



The Food Pantries for the Capital District Resource Flyer

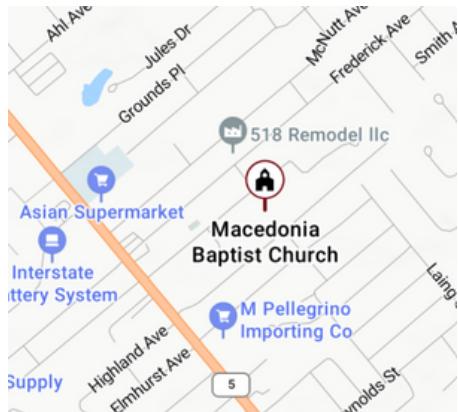
The Food Pantries for the Capital District

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

**SNAP HELPS
NEW YORKERS
BUY FOOD.**

We can help you apply for SNAP.



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

2nd Saturday of the month 10am-12pm

4th Tuesday of the month 10am-12pm

Macedonia Baptist Church

26 Wilson Avenue, Albany

2nd Saturday of the month 10am-12pm

4th 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

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, NYSERDA, 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.



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



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 for more information.



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

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!



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
Pastorjmill43@gmail.com

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

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

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

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

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 and fill out the assistance form.

Phone: Call 518-520-3211

Healthy Alliance connects you to local resources at no cost.

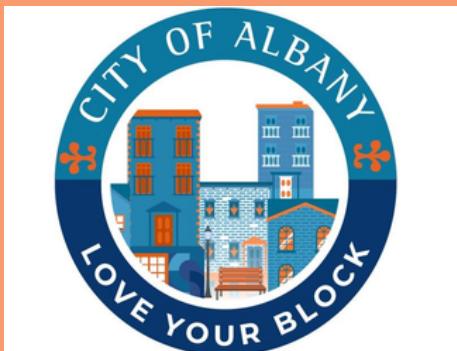
Services Offered:
Physical Health, Food Assistance, Housing and Shelter, Mental Health, Substance Abuse Support, Employment Services, and more

Free Period Pantries

For more info and listing of all locations, please visit

<https://capitalregionmh.com/>
and

[https://www.mooncatcher.org/pe
riod-pantries](https://www.mooncatcher.org/period-pantries)



Love Your Block!

Need help with lead testing, starting a home garden, or emergency preparedness?

Visit www.albanyny.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

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

180 Delaware Avenue, Delmar, 12054

Patty Wukitsch, MS, RD, CDN

518-439-7657

pwukitsch@hannaford.com

Holiday Stress Busters, December 1st, 9:30am-12:30pm

900 Central Avenue, Albany 12206

Fran Weiss, MS, RDN, CDN

518-438-7296

frances.weiss@hannaford.com

96 Wolf Road, Colonie, 12205

Fran Weiss, MS, RDN, CDN

518-482-1085

frances.weiss@hannaford.com