:30am**

**Capital Area Council of Churches  
Overflow Shelter**

**646 State St Albany NY, 12203  
518-426-1227**

**Capital City Rescue Mission  
259 South Pearl St Albany NY 12202  
518-462-0459**

**Did you know that The Homeless and Travelers Aide Society (HATAS) and The Capital District Transportation Authority (CDTA) partnered to ensure that those needing a free ride to a shelter during code blue can get one? Just let the bus driver know you need ride to a shelter!**

## **EVENTS:**

### **City of Albany Holiday Tree Lighting**

Albany tree lighting ceremony across the street from City Hall on Friday December 5 from 5pm – 7pm. Enjoy FREE take home holiday craft bags and refreshments from Cider Belly Donuts, La Empanada Llama and Albany High School Abrookin Center Culinary students.

Join city officials as they light the tree at 6:00pm sharp.

### **Warm4Winter Annual Coat Boutique**

The Collaboratory  
200 South Pearl Street, Albany  
Monday-Friday 9am-12pm until December 12pm  
1 coat per person per season, bring ID and proof of relationship  
for those not present

### **New York State Tree Lighting and Firework Festival**

Celebrate the season at the beautiful Empire State Plaza with FREE activities including the official ceremony and tree lighting, fireworks, demonstrations by the Hudson Mohawk Figure Skating Club, carvings by The Ice Farm, performances by Holiday Tubas, photo opportunities with Santa Claus at Cornerstone at the Plaza, and more!



# Toys for Tots

Contact the charity below that is closest to you to request toys. For the full list visit:  
<https://albany-ny.toysfortots.org/local-coordinator-sites/lco-sites/request-toys.aspx>

Straightway to Heaven Ministries  
Pastor Ronnie Mills  
(843)655-7410  
Pastorrjmills43@gmail.com

In Our Own Voices  
Brenda Erazo  
(518)432-4188  
berazo@inourownvoices.org

Collective Souls Holding Space  
Thomas Mueller  
(518)416-9883  
collectivesoulsholdingspace@gmail.com

Black Nurses Coalition  
Dr. Brenda Robinson  
(518)596-0936  
Blacknursescoalition@gmail.com

Albany Capital District YMCA  
Yvette Outing  
(518)272 5900 ext 2232  
youting@cdymca.org

369th Veteran Association  
Stacey Pompey  
(518) 892-0809  
P.stacey15@yahoo.com

## 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](#)





## **Need Assistance? Healthy Alliance Can Help!**



### **How to Connect:**

Online: Visit [healthyalliance.org/help](https://healthyalliance.org/help) and fill out the assistance form.

Phone: Call 518-520-3211

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

## **Free Period Pantries**

For more info and listing of all locations, please visit

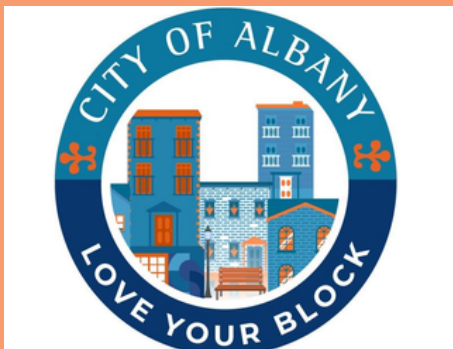
<https://capitalregionmh.com/>

and

<https://www.mooncatcher.org/period-pantries>



## **Love Your Block!**



Need help with lead testing, starting a home garden, or emergency preparedness? Visit [www.albany.ny.gov/2163/Love-Your-Block](https://www.albany.ny.gov/2163/Love-Your-Block) to request these services and more!

# **Free Nutrition Education and Advice from a Dietician at Hannaford's**



In-store healthy demos- stop by the table for nutritious recipe ideas, coupons, and nutrition tips. Ask about scheduling an interactive virtual class or personalized store tour. Please email or call the store for more information.

**5239 Western Turnpike, Guilderland, 12009**  
**518-355-5814**

**Patty Wukitsch, MS, RD, CDN**  
**[pwukitsch@hannaford.com](mailto:pwukitsch@hannaford.com)**

**Holiday Stress Busters, December 4th 9:30am-12:30pm**

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**180 Delaware Avenue, Delmar, 12054**  
**Patty Wukitsch, MS, RD, CDN**  
**518-439-7657**

**[pwukitsch@hannaford.com](mailto:pwukitsch@hannaford.com)**

**Holiday Stress Busters, December 1<sup>st</sup>, 9:30am-12:30pm**

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**900 Central Avenue, Albany 12206**  
**Fran Weiss, MS, RDN, CDN**  
**518-438-7296**

**[frances.weiss@hannaford.com](mailto:frances.weiss@hannaford.com)**

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**96 Wolf Road, Colonie, 12205**  
**Fran Weiss, MS, RDN, CDN**  
**518-482-1085**

**[frances.weiss@hannaford.com](mailto:frances.weiss@hannaford.com)**